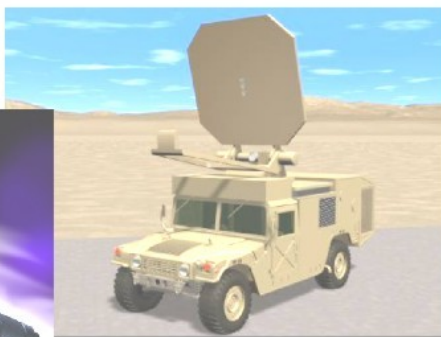


UNSCRAMBLING ELECTRONIC ASSAULT TECHNOLOGIES



HELP FOR TARGETS AND MEMBERS OF THE MEDIA

Acoustic Heterodyne
Eleanor White



WORK IN PROGRESS - updates happening from time to time.
Check the page number and date/time stamp.

LIST OF SECTIONS

- 1. NAME ONLY Listing of Commonly Discussed EM Assault-Capable Technologies**
- 2. Purpose of This Booklet**
- 3. "You say the equipment can't do that, but it happens to me!"**
- 4. Signal TYPE is Very Important**
- 5. DETAILED Listing of Specific EM Technologies**
- 6. DETAILED Listing of Specific ACOUSTIC Technologies**
- 7. Electromagnetic (EM) Signal Properties**
- 8. Acoustic Signal Properties**
- 9. Often-Referenced Patents**
- 10. Author's Notes**
- 11. Glossary**

OTHER RELATED OS/EH BOOKLETS:

<http://www.randomcollection.info/ostt.pdf>
(ostt.pdf explains various technical terms)

<http://www.stopos.info>
(A booklet describing the organized stalking
side of the crime of organized stalking
and electronic harassment)

This e-booklet was originally created in November 2013

1. NAME ONLY Listing of Commonly Discussed EM Assault-Capable Technologies

NOTE: This listing is to gather JUST THE NAMES of assault-capable technologies on one page. Details for each follow in later sections.

ELECTROMAGNETIC SIGNAL ASSAULT-CAPABLE TECHNOLOGIES **(Bold = most relevant)**

Modified microwave oven

Pure ELF (extremely low frequency)

Pulsed EM (brain entrainment possible)

LIDA machine

HAARP (High Frequency Active Auroral Research Project)

Microwave voice-to-skull (V2K)

Subvocal "Thought Reading"

Flanagan Neurophone

Maser

Laser

Cell towers

Smart meters

EPIC mind/body disruptor

TACTICAL Through-wall radar

Remote Neural Monitoring

Implants (RFID, or more sophisticated)

SQUIDs

"Scalar Waves"

TV-watches-me

GWEN (Ground Wave Emergency Network)

Satellites

ACOUSTIC SIGNAL ASSAULT-CAPABLE TECHNOLOGIES **(Bold = most relevant)**

LRAD (long range acoustic device)

Acoustic spotlight/HyperSonic Sound

Acoustic psycho-correction (Smirnov)

"Silent Sound" (can combine w/V2K)

"Hemi-sync" audio brain entrainment

Infrasound

Ultrasound

Acoustic Cannon

DISCLAIMER

This booklet contains the opinions of Eleanor White, which are based on available information up to the time of writing. No claim is made that Eleanor White is an expert on any of the technologies mentioned here, and any information which will make this e-booklet more accurate, credible and understandable will be appreciated. This booklet will be updated as better information becomes available - note the date and time stamp for checking if you have the latest version.

2. Purpose of This Booklet

This booklet is to serve as a quick reference for targets and media people, when discussing technologies with abuse potential. Just a few basic facts are given here - this is not an exhaustive listing.

In 2013, the crime of organized stalking and electronic harassment (OS/EH) has been increasingly heard about in the media. Many targets, even those with technology backgrounds, and show hosts, often get very confused among the many technologies with assault potential. This booklet is intended to be a BRIEF listing of technologies, just highlights, with following descriptions stating how each technology IS DIFFERENT FROM the others.

Having a clearer picture of how each technology differs from the others should make for more credible and less confusing presentations. This is important for educating the public about OS/EH.

CREDIBLE INFO: Information which is accepted by virtually all OFFICIALS. Generally, these are articles published by mainstream ORGANIZATIONS, not individuals.

3. "You say the equipment can't do that, but it happens to me!"

Absolutely it happens to you, (and to me too.)

When I describe the limitations on assault technologies, many targets assume I'm telling them that their suffering is imaginary or can't be happening. I reassure such targets that in no way am I saying the horrifying and invasive electronic assaults they experience aren't happening.

When I describe a technology in this e-booklet, I am writing about the KNOWN, ADVERTISED CHARACTERISTICS of the technology from information made public. I take that information, and comment further on that based on my own technology training and experience.

CLASSIFIED (secret) technology is not covered in this booklet. It can't be, because it is secret, and provable information isn't available. If none of your invasive electronic assault experiences can be done by, say, the technologies in this booklet, then in my opinion, OTHER technologies, classified secret technologies, are apparently in use on you.

There are types of assault, such as very localized vibration of objects and body parts without anything else in the target's environment being disturbed, which can't be done by any type of signal taught in today's schools. This points to classified secret technologies.

But even though classified secret technologies are virtually certain to be in use on targets, there is a real need for a listing of technologies which are proven to exist, proven to work, and are available to criminals, for both targets and media people. These proven technologies make up a great deal of what gets discussed publicly. So this booklet is to help get a clearer idea of the capabilities of the PROVEN technologies, and the limitations of the proven technologies, for conversational purposes.

Again - please keep that this booklet is limited to the proven, not-classified-secret technologies, "as advertised."

4. Signal TYPE is Very Important

Most electronic assault weapons make use of either ELECTROMAGNETIC or ACOUSTIC signals. Targets and show hosts need to clarify for themselves and their audiences which of those two signal types is being discussed. That means slowing down and specifying which signal type the technology you are talking about uses.

If you, target or show host, will do just that much, your presentation will be much more credible and easy to understand.

A target or show host needs to do just a little research before the discussion. Wading into a discussion of assault technologies without any preparation is a formula for confusion, both yours, and the listeners'.

Incidentally, the popular electronic assault term "ELF" (extremely low frequency) virtually always refers to ELECTROMAGNETIC signals. In the ACOUSTIC arena, the same frequencies are labelled INFRASOUND, and a portion of audible sound as well.

5. DETAILED Listing of Specific EM Technologies

NOTE: The abbreviation "OS/EH" stands for the crime of organized stalking and electronic harassment.

Modified Microwave Oven (or ANY source of high-power microwave as well)



OS/EH relevant . . . **Yes - same as any other source of high-power microwave**

Patents **None**

Signal type **EM**

Frequency **Typically 2.45 GHz**

Modulation **None**

Power level **800 watts and up**

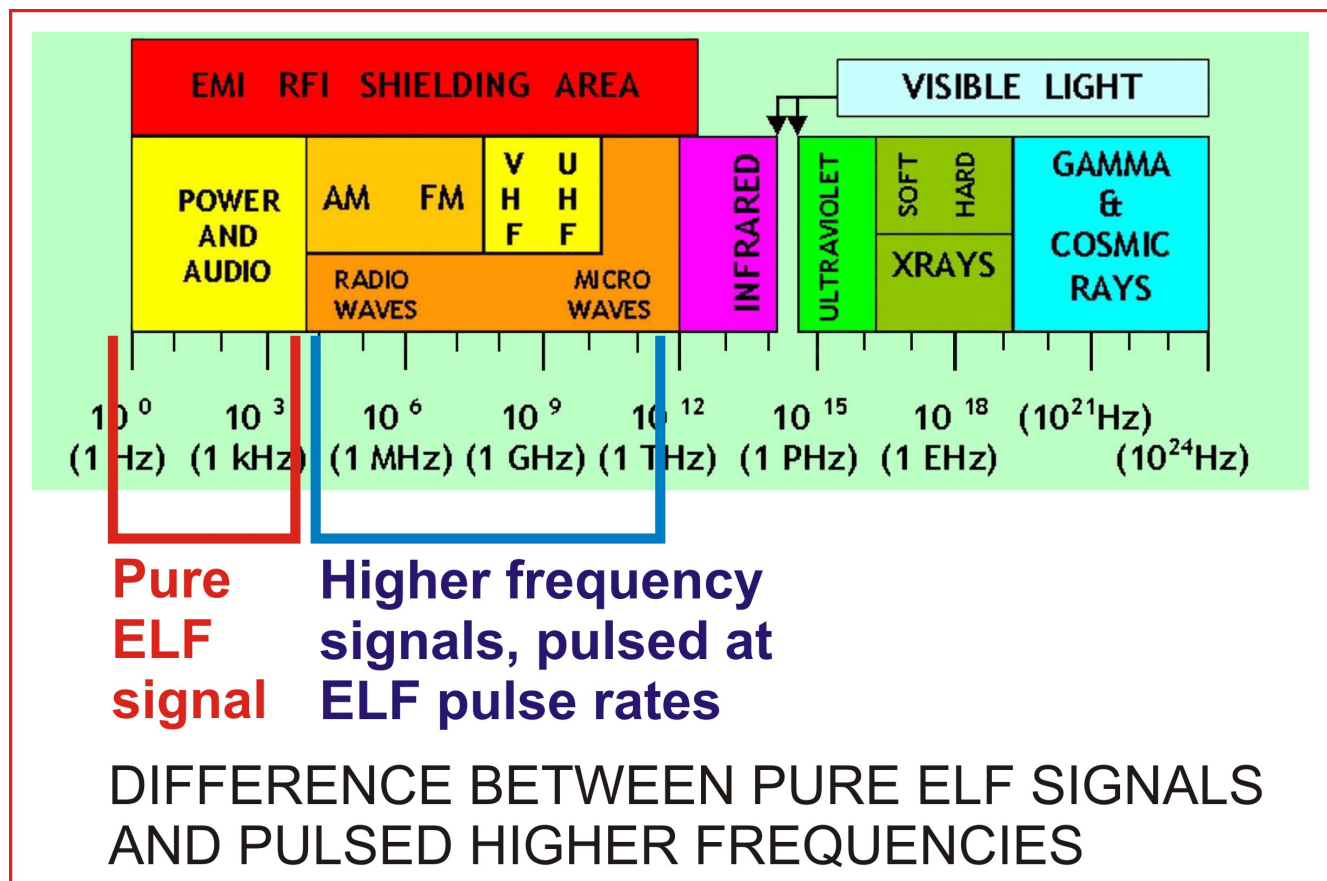
Effects **Asthma, cataracts, headaches, memory loss, early Alzheimer's, bad dreams, depression, fatigue, concentration loss, appetite loss, heart and blood pressure problems, and cancer. (These have been alleged - official documentation tends to avoid attributing such effects to EM signals, apparently for political and economic reasons.)**

Sleep deprivation has been reported by people who have had smart meters installed on their homes, and people who live near cell towers. (Here again, authorities don't officially acknowledge such effects.)

Article(s) **None**

Confused with **Not applicable**

PURE ELF (EM signal; the electromagnetic sense as opposed to audio)



OS/EH relevant . . . **Can't be focussed, will affect neighbours, so relevance is limited. Some pure ELF signals may trigger biological processes - I lack information on that at time of writing**

Patents

Signal type **EM**

Frequency **Definition varies, but generally lowest frequencies (e.g. BRAIN frequencies,) and often includes audible frequencies**

Modulation **Pure ELF signals are modulated for submarine communications**

Power level **Varies**

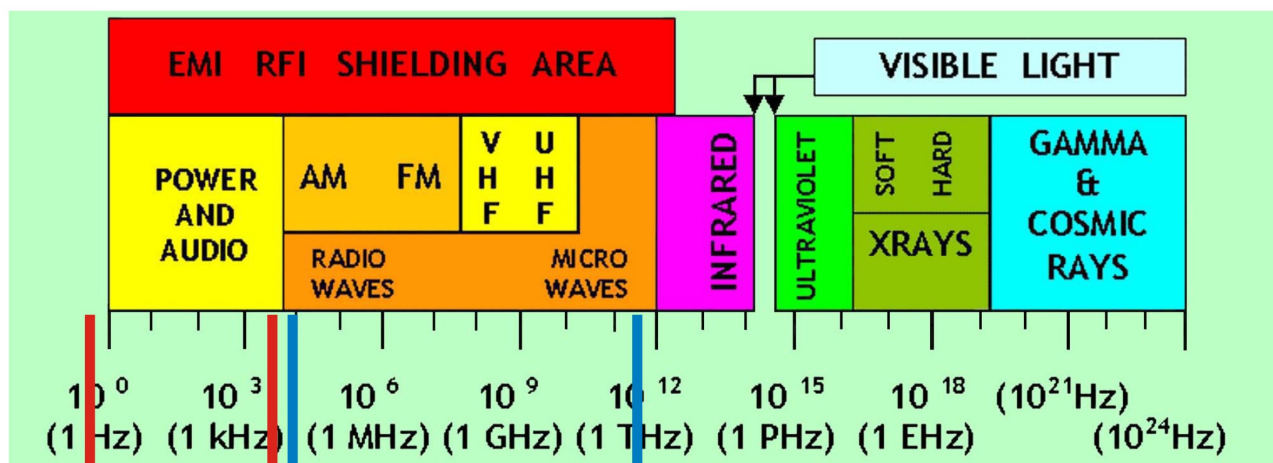
Effects **For electronic assault, bioeffects are relevant, but literature search is needed for details**

Article(s) **None**

Confused with **EM (radio) signals above pure ELF frequency, which are pulsed at ELF rates**

NOTE: The main resonant frequency of planet Earth, called the Schumann Resonance, needed by living things, is 7.8 Hz. A positive example of a pure ELF signal.

PULSED EM/radio/microwave signals (PULSED at ELF pulse rates)



**Pure
ELF
signal** **Higher frequency
signals, pulsed at
ELF pulse rates**

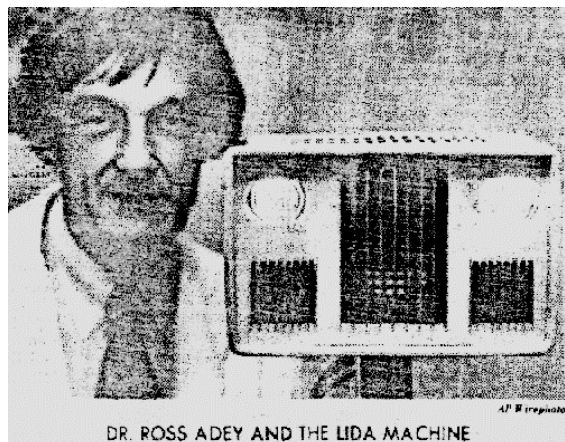
**DIFFERENCE BETWEEN PURE ELF SIGNALS
AND PULSED HIGHER FREQUENCIES**

OS/EH relevant . . . **Yes - see LIDA machine; scientists have said that various mood states can be induced using pulsed EM signals at ELF rates.**

EM signals pulsed at ELF rates have the potential for "brain entrainment," causing brain EEG activity to tend toward the pulse rate frequency, causing mental effects

Patents **See LIDA machine, one pulsed EM device**
Signal type **EM**
Frequency **Many different frequencies have the potential to affect body processes**
Modulation **Pulsed**
Power level **Varies widely**
Effects **Sleep deprivation, mood changes, forced sleepiness (e.g. on the job,) physical symptoms**
Article(s) **None**
Confused with **Pure ELF radio signals**

LIDA machine (Russian-designed drugless sedation machine)



OS/EH relevant . . . **Yes**

Patents **3,773,049**

Signal type **EM**

Frequency **40 MHz**

Modulation **Pulsed, 0 to 80 pulses per minute**

Power level **LIDA machine pulsed signal was 40 MHz at 40 watts, and not very directional. Pulse rate probably more significant than frequency.**

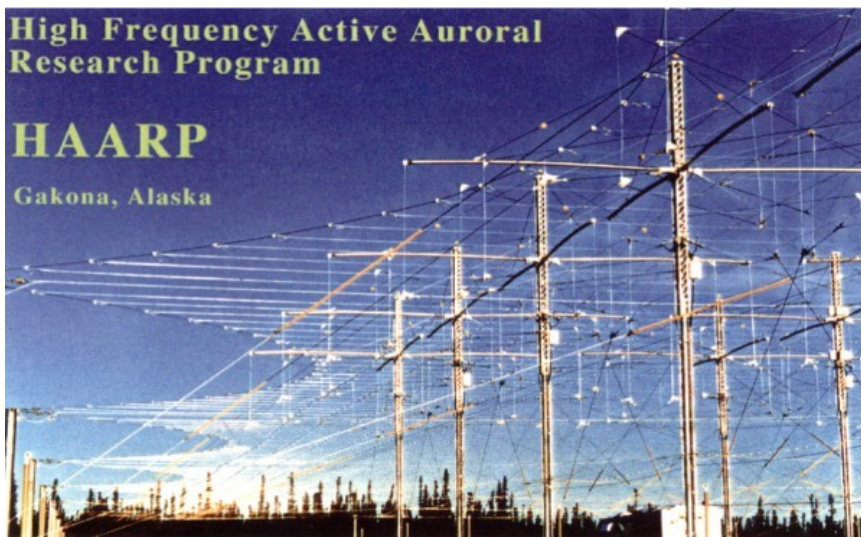
Effects **Brain entrainment, sleep induction (e.g. on the job) or sleep deprivation (at home, overnight)**

Article(s) **<http://www.randomcollection.info/lida.htm>**

Confused with **Devices which are said to read neural activity, e.g. EEG or EKG**

Note: Lida-like effects have been documented at frequencies other than 40 MHz.

HAARP (High Frequency Active Auroral Research Program)



OS/EH relevant . . . **Generally no.**

Can be pulsed and thus cause the effects of pulsed EM signals (e.g. sleep deprivation, mood changes, forced sleepiness) however, HAARP can NOT focus on single individuals and would affect many neighbours over a wide area, so is not relevant unless entire cities report effects

Patents

Signal type **EM**

Frequency **In the High Frequency (HF), aka "shortwave" band, 3 to 30 MHz, NOT "microwave" (advertised freq. range 2.8 to 10 MHz)**

Modulation **Details on HAARP modulation - submarine communications is said to be accomplished by "Generating very low frequency radio waves by modulated heating of the auroral electrojet, ..." per the current (Nov. 2013) Wikipedia article. In other words by heating a section of the electrojet (flow of charged ions in the ionosphere) and causing expansion, followed by contraction, the ions can be mechanically caused to slosh back and forth at specific ELF frequencies. This is a huge virtual antenna, radiating pure ELF radio signals to submarines, even though HAARP itself radiates HF signals.**

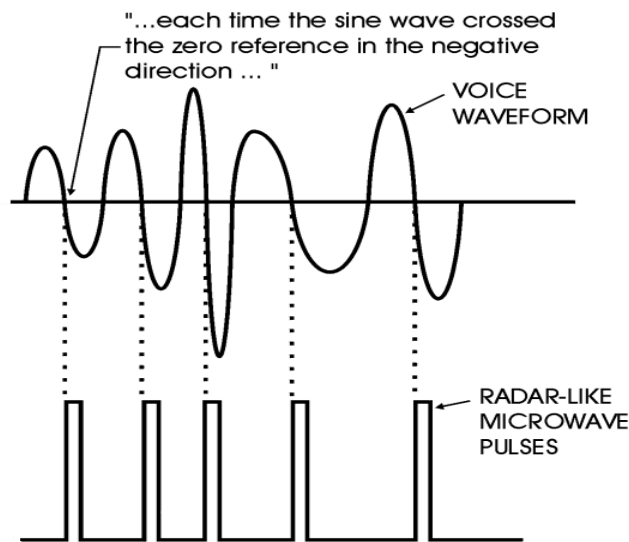
Power level **Very high at the transmitter, but not very high after the signal is bent after partly penetrating the ionosphere**

Effects **We have no confirmed demonstration of OS/EH-relevant bioeffects**

Article(s) <http://en.wikipedia.org/wiki/Haarp>

Confused with **EM weapons which can single out individuals, also often confused with microwave technology**

Microwave voice-to-skull (V2K)



VOICE CONVERSION TO PULSES, AS USED IN THE SUCCESSFUL DEMONSTRATION OF MICROWAVE VOICE-TO-SKULL TECHNOLOGY IN 1973 BY DR. JOSEPH SHARP. THIS IS NOT CLASSIFIED.

OS/EH relevant . . . **Yes (many targets report voice and other sounds inescapably entering their hearing sense. Important: Unlike the typical mental illness "voices," these are clear, high fidelity voices or other sounds. Mental illness "voices" tend to be synthesized from ambient noise.)**

Patents

Signal type **EM**

Frequency **Allen Frey reported microwave pulse hearing from 125 MHz up to around 3 GHz. No microwave hearing reported at ~9 GHz.**

Modulation **Pulse (see diagram above)**

Power level **Roughly 3/10ths of a watt per sq. cm. of temporal skull area is needed for this technology to produce voice**

Effects **Voice or other sounds can be synthesized**

Article(s) <http://www.randomcollection.info/ampsychv2s.htm>

Confused with **Flanagan neurophone**

Cont'd next page ...

Microwave voice-to-skull (V2K) - CONTINUED

Here is a screen shot from a U.S. Army web site, circa 2006, titled "Center for Lessons Learned" ("CALL"). Prior to 2007, the U.S. Army's official on-line thesaurus had an entry for "voice to skull" which they abbreviated "V2K."

This is very important for targets and media people when discussing electronic harassment because it shows official recognition of the existence of this controversial technology.

voice to skull devices - Microsoft Internet Explorer provided by Comp...

File Edit View Favorites Tools Help

Center For Army Lessons Learned CALL **U.S. Army Combined Arms Center**

Search Google (Military Domain) Return to Thesaurus Index

Term Index

Prev Term: [voice templates](#)
Next Term: [VOIP](#)

voice to skull devices

Definition/Scope:

Nonlethal weapon which includes (1) a neuro-electromagnetic device which uses microwave transmission of sound into the skull of persons or animals by way of pulse-modulated microwave radiation; and (2) a silent sound device which can transmit sound into the skull of person or animals. NOTE: The sound modulation may be voice or audio subliminal messages. One application of V2K is use as an electronic scarecrow to frighten birds in the vicinity of airports.

Acronym:

[V2K](#)

Broader Terms:

[nonlethal weapons](#)

Send your comments to: [CALL Thesaurus](#)

[Feedback to Web-Team](#)
DoD Resource Locator Registration 9973
This page is in compliance with Section 508 of the Rehabilitation act.
If you have any access problems, please contact the webmaster.

Last updated: Jan 12, 2006(cer)

Start v... R... W... J... P... U... 5:09 PM

Subvocal "Thought Reading" (Silently-said-to-self speech, only demonstrated via THROAT PICKUPS to date)



OS/EH relevant . . . **Not directly. This technology requires CONTACT with the body. At time of writing, it has NOT been demonstrated at next-door-neighbour distances, because contact is required**

This technology may be spoken of as speculation and as a possible hint that silently-said-to-self (subvocal) words, which are a form of thought, may be do-able AT A DISTANCE with CLASSIFIED technology. Again, only as a HINT.

Patents

Signal type **EM**

Frequency **Audio (20-20,000 Hz)**

Modulation **Computer decoding of raw nerve impulses is required**

Power level **Very very low**

Effects **Conversion of throat nerve impulses to voice**

Article(s) <http://www.randomcollection.info/subvocdemo.htm>

Confused with **Thought reading at significant distances**

NOTE: There has been considerable work done attempting to convert mental activity read from an fMRI machine into thoughts. In the unclassified world, that has not reached the point where actual thoughts expressed in words have been detected. While both subvocal reading of silently-said-to-self words and fMRI conversion of brain activity to thoughts are promising, they are not usable for electronic assault activism because they require very close proximity to the brain, and in the fMRI case, having the brain surrounded by huge magnets in a shielded room.

For activism purposes, targets can guardedly SUGGEST that this type of research MAY indicate that classified research may be much closer to thought reading. But strongly emphasizing claims of thought reading at the current level of public information is strongly discouraged.

Flanagan Neurophone



OS/EH relevant . . . **No, because this device requires contact with the body.**

**This is a ONE-WAY technology, from a sound source
TO the user's hearing sense. NOT TWO-WAY.**

Patents

Signal type **EM plus acoustic (current passes through piezo crystals
against the body, causing the piezo crystals to vibrate)**

Frequency **Audio (20-20,000 Hz); some references to frequencies
up to 90,000 Hz and being "heard" have been seen**

Modulation **Early models used straight audio frequency boosted to
high voltage, applied to body through insulated electrodes;
I don't have details on recent enhancements**

Power level **Not applicable, as no signal travels through the air**

Effects **Hearing other than by way of sound through the air**

Article(s)

Confused with **Voice to skull, remote neural assault, remote neural monitoring**

EPIC mind/body disruptor (still under development)

[no image]

OS/EH relevant . . . **Yes, however, no article confirming a demonstration available at time of writing. Targets do report the effects attributed to this technology.**

Patents **U.S. patent #[7,841,989](#)**

Signal type **EM**

Frequency **Not known at time of writing**

Modulation **Not known at time of writing, very likely pulsed**

Power level **Not known at time of writing**

Effects **From the patent: "... complete disorientation, confusion, and incapacitation sufficient to temporarily render the subject powerless to resist arrest or subjugation."**

Article(s) **<http://www.randomcollection.info/epicsbir.htm>**

Confused with **Not applicable; most targets don't refer to this e-weapon which is highly relevant but still under development**

TACTICAL Through-wall radar



OS/EH relevant . . . **Yes.** Example: <http://www.camero-tech.com>

Patents

Signal type **EM**

Frequency **"Ultra Wide Band (UWB) RF signals" (Xaver tactical through-wall product line.) "Terahertz" (infrared region) waves do not penetrate walls well, so typically, much lower frequencies are used in tactical through-wall radar, and images are calculated, as opposed to directly imaged. (Through-clothing and through-luggage radar can directly image their subjects.)**

Modulation **Not known in detail, but is complex and requires computer analysis to create a token image.**

Power level **Unknown but not particularly high according to the Xaver product web site above.**

Effects **Displays 3D artificial images of people through walls**

Article(s) <http://www.randomcollection.info/xaver800.wmv>

Confused with **LADS (Life-Assessment Detector System) and "Radar Flashlight," which detect the mechanical motion of a beating heart through walls or in rescue situations. LADS and "Radar Flashlight" technology does not cacluate a 3D image.**

NOTE: LADS and "Radar Flashlight" technology could account for reports of noises from adjacent apartments following a target as the target moves around their apartment, even though the LADS/radar flashlight technologies do not display images.

Remote Neural Monitoring (NOT DEMONSTRATED - CANNOT REFER TO AS FACT)

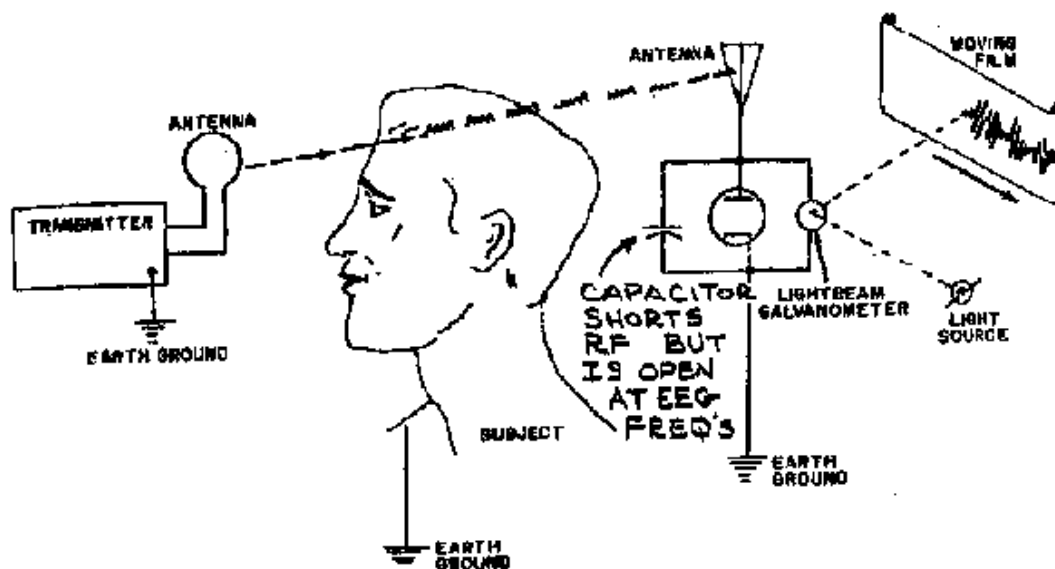


Fig. 4. Cazzamali's brain-wave detector of some years ago is illustrated here.

OS/EH relevant . . . Would be HIGHLY relevant, but ONLY IF DEMONSTRATED

Patents [3,951,134](#) (Malech)

Signal type EM

Frequency Unknown; references to VHF ranges seen

Modulation Unknown

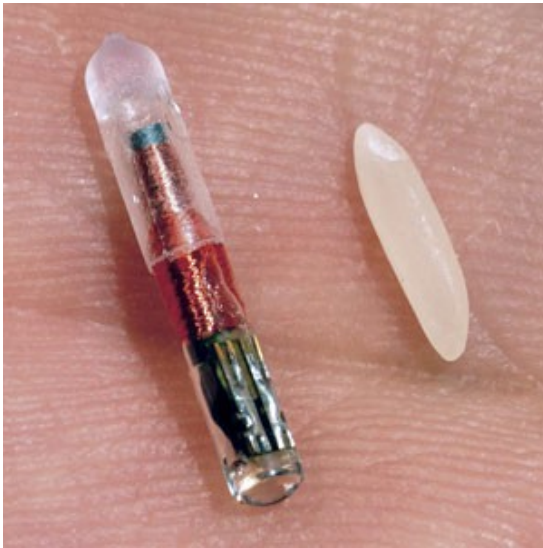
Power level Unknown

Effects CLAIM is that EEG activity can be detected from radio signal which has passed through a living person's brain

Article(s) Mainstream article accepted by scientists not known at this time

Confused with Voice to skull and other e-weapons

Implants (RFID, or more sophisticated)

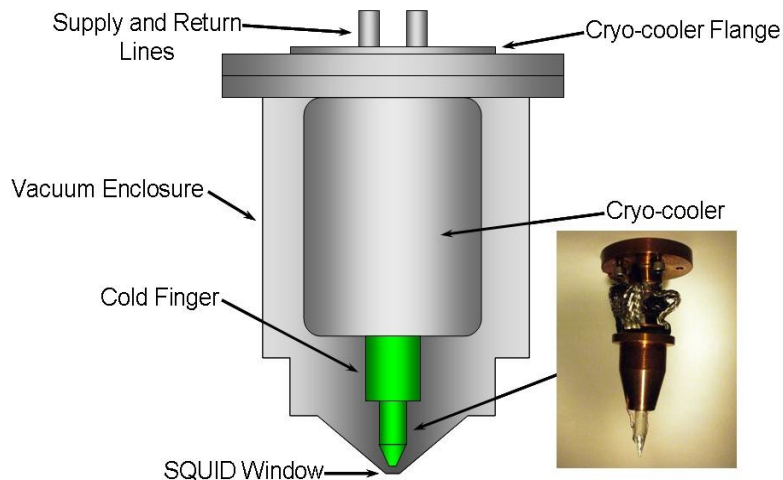


CLASSES RFID (radio frequency identification), can be passive or active
Macro (visible), can be passive or active
Nano (too small to be visible), nearly impossible for a doctor to scan for, can be passive or active
Non-metallic (e.g. plastics)
Bio (biological material, which would make detection very difficult. A bio implant would communicate with outside sources and in that way is different from a pathogen.)

OS/EH relevant . . . Yes, however at time of writing, only one OS/EH target has had an involuntary, non-therapeutic removed and confirmed. Three others have had involuntary, non-therapeutic implants removed and confirmed, but they don't report OS/EH experiences. I, Eleanor White, tend to be reluctant to assume implants, because non-implant technologies have existed for a long time, and doctors usually refuse to scan for implants, so we lack data.

Patents Many, depending on class
Signal type EM
Frequency Very wide band of possible frequencies
Modulation Many different modes
Power level Very low, for implant doing the transmitting, limited range
Effects Very wide range of possibilities
Article(s) <http://www.randomcollection.info/lrr.pdf> NOTE: That article is from an involuntary implantee who has NOT reported OS/EH effects. He appears to be an involuntary medical experimentee.
Confused with Any other e-weapon which could produce the same effects, but which does not require implanted devices to work.

SQUIDs (Superconducting Quantum Interference Device)



OS/EH relevant . . . **No. SQUIDs are extremely sensitive pickup devices for EM signals. The problem with that at next door neighbour distances is that all the EM noise from electrical/electronic appliances, normal radio and TV transmissions, and even the EEG-level EM emissions from every plant and animal in the area would also be picked up. SQUIDs have been alleged to "read minds" at a distance, but outside the lab, that has yet to be demonstrated and published in a mainstream publication.**

Patents

Signal type **EM**

Frequency **Can vary widely**

Modulation **Can vary**

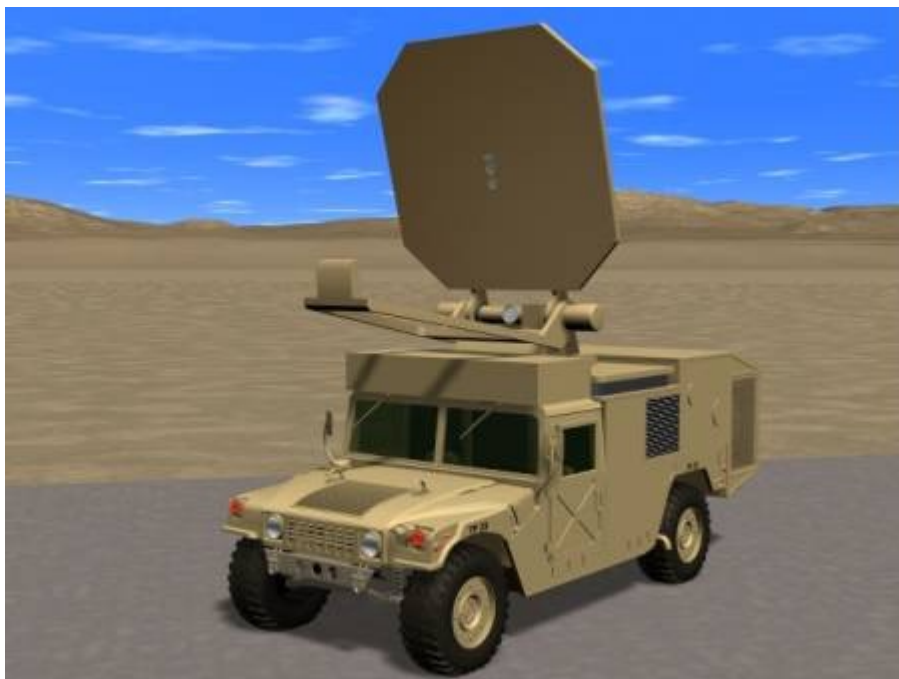
Power level **Very low**

Effects **No effects in and of itself, but alleged to monitor brain and neural activity at a distance. Not demonstrated to date.**

Article(s)

Confused with **Not usually confused when mentioned by name**

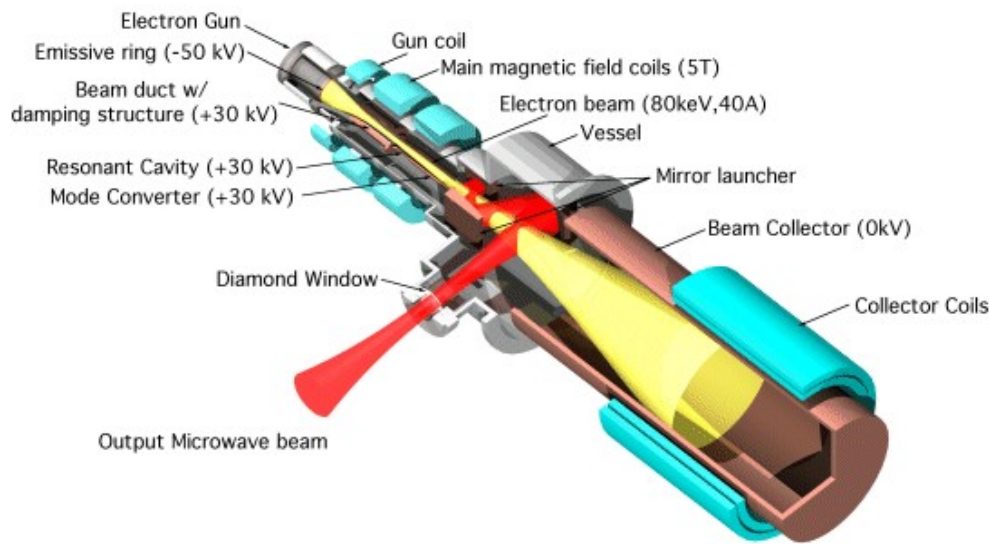
ADS (Military microwave Area Denial System)



OS/EH relevant . . . **NO** - reason is this device doesn't work through walls. **HOWEVER**, lower frequency high power microwave units, masers being one example, can inflict burns through walls. But ADS specifically is irrelevant. This device as pictured is almost certainly not capable of focussing on just one individual, hence the name, AREA denial.

Patents **Not applicable because device is not relevant**
Signal type **EM**
Frequency **95 GHz**
Modulation **Apparently none**
Power level **Very high**
Effects **Heats skin to a depth of 1/64" according to officials**
Article(s) **Not applicable**
Confused with **Other microwave weapons**

Maser (MICROWAVE version of laser - beam not as focussed as laser)



OS/EH relevant . . . **Yes. This device puts out microwave in a narrow beam, with the potential for causing EM bioeffects from hiding. With tactical through-wall radar in use, a single individual could be targeted without others in the home being affected. Masers don't have unique bioeffects more sophisticated than other microwave weapons.**

It is important to note that unlike lasers, masers (at least those widely documented) can't output a perfect pencil-thin beam.

Some targets do report anomalous burns, often appearing overnight at home.

Patents

Signal type **EM**

Frequency **Can vary throughout the microwave band**

Modulation **Unknown without further research on my part. Google finds suggest modulation of a maser is very difficult. (There may be a classified modulation method.)**

Power level **Unknown, but a narrow beam can produce high power effects on a small spot.**

Effects **At least burns**

Article(s)

Confused with **Laser - microwaves of lower frequency can pass through walls, while laser light must burn a hole before a target could be hit within a home (unless through a window)**

Laser (Infrared, visible light, or ultraviolet beam emitter, tightly focussed)



OS/EH relevant . . . **Maybe in some circumstances, however, lasers typically can't penetrate walls without first burning a hole. I can't recall a target with laser assault damage and matching holes in a wall. Naturally, a laser could enter through a window.**

Patents

Signal type **EM**

Frequency **Infrared through visible light through ultraviolet through x-ray**

Modulation **Amplitude and frequency, which can carry digital information**

Power level **Varies**

Effects **Burns, eye damage**

Article(s)

Confused with **Technologies such as frequencies which can penetrate opaque walls**

Cell towers

[no image]

OS/EH relevant . . . **This is a BIG area, full of speculation by OS/EH targets. Cell towers are alleged to have highly directional antennas which are regularly used to "zap" targets in the vicinity. There are targets who have endlessly repeating experiences which are too sophisticated to be done by unclassified, taught-in-school technologies, and these cases (maybe 50 at present) put the assumption that "it's all microwave" in doubt.**

"In doubt" doesn't mean it's impossible that cell towers play a role - just that we can't prove anything at present.

I recommend not assuming cell towers are zapping targets as a fact. There are enough other technologies and setups which can produce targets' experiences that we don't need to stretch our credibility too far by blaming cell towers.

The British "TETRA" police cell phone system has been said to cause negative effects by way of ELF pulse rate brain entrainment. I advise not making that claim as a fact without official documentation.

There are reports of sleep disruption by people who live close to cell towers. Sleep deprivation is highly relevant to electronic assault, and these cell tower reports support targets' reports of sleep disruption.

Patents	
Signal type	EM
Frequency	Microwave communications frequencies
Modulation	Microwave communications modulation modes
Power level	A few watts maximum for cell phone purposes
Effects	Unknown
Article(s)	
Confused with	More "assumed" to be an assault source rather than "confusing" a cell tower with other e-weapons

Smart Meters

[no image]

OS/EH relevant . . . **Some targets have speculated that smart utility meters are a source of their electronic assaults. I'm in a wait-and-see mode. For the moment, I regard smart meters as a source of electropollution which can cause serious health problems for the electrosensitive.**

I think it's important for discussion purposes that targets and media people understand that targets do NOT need to be electrosensitive to be under electronic assault. Electrosensitivity, to me, is an irrelevant "red herring."

There are many reports of sleep disruption by people who have recently had smart meters installed. Sleep deprivation is highly relevant to electronic assault, and these smart meter reports support targets' reports of sleep disruption.

Patents

Signal type **EM**

Frequency **Microwave**

Modulation **Digital communications**

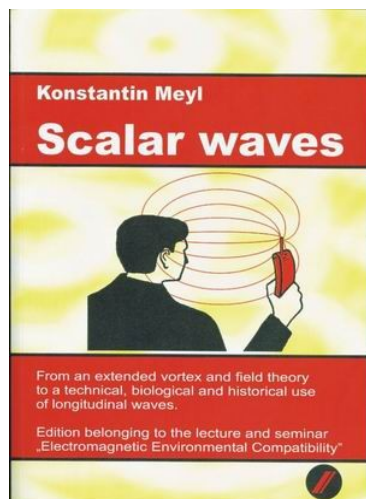
Power level **Low, but 24/7 can have serious health effects**

Effects **Documented effects of EM exposure**

Article(s)

Confused with **Not confused, to my knowledge**

"Scalar Waves"



OS/EH relevant . . . **Not at this time. "Scalar waves" are very often bandied about when OS/EH targets discuss experiences which are too sophisticated to be explained by unclassified, taught-in-school signal types.**

We have NO demonstration which is so convincing that virtually all scientists and officials ACCEPT as true.

Dr. Konstantin Meyl, book cover above, has been experimenting with this as-yet-not-widely-accepted signal type, and got recognized by NASA for his PRELIMINARY experimental work in the article linked below.

Personally, I urge going no farther than saying "scalar waves" MAY prove to be involved in electronic assault, but for the moment, they are speculative, just as cold fusion is.

Patents
Signal type **EM**
Frequency **Unknown**
Modulation **Unknown**
Power level **Unknown**
Effects **Unknown**
Article(s) <http://www.randomcollection.info/nasa-on-scalars.pdf>
Confused with **Not so much "confused with," as erroneously spoken about as if "scalar waves" are proven fact, which can't be supported at the present time**

TV-watches-me

[no image]

OS/EH relevant . . . **No, if someone is alleging a TV SCREEN can watch them. A TV set or computer can have a built in, possibly well-hidden CAMERA, however.**

A TV screen is a ONE-WAY device, emitting light which travels from the screen to the viewer.

Only a separate CAMERA, with a LENS to focus an image on a light-sensitive (not light-emitting) surface can "watch you."

Patents

Signal type **EM (visible light)**

Frequency **Visible light**

Modulation **Not applicable**

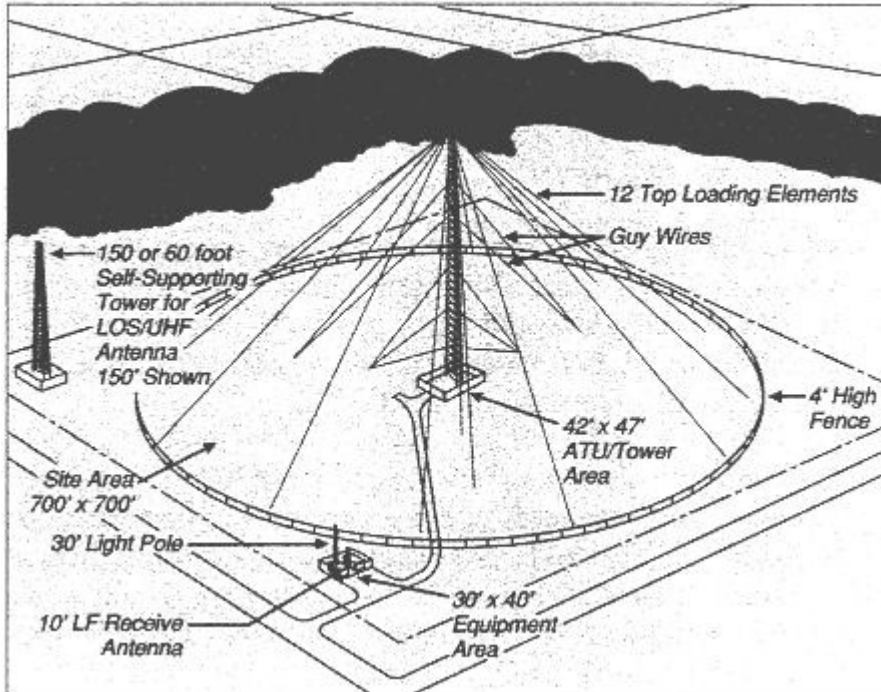
Power level **Not applicable**

Effects **Surveillance**

Article(s)

Confused with **Surveillance cameras**

GWEN (Ground Wave Emergency Network, stations built all over the U.S. but apparently inactive at time of writing)



OS/EH relevant . . . **Not OS/EH relevant for the advertised purpose of emergency communications.**

In theory, any radio transmitter pulsed at ELF rates is capable of mood alteration and sleep disruption, however, until official documentation surfaces showing this was an intended use for the GWEN towers, I recommend restraint in claiming these towers were built for mind/body influence purposes.

One can always WONDER if these towers were intended for anti-personnel purposes, but I recommend going no further, to preserve your credibility.

Patents

Signal type **EM**

Frequency **LF (low-frequency) main antenna, VHF for ordinary communications not related to the ground wave mode**

Modulation

Power level

Effects **LF system - can not be focussed on single individuals**

Article(s)

Confused with **ELF mind/body manipulation equipment**

Satellites

[no image]

OS/EH relevant . . . **B-I-I-I-G question mark.**

A substantial percentage of targets presume, because the electronic assault is experienced virtually everywhere, that satellites must be the source. A major problem with that assumption is that none of the unclassified, proven-to-exist e-weapons technologies have been demonstrated at even a few miles, never mind the 200+ miles satellite distances.

I recommend, if satellites must be discussed, only saying something like "Satellites MAY be a source of electronic assault, but we don't have evidence that unclassified electronic weapons can work at satellite distances (e.g. anywhere from 200 miles to 22,000 miles.)"

Patents

Signal type **EM (acoustic is impossible through the vacuum of space)**

Frequency **Varies**

Modulation **Varies**

Power level **Varies**

Effects **Effects of any of the ground-based e-weapons**

Article(s)

Confused with **Highly advanced classified ground-based weapons which, and this is speculation, may not require line-of-sight, and may penetrate most or all shielding, and which may not be distance-limited**

NOTE: There is a popular misconception that because a satellite-mounted telescope can "read licence plates" or even "read a newspaper," then any electronic assault technology can work from a satellite.

The fallacy there is that as a rough rule of thumb, pixel size is roughly the same as wavelength when estimating the precision limit for viewing devices. Microwave has wavelengths thousands of times longer than visible light, hence microwave viewing devices will have dramatically poorer viewing resolution than visible light.

Another consideration is that microwave weapons can NOT emit pencil-thin beams as light lasers can. Microwave spreads. Note the conical shape of the illustration of the MASER beam output in this section.

Another consideration is AIMING. Try aiming a maser at 200+ miles from a platform moving at 17,000 miles per hour. So at 200+ miles, microwave e-weapons that work from next door aren't likely to work from satellites. A DEMONSTRATION is required before assuming that.

6. DETAILED Listing of Specific ACOUSTIC Technologies

NOTE: The abbreviation "OS/EH" stands for the crime of organized stalking and electronic harassment.

LRAD (Long Range Acoustic Device - NOT RELEVANT)

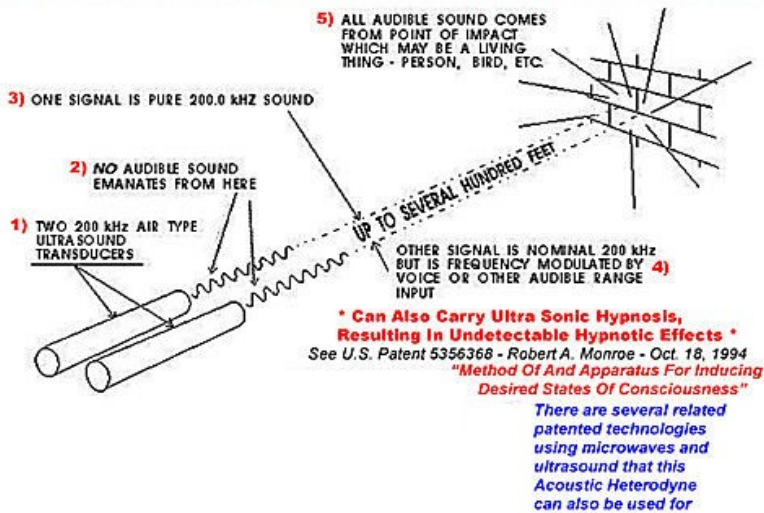


OS/EH relevant . . . **NO - this is strictly a power megaphone with a narrower "beam" than simpler power megaphones, but will still be very audible to neighbours, and has no wall-penetrating capabilities beyond those of any other power megaphone.**

Patents **Not applicable to unique electronic assault**
Signal type **Acoustic**
Frequency **Audio range (20 - 20,000 Hz)**
Modulation **None - just passes on normal audio**
Power level **Unknown but high end for outdoor speakers**
Effects **Highly directional loud hailer**
Article(s)
Confused with **Voice to skull**

Acoustic spotlight/HyperSonic Sound

The Acoustic Heterodyne Weapon - U.S. Patent 5889870 - March 30, 1999



OS/EH relevant . . . **No, as a weapon, but has worked well as a demonstration device which hints at microwave voice to skull, as the ultrasonic beam is narrow enough to more or less focus on a single individual when the setting isn't too complex.**

Acoustic heterodyning demonstrators have been used by a couple of targets, and they report that indoor use can produce unusual echoing.

The way to use acoustic heterodyning equipment to educate the public about voice to skull is to say "This unit uses ultrasound, and will not penetrate walls. There is another version of this technology which uses microwave which does penetrate walls, and is commonly called 'voice-to-skull.' The U.S. Army refers to voice-to-skull as V2K."

Patents	5,889,870
Signal type	Ultrasound
Frequency	~200 kHz
Modulation	Two beams modulated so the difference frequency between the beams equals the voice frequencies being transmitted. The voice content is spilled into audible when the beams encounter a solid object.
Power level	Generally low - ultrasound transducers are not as efficient at putting out high power levels as audible range speakers
Effects	Electronic ventriloquism
Article(s)	http://www.holosonics.com
Confused with	Microwave voice-to-skull

Acoustic psycho-correction (Dr. Igor Smirnov)



Dr. Igor Smirnov

OS/EH relevant . . . **Maybe, however at time of writing, I haven't been able to find solid details of acoustic psycho-correction methods. There are, based on my memory of an article about Dr. Smirnov's work maybe 15 years ago, two parts to his work:**

- **Psychological assessment, based on responses to words buried in white noise**
- **Psychiatric treatment, method unknown to me but may well be words buried in white noise, which could be fed to a patient either acoustically, or a target via voice to skull**

**** Help needed in locating accurate documentation**

Patents

Signal type **Acoustic**

Frequency **Audible range**

Modulation **Unknown**

Power level **No higher than ordinary audio**

Effects **Psychological assessment and correction**

Article(s) http://en.wikipedia.org/wiki/Igor_Smirnov_%28scientist%29
[http://www.wired.com/politics/security/news/2007/09/mind_reading?](http://www.wired.com/politics/security/news/2007/09/mind_reading?currentPage=all)

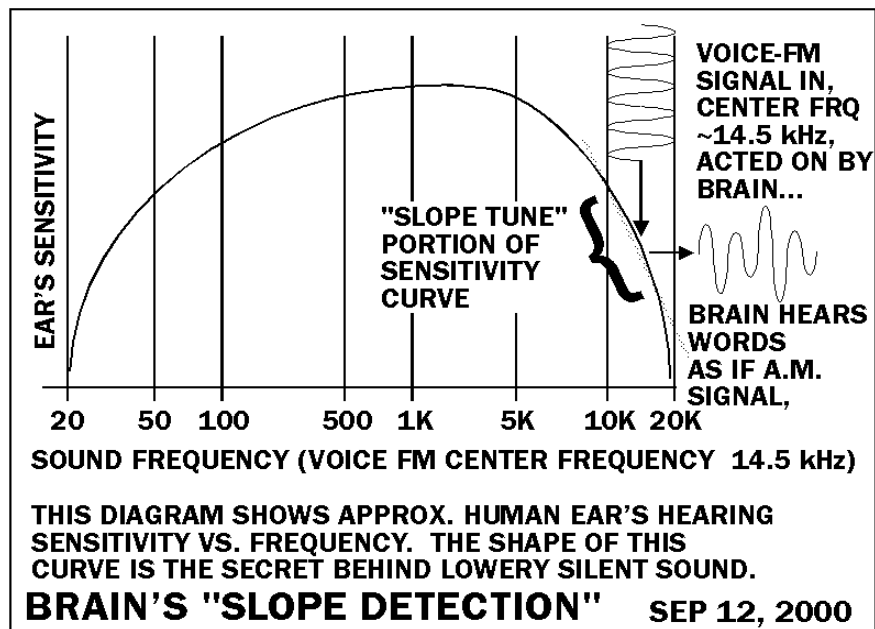
[currentPage=all](#)

Confused with . . . **Silent Sound and voice-to-skull (Smirnov's technique was different)**

A quote from the first article above:

"Smirnov's background included military research, and the care of drug addiction and mental illness. He founded the Psychotechnology Research Institute at the [Peoples' Friendship University of Russia](#) to work on ideas like "psychocorrection", a term he used to denote the use of subliminal messages to alter a subject's will, or even modify a person's personality without their knowledge."

"Silent Sound" (subliminal sound, can be carried by voice-to-skull)



OS/EH relevant . . . **Yes. Subliminal sound can perform hypnosis, and is particularly invasive for those targets who are susceptible to hypnosis. If directed at a target for years, major hypnotic disruption of the target's life can occur, and being silent, the target will have no idea why their life and personality are falling apart.**

Silent sound is conveyed to a target as sound, which can be carried by voice-to-skull, radio, TV, or ventilation ducts.

Available as commercial equipment.

Patents **5,159,703 (More recent patents are enhancements)**

Signal type **Audible sound, but tucked up into the higher reaches of the human hearing range. Either silent, or a slight high-pitched tone or hiss have been reported. When the Silent Sound signal carries words, a slight warbling of the tone is heard.**

Frequency **Center frequencies between 14,500 and 16,800 Hz have been mentioned in literature.**

Modulation **FM, with frequencies staying in the vicinity of the center frequency**

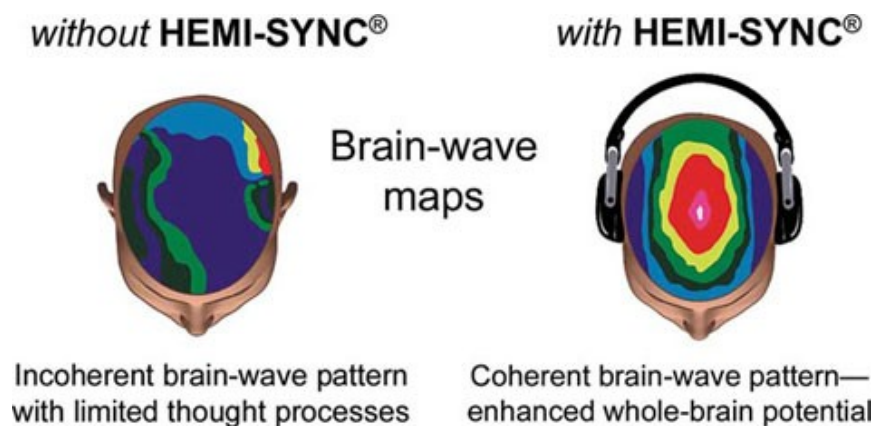
Power level **No higher than ordinary audio**

Effects **Hypnotic influence, the degree depending on the susceptibility of the target to hypnosis**

Article(s)

Confused with **Voice-to-skull, Smirnov's acoustic psycho-correction**

"Hemi-sync" audio brain entrainment



OS/EH relevant . . . **No. The Hemi-Sync commercial sound system feeds two slightly different versions of an audio source, like music, to stereo headphones. The difference frequency is said to have positive benefits for the user.**

Requires CONTACT with the body.

IF (IF) today's perpetrator voice-to-skull system conveys stereo sound to the target, there is a chance this difference frequency principle MAY produce negative effects, but that is speculation at this time.

Patents
Signal type **Acoustic**
Frequency **Audio frequency heard, difference frequency low**
Modulation **Slight alteration of each stereo channel's frequency**
Power level **Ordinary audio power levels**
Effects **Positive effects claimed by company**
Article(s) <http://www.hemi-sync.com>
Confused with **Silent sound**

Infrasound (Generally below 20 Hz)

[No image]

OS/EH relevant . . . **No, at least as ordinary sound goes, because to cause the major bioeffects which infrasound is capable of, it would definitely affect neighbours too. Infrasound spreads in all directions (ULTRASound can be focussed.)**

Infrasound is experienced when close to a huge piece of running construction equipment. Especially a large roller with its vibrator feature running.

Targets do report vibration of furniture and body parts, but because this is only at the location of the target, it isn't ordinary infrasound. Infrasound powerful enough to vibrate a target's bed would vibrate many other things in the target's environment too.

My take on vibration harassment is that it is done using very advanced classified technology.

Patents

Signal type **Acoustic**

Frequency **Below 20 Hz**

Modulation **Not relevant to plain ordinary infrasound**

Power level **High, if vibration of objects is intended**

Effects **Vibration of objects, and at very high power levels, damage to body organs**

Article(s)

Confused with **Advanced technology which can cause LOCALIZED vibration of target or furniture**

Ultrasound

[no image]

OS/EH relevant . . . **Often thought to be relevant, however, I'm not aware of substantial evidence of actual ultrasound use for assaults.**

Ultrasound would not retain its power through walls - more ultrasound is absorbed by walls and converted to heat than audible sound. Coherence (the beam-like property) would also be destroyed passing through a wall.

Patents

Signal type **Acoustic**

Frequency **Above 20,000 Hz**

Modulation **If ultrasound is in use, modulation would depend on the actual technology in use**

Power level **Would depend on the actual technology in use (IF in use)**

Effects **Would depend on the actual technology in use (IF in use).
High power levels reported to cause damage to living tissue.**

Article(s)

Confused with **Electromagnetic assault technologies; ultrasound is SOUND, not an EM signal**

Acoustic Cannon/Sonic Bullet

[no image]

OS/EH relevant . . . **No. Acoustic cannons shooting sonic bullets are projecting shock waves through air. An ordinary cannon shooting a blank would be a close equivalent.**

Targets don't experience loud shock waves hitting the outside of their homes and apartments. The noise would definitely be heard and felt by the neighbours.

In order for an acoustic shock wave to enter a target's home and move things, say, the shock wave would have to punch a hole in the home's wall first.

Patents

Signal type **Acoustic**

Frequency **Single pulse**

Modulation **None**

Power level **Very high**

Effects **Localized effects, same type as those from a bomb blast**

Article(s)

Confused with **Technology used to silently move and vibrate things in a target's home**

7. Electromagnetic (EM) Signal Properties

FREQUENCY/FREQUENCY BAND

Everyone who has ever tuned a radio understands frequency. Because the behaviour of EM signals changes with frequency, the EM spectrum has been divided into bands. I'm not going to provide precise limits for each band, because some bands, like "ELF," are defined differently by different users. Here are a few of the band designations which often find their way into conversation:

- ELF - extremely low frequency, generally the lowest frequencies, often audio frequencies are included. Communication with submarines can be done. Brain entrainment and mood alteration are possible.
- BRAIN - Under 100 Hz, mostly under 30 Hz, all within the ELF range
- LF - 30 to 300 kHz - Navigation, time signals, AM [longwave](#) broadcasting (Europe and parts of Asia), [RFID](#)
- MF - 300 to 3,000 kHz - AM radio broadcasts
- HF - 3 Mhz to 30 Mhz - shortwave broadcasts, amateur radio, signals are reflected by the ionosphere
- VHF and UHF - 30 to 3,000 MHz - TV, 2-way communications, air communications and navigation, FM broadcast
- MICROWAVE - sometimes defined as starting at 300 MHz, or starting at 3 GHz - goes all the way up to infrared, which starts at 300 GHz
- TERAHERTZ - 300 GHz to 3,000 GHz - some use as through clothing or luggage scanners
- INFRARED - 300 GHz to 430 THz
- ABOVE - visible light, ultraviolet, x-rays and cosmic rays are above infrared

AMPLITUDE/POWER LEVEL

The power level of an EM signal is usually expressed in WATTS.

MODULATION (SOMETIMES CALLED "MODULATION ENVELOPE")

An EM signal can be steady, like a pure unvarying tone in music, or can have changes impressed on the signal. Changes to an EM signal are called modulation.

8. Acoustic Signal Properties

FREQUENCY/FREQUENCY BAND

The commonly discussed audio frequency bands are simpler than the EM bands:

- INFRASOUND - below 20 Hz - can cause bodily disruption at high power levels, but spreads out, and would definitely be felt by neighbours
- AUDIBLE SOUND - 20 to 20,000 Hz - "silent sound" is within this range but is near the top, being between 10,000 and 20,000 Hz
- ULTRASOUND - above 20,000 Hz - "acoustic heterodyning," commercial versions being the Acoustic Spotlight or HyperSonic Sound, operate in the area of 200,000 Hz

NOTE re bulleted points above: On November 5, 2013, after saving this document and posting it to the web, some individual letters in the points were changed, different font, different size. I am leaving these perp hacking changes here to illustrate the type of interference with communications and documents targets experience frequently. If you do NOT see the hacked letters above, that indicates the perps undid their work.

In that case, I have posted a screen shot of the original hacked points here:

<http://www.randomcollection.info/perp-messing-with-text-nv0613.jpg>

AMPLITUDE/POWER LEVEL

The power level of an EM signal is sometimes expressed in WATTS, as in stereo power output, but often in DECIBELS depending on the technology being discussed.

MODULATION (SOMETIMES CALLED "MODULATION ENVELOPE")

When a steady audio tone has changes impressed upon it, that is modulation. For example, the acoustic heterodyning ("Acoustic Spotlight" or "HyperSonic Sound") technology sends out two independent ultrasound signals, modulated so the difference between the two signals is in the audible range.

9. Often-Referenced Patents

Targets and the media need to understand that most patents are FORECASTS.

The Patent Office MAY require a demo, but most patents did not require a demonstration. However, there may be a reference within a given patent to a documented demo, and looking up references to demonstrations is very important for credible activism.

Another aspect of patents is that some patents, including some listed below, look like they are relevant but actually can't perform in ways that are like the focussed and through-wall assaults we experience. Quantity isn't quality - use only patents which are fully relevant to our experiences for activism. Don't just throw a list of a hundred patents, including many which are irrelevant, at your listener or reader.

The patents below are just saved COVER PAGES from the official patents. To see the information the U.S. Patent Office has on file, go to: <http://www.uspto.gov> Click to "patent number search" for full information.

[3,773,049](#) - LIDA machine
[3,951,134](#) - Malech, radio EEG detection (not demonstrated)
[4,858,612](#) - Stocklin, voice to skull (RF hearing)
[4,877,027](#) - Brunkan, voice to skull (RF hearing)
[5,123,899](#) - Gall, alter consciousness (sound et al)
[5,159,703](#) - Lowery, Silent Sound (today's subliminal sound)
[5,356,368](#) - Monroe, inducing states of consciousness (sound)
[6,011,991](#) - Madirossian, brain wave monitoring (not remotely)
[6,017,302](#) - Loos, subliminal acoustic manipulation
[6,587,729](#) - Loughlin, voice to skull (RF hearing)
[7,841,989](#) - EPIC radio signal stun gun (not demonstrated)

10. Author's Notes

Eleanor White is a retired engineer, who has been a ham radio operator for almost 60 years at time of writing. (Ham radio operators are licenced to build their own equipment, as opposed to Citizens Band operators who are licenced to use transceivers.)

Eleanor has been a target since the 1980s, and has been in contact with, probably, a couple of thousand targets over that time.

While Eleanor does not claim to be an expert in electronic assault technology, her experiences are sufficient that the opinions contained in this booklet are reasonably well-informed.

11. Glossary

ACOUSTIC BULLET

An acoustic bullet is a travelling shock wave, projected in a way that it stays in a compact area and can cause damage when it impacts something in its path. An acoustic bullet's action is similar to the spherical shock wave resulting from a bomb blast, but doesn't spread out as a bomb blast does. As with a bomb blast shock wave, an acoustic bullet will be converted to mechanical motion, then to heat, when it impacts a wall and will not travel through a wall with the original compact size, shape and energy. If the wall doesn't break, what gets transferred to the inside is diaphragm-like motion of the wall with some follow up low frequency vibration.

A target would be well aware, as would the neighbours, if an acoustic bullet were to impact the wall of a target's home - they are anything but silent.

ACOUSTIC HETERODYNING

Acoustic heterodyning is the transmission of a pair of ultrasonic signals through the air, which, when they strike a solid surface, mix and release audible sound which has been modulated on to the two ultrasound signals. Two commercial versions are "HyperSonic Sound" and the "Acoustic Spotlight."

Acoustic heterodyning does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

ACOUSTIC SPOTLIGHT

"Acoustic Spotlight" is one of the commercial versions of acoustic heterodyning technology. Two ultrasound signals travel together in a narrow column, and release audible sound at the point of impact with a solid object. Acoustic Spotlight technology is the product of Holosonics, Inc.

The "Acoustic Spotlight" does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

AMPERE

The unit of electrical current. Electric current is the rate of flow of electrons which are broken free from atoms, normally temporarily. (Metal atom electrons are easy to dislodge, and that is why metal conducts easily.) It takes VOLTAGE to push electrons in a conductor to create a current.

ATTENUATE/ATTENUATION

Reduction, usually a reduction in power.

AUDIO FREQUENCY

Frequencies between 20 and 20,000 Hertz

CURRENT

Electric current is the rate of flow of electrons, measured in amperes, which are broken free from atoms, normally temporarily. (Metal atom electrons are easy to dislodge, and that is why metal conducts easily.)

DECIBEL

A common way to express relative power in technology literature. A small increase or decrease on the decibel scale is a large increase or decrease in actual power measured in watts. For most purposes, targets simply need to be aware that when the term “decibels” appears, it is power level being discussed. “Decibels” can apply to both sound and electromagnetic signals.

Electromagnetic shielding is rated in decibels, because for practical purposes, it is not possible to bring the level of electromagnetic signal inside to absolute zero. In most real world cases, EM shielding can reduce signal levels to well below where the tiny remaining signals cause problems.

Quick examples: A 60 decibel reduction is a reduction to one MILLIONTH of the signal outside the shielding. A 120 decibel reduction is one TRILLIONTH of the signal outside the shielding. In other words, the actual power reduction is far higher than the number of decibels.

DIPOLE

The simplest type of radio antenna. A straight wire or rod cut to half of the wavelength of the signal the antenna is designed for. This is a high-Q (quality factor) antenna.

EEG

“Electroencephalogram/graph,” the recording of the brain-induced electrical activity of the surface of the skull by way of skin-contact electrodes. The EEG readings are not the same as the firing of individual neurons in the brain, but represent the electrical average of the activity of millions of neurons. EEG frequencies lie in the range of approximately 0 - 100 Hertz, and all brains emit constantly changing frequencies within this narrow band.

There is no frequency in this narrow band unique to an individual. It is possible that a

computer program which analyzes the pattern of the many electrodes might be able to infer the identity of the test subject. However, doing this at next door neighbour distances has not been demonstrated at time of writing, so targets are urged to not claim this is being done.

ELECTRIC or ELECTROSTATIC FIELD

An area in which charged particles, such as electrons, experience mechanical force due to the presence of nearby charged objects. (Measured in units like volts per meter.) The familiar mechanical actions of static electricity show the presence of an electric field.

An electric field can be static, or varying (e.g. oscillating at a frequency.)

An electric field is not an electric current, but it can cause a flow of electrons which is an electric current.

ELECTROMAGNETIC SIGNAL or FIELD (EM)

An electromagnetic signal or field is a “chemical compound” of an oscillating electric field and an oscillating magnetic field, inseparable until it acts on a conductive antenna. An EM signal or field has properties different from either a pure electric or purely magnetic field. An EM signal can travel long distances, while both electric and magnetic fields are very short range localized phenomena in practical terms.

E.L.F.

Abbreviation for “extremely low frequency.” The ELF frequency range extends from just above zero Hertz to either 300 Hz or 3,000 Hz, depending on whose definition one uses. When OS/EH targets use ELF, they are often talking about the low end of the range, zero to 100 Hz, which is where brain and neural activity takes place.

ELF frequencies can not be used to transmit voice to skull, as they are below the audible frequencies. ELF frequencies are not “microwaves” either.

The wavelengths of ELF signals are thousands of kilometers long and can not be focussed on anything as small as an individual person. ELF signals spread out.

HAARP

“High frequency Active Auroral Research Project,” a series of high power radio transmitting stations with “phased array” antenna systems. These phased array antenna systems can aim a beam of HF band (3 to 30 MHz) radio signal at the ionosphere. This causes heating of the ionosphere, thinning it. The signal is also refracted (bent) back down to the Earth at a distant point. HAARP can ****NOT**** target single individuals - when the signal reaches Earth it has spread to many square miles. HAARP is ****NOT**** “microwave.” (Microwave signals aren't refracted by the

ionosphere.)

HYPERSONIC SOUND

“HyperSonic Sound” is a brand name of acoustic heterodyning technology, in which a pair of ultrasonic sound signals travel together in open air, and mix to release audible sound content where the ultrasound signals impact a solid surface. This technology is produced by American Technologies Corporation (Woody Norris, inventor.)

HyperSonic Sound does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

INFRARED

Electromagnetic radiation between 300 GHz (the top of the “radio” frequency band) and 430,000 GHz (the beginning of visible light.) This is a huge band where the top frequency is 1,433 times higher than the bottom. Infrared signals behave like visible light at the top of this band, and behave more like microwave at the bottom of this band. “T-waves” are signals in the terahertz range, and are typically spoken of in relation to through wall radar, which uses the lower end of the infrared band.

INFRASOUND

Sound at any frequency below 20 Hz.

INVERSE SQUARE LAW

If you research technical literature about radiation, you may find the term “inverse square law” referenced. The inverse square law describes how the power of a signal decreases with distance from the source.

If the source is not a perfectly collimated beam, that is, a beam which doesn't spread at all, the signal strength decreases in proportion to the square of the distance. That means that if you double the distance from the source, the signal is cut to one fourth of the strength at the closer position. In other words, distance causes signal level to drop rather quickly, not just in proportion to the distance.

Laser beams are often thought of as perfectly collimated beams, and some lasers do use lenses to achieve that. But over large distances, even laser beams spread to some small degree. Microwave dishes also emit a beam which spreads to a degree.

LASER

“Light Amplification by Stimulated Emission of Radiation.” A laser is a device which takes ordinary light, in which the light's waveforms are jumbled and random, and

converts the random “photons” (units of light) into photons all oriented in the same direction and leaving the device so all the waveforms are in perfect lock step with one another. This produces a beam which can go long distances with very little spreading.

It also means that the energy put into the beam can be nearly 100% recovered at the beam's impact point with an object.

The term “laser” is commonly applied to visible light, infrared, and ultraviolet radiation.

LENZ'S LAW

Lenz's Law describes the action where, when a signal acts on an area of conductive shielding, circulating currents in the shielding will act so as to set up an opposing signal, and that opposing signal travels away from the shielding as a reflection of the incoming signal. Reflected radio signals behave like reflected light, although the signals are diffused more than light (don't reflect in a single sharp-edged beam.)

LIDA

The half-century-old LIDA machine is a pulsed, 40 MHz, 40 watt radio transmitter, with other features such as pulsing light and heat. This machine originated in Russia and was intended as an alternative to sedative drugs. It operates by “entraining” (influencing) the brain's electrical rhythms to a frequency which causes drowsiness. It is the radio equivalent of rocking a baby's cradle or the motion of a train while trying to sleep, or the hypnotist's swinging watch. It's not the frequency of the signal that does the work, it's the rate at which it is pulsed.

MASER

“Microwave Amplification by Stimulated Emission of Radiation.” A device which generates a microwave signal in which all the energy leaves the device aligned in a narrow beam, the microwave counterpart of a laser.

M.E.G.

“Magnetoencephalogram/graph,” the recording of the brain-induced magnetic activity at the surface of the skull by way of pickup coils outside the skull, at very short ranges. This correlates to internal electrical currents because currents create magnetic fields. The MEG readings are not the same as the firing of individual neurons in the brain, but represent the magnetic average of the activity of millions of neurons. MEG frequencies lie in the range of approximately 0 - 100 Hertz, and all brains emit constantly changing frequencies within this narrow band.

There is no frequency in this narrow band unique to an individual. It is possible that a computer program which analyzes the pattern of the many pickup coils might be able to infer the identity of the test subject. However, doing this at next door neighbour distances has not been demonstrated at time of writing, so targets are urged to not

claim this is being done.

MICROWAVE

An electromagnetic signal starting at either 300 MHz or 3,000 MHz (3 GHz), up to 300 GHz (the top of the “radio” frequency band.) Different sources define the low end frequency differently.

MICROWAVE AUDITORY EFFECT

Microwave auditory effect is not voice to skull. MAE refers to the ability to hear microwave pulses which impinge on the head. Also called “radar hearing.” MAE was formally published by experimenters Allen Frey and James C. Lin, having been discovered by radar technicians during World War II.

Frey's and Lin's work led to the successful demonstration of voice (and other sounds) to skull by experimenter Joseph Sharp in 1973.

Targets should, when interest is expressed by non-targets, (after first contact,) refer to “voice to skull” instead of MAE, because the essential thing the public needs to know about is the use of voice for harassment, not just “clicks and buzzes.”

MODULATION

Modulation occurs when a steady stream of signal (constant amplitude, constant frequency) gets changed or “shaped” by another signal, typically a voice waveform in radio, or a picture waveform in TV, or chopped into pulses as in radar or Morse code transmissions.

ORGONE

A type of advanced technology which has not been accepted by officials as a “real” technology. Since acceptance by officials is what matters in the fight to expose OS/EH, targets are wise to avoid bringing orgone technology into serious discussions about this crime with non-targets.

OSCILLATE

An object oscillates when it exhibits mechanical vibration (sound,) or, electrons in or on the object move back and forth (electrical oscillation.)

OS/EH

“Organized stalking and electronic harassment.”

PHASED ARRAY

When multiple antennas are spaced out in a grid pattern, and controlled so that the waveforms arrive or depart each antenna at slightly different times, this grid of antennas can emit a steerable beam. ("Phase" means "timing.") The beam will be much narrower and sharper at microwave frequencies than, say, HAARP's range of 3 to 30 MHz, down in the "short wave" band.

Some radar systems use phased array antennas which are electronically more complex, but mechanically simpler than a motor driven dish.

POWER LEVEL

The power level of a signal, acoustic or electromagnetic, is often overlooked by targets as they try to understand how a particular attack type may be done. Targets should look through catalogue descriptions of common electrical or electronic devices and make note of the power consumption, or radiation in radio transmitting devices, to get a feel for what a given power level can do at what distance. Note should also be made of the physical size of various familiar devices which have a power rating.

Power is measured in watts, milliwatts, or microwatts. (Power is sometimes seen measured in "decibels," a system of measurement based on ratios, and not direct measurement in watts.)

Required power levels set limits on how small a device can be to handle a given level of power, and many theories fail when device size versus power handling ability are taken into account.

PSYCHOTRONIC (-ICS)

Psychotronics has several meanings today, making it a poor choice of term to use in the OS/EH arena. Originally, psychotronics was the use of electronic components, built into non-powered devices, along with "special abilities" of an operator, for healing. These "special abilities" seem to be of the psychic variety. This is a good reason to avoid this term in the serious discussion of electronic harassment technology with non-targets.

Literature this writer has seen suggests that advanced remote influencing technology, which could be used for electronic harassment, has been called "psychotronics" in Russian circles. I suggest not using the term with non-targets unless it becomes a popular term specifically referring to harassment, and not some "New Age" concept.

Q-FACTOR or QUALITY FACTOR

The quality factor "Q" of an object is highest when electrons in or on the object can move back and forth freely, with minimum energy loss (conversion to heat.) A high-Q object will resonate powerfully, while a low-Q object will not resonate powerfully and

much of the incoming electromagnetic signal will be converted to heat.

A wire dipole antenna has a high Q factor. A head has a low Q factor because of the resistance of the flesh. A strand of DNA has a very low Q factor because it is in contact with other semiconductive material.

RADIATION (NON-IONIZING and IONIZING)

Electromagnetic signals or fields. EM signals up through radio, infrared, visible light and ultraviolet bands are “non-ionizing.” EM signals higher are “ionizing,” meaning they are so energetic that they can strip some of the electrons from molecules they interact with.

RADIO FREQUENCY

Radio frequencies start at either 3 kHz or 10 kHz, depending on a particular authority's usage. The upper limit is 300 GHz, which is also the beginning of the infrared frequency band, and is the area of “millimeter wave” through wall viewing technology.

RADIONICS

An advanced technology which, like “scalars,” “psychotronics,” and “orgone,” has not been accepted by officials as “real.” Therefore, radionics should not form part of a serious discussion of the OS/EH crime arena with non-targets.

RESISTANCE

Real world materials have various amounts of resistance to the flow of electric current. Metals have low resistance compared with insulators which have very high resistance. The resistance of an object affects how powerfully it can electrically resonate, because resistance converts the motion of electrons in or on an object to heat.

Resistance is measured in OHMs. Your average household extension cord, 8 feet long and #16 copper wire, would be something like 0.064 ohms, very low. It has to be low to avoid overheating under load. Body parts have resistances measured in hundreds or thousands of ohms.

REMOTE NEURAL MONITORING (RNM)

Remote neural monitoring, that is, reading the state of someone's brain and nervous system at a distance, has not been demonstrated with the demonstration published by a mainstream source under their name and logo, at next door neighbour distances. This term is appealing to targets, but unfortunately, until it is demonstrated at distances where it could be used as part of electronic harassment, targets should refrain from stating it as accomplished fact. Best to speak of such a concept as one's guess or theory, or that targets' experiences are “AS IF” RNM was occurring.

RESONANT FREQUENCY

For electromagnetic signals, conductive objects, including body parts, can be made to oscillate (support alternating electric currents in or on.) The most powerful currents, at a specific frequency, depend on size and shape. This is like the frequency at which a bell will ring when struck. How powerfully a given object will resonate depends on a variety of things like “quality factor” or “Q.” (See also entry above titled “Q-Factor”)

SCALAR(S)

“Scalar(s)” is a term which is speculation at this point in time. Scalar(s) is a popular name for an advanced signal type which can create more effects than as-taught-in-school conventional signal types, and probably do so through shielding and regardless of distance. I urge targets to not use “scalars” in serious discussions of harassment technology with non-targets, unless well qualified as speculation. I'm not saying advanced signals don't exist, instead I'm saying we don't know what they are called or how they work at this time.

In Russian literature, similar speculative terms have made it into popular usage, such as “torsion fields” and “leptonics.”

SEMICONDUCTIVE SHIELDING

Shielding which has significant resistance, unlike metal.

Metals have more or less zero resistance, so an incoming signal's induced current in the metal can cause the energy to be reflected in an outgoing signal. If a shielding material has significant resistance, the incoming signal will attempt to cause current to flow (see Lenz's Law,) but because the resistance will convert some of the energy to heat, semiconductive shielding will absorb, rather than reflect.

T.M.S.

“Trans-cranial magnetic stimulation.” TMS involves pulsing electric current through induction coils, causing magnetic fields, held against the skull. These magnetic pulses have been demonstrated to be strong enough to trigger the firing of nerves when held against the head. An alternative to electro-shock therapy.

For OS/EH targets, strong magnetic fields act only at very short range in practical terms. If a target discovers strong magnetic fields in their vicinity and there are no powerful induction coils nearby, technology far more advanced than TMS is at work.

T-WAVES

“Terahertz” electromagnetic signals in the vicinity of just above 300 GHz, the beginning of infrared, also called the “millimeter wave” region. For through wall viewing, frequencies into the lower end of the infrared band are used, though as you move up in the infrared band, EM signals behave more and more like visible light and less like wall-penetrating “millimeter waves.”

ULTRASOUND

Sound at any frequency above 20,000 Hertz.

ULTRAVIOLET

Electromagnetic signals just above visible light. High energy UV lasers can ionize a path through the air which can conduct electricity and this is one form of taser.

VOICE TO SKULL (or V2S or V2K)

The transmission of sound, including voice, into the skull of a target without the assistance of implants or any other device in or on the target. First announced as successful at the University of Utah in 1974, and the journal “American Psychologist” in March 1975. Although voice to skull can be simulated using “acoustic spotlight” technology, V2S usually refers to electromagnetic transmissions.

“V2K” was an abbreviation coined by the United States Army in their on line thesaurus for several years. The definition was eventually removed.

VOLT

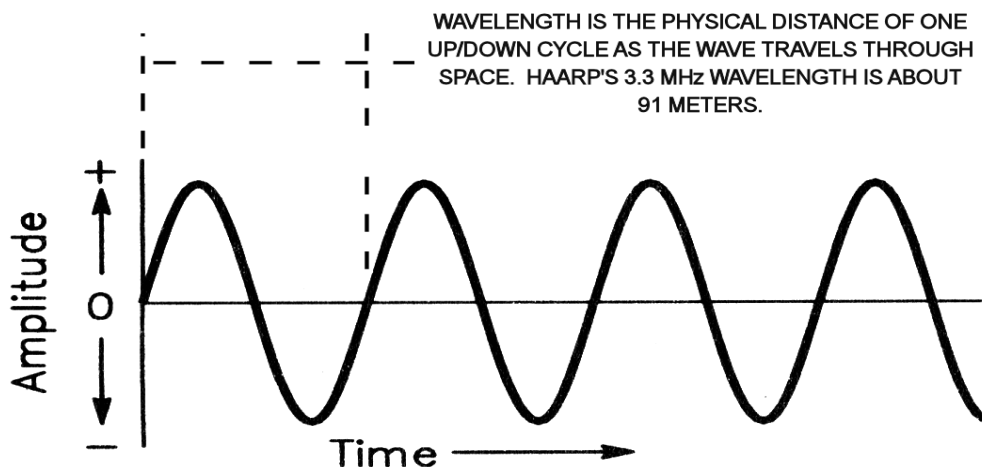
The unit of electrical pressure. When loose electrons gather on an object in more than natural quantities, that object possesses voltage relative to other objects. Voltage is what causes electric current to flow when a conducting path is made available. Also called “electrical potential.”

Cont'd ...

WAVELENGTH

Waves of any type (acoustic, electromagnetic, or water waves) are made up of alternating “up and down motions.” The wave length is the physical distance covered by one complete up and down motion. Historically one complete up and down motion is called “one cycle.”

The physical distances EM signals travel in one cycle are given above, in the chart showing the radio and through-wall radar spectrum.



TECH TALK

IN THE FIGHT TO EXPOSE AND STOP THE CRIME OF ORGANIZED STALKING AND ELECTRONIC HARASSMENT

wavelength
frequency
modulation
band
dipole
electric field
magnetic field
electromagnetic field

power level
microwave
HAARP
Lenz's Law
grounding
acoustic bullet
ELF
quality factor "Q"
EEG

?
?
?
?
?
?
?

Eleanor White

WORK IN PROGRESS - frequent updates, check the page number/date/time stamp to see if you have the latest version.

**** NOT COPYRIGHTED ****

LIST OF SECTIONS

Page numbers are not given here, as this booklet will be updated frequently when new information becomes available.

1. Purpose of This Booklet
- 1a. Is It a Relevant Weapon, or Not?
2. Attacked by a “Signal,” not a “Frequency”
3. Fields
4. “Electric/Electrostatic,” “Magnetic,” and “Electromagnetic” Fields
5. Sound Versus Electromagnetic (or Electric or Magnetic) Fields/Signals
6. The Frequency Spectrum
7. Resonant Frequency
8. HAARP
9. Grounding
10. Power Level
11. Does Sound Cause Remote Physical Manipulation?
12. Light vs. Microwave, Resolution
13. Satellite Capabilities
14. LRAD, HyperSonic Sound, and the Acoustic Spotlight
15. The Neurophone
16. Remote Neural Monitoring (RNM)

- A1. Glossary
- A2. Proven-to-Exist E-weapon Technologies

1. Purpose of This Booklet

This booklet is not a technology course. It is a collection of highlights of technology information and jargon to assist targets of organized stalking and electronic harassment (OS/EH) who do not have technology education and experience.

Most people can handle technology concepts well in conversation, even if their jargon is a little off, in most situations. But the OS/EH situation is quite different from “most situations.” Half of our attacks are in the form of silent, through-wall technology capable of singling out just one person, even in crowds. We are always fighting for credibility, and there are always skeptics and contrarians who will take advantage of a slip up in tech speak.

To targets who have technology backgrounds: I have intentionally avoided flooding the reader with the full story about the technology concepts presented here. You may find things you consider “needing more detail” or “not quite right.” Please keep in mind that this collection of information is for non-technology-educated people, and the goal is to give just enough insight that non-technology-educated targets can improve their grasp of technology concepts. Improvement, not a thorough education, is the purpose of this booklet.

Another e-booklet which outlines the proven-to-exist and not classified secret and available to the public for up to half a century and create-some-of-the-effects-we-experience electronic weapons is at:

<http://www.stopos.info/os.pdf> (Electronic Weapons chapter)

The above booklet is specifically designed to be given to the general public. The electronic weapons chapter is also appended here at the end of this booklet.

More detail on those weapons can be found here:

<http://www.randomcollection.info/proventechs.pdf>

See also Countermeasure and Detection Experiments:

<http://www.randomcollection.info/oscd.pdf>

1a. Is It a Relevant Weapon, or Not?

Here is a list of criteria for determining if a given technology can be credibly used in describing electronic harassment attacks:

- it reproduces EXACTLY at least one of the attack effects we commonly experience
- it does so SILENTLY
- it does so THROUGH WALLS without disturbing the walls in any way
- it does so at NEXT DOOR NEIGHBOUR distances

- it does so withOUT alerting/affecting neighbours
- it has been DEMONSTRATED, NOT just forecast, and the details of the demo are documented in a mainstream ORGANIZATION's publication under their name or logo (individual assertions do not work in forcing reluctant, fearful or corrupt officials to accept reality, even if the individual is eminently qualified)

Electronic weapons which do not meet those criteria can be helpful, by opening the eyes of the public that there really are such things as electronic weapons. But helpful or not, technologies which do not meet those criteria should not be claimed as being in use against organized stalking and electronic harassment (OS/EH) targets.

2. Attacked by a “Signal,” not a “Frequency”

Best to say “attacked by a SIGNAL.”

In speaking and writing to non-targets, we have the substantial disadvantage that at this time in history, the general public is unaware of OS/EH operations. That means that problems with jargon which are insignificant in, say, talking about gardening, can make us less believable.

The title of this section illustrates a common tech talk problem. Targets will sometimes say they are being attacked “by a frequency,” or by “frequency weapons.” While this isn't fatal, it could be improved.

The technically proper name for “something” which emanates from a source and travels to an object, where the “something” causes an effect is SIGNAL. When you are talking to people with technology backgrounds, SIGNAL is the best term to use.

Electromagnetic and acoustic SIGNALS have different “properties.” One such property is the FREQUENCY of the signal. FREQUENCY is just a property or attribute, it's not the “stuff” which enters your body and causes discomfort.

3. Fields

Most people understand magnetic fields, and static electricity fields. A FIELD can be static, not changing (like “static electricity”), or can be time varying, such as the way current flowing in your home power wiring can affect things nearby. A FIELD can have FREQUENCY as one of its properties.

A FIELD fills an AREA.

It is equally OK to refer to “detecting a FIELD,” or “detecting a SIGNAL.” To say “detecting a FREQUENCY” is a bit confusing because it could mean a property of an EM signal, or sound.

4. “Electric/Electrostatic,” “Magnetic,” and “Electromagnetic” Fields

ELECTRIC or ELECTROSTATIC fields happen when two objects have different voltage levels applied to them, for example, two live wires, or you and a metal object in dry weather where you have picked up “static electricity.”

MAGNETIC fields exist around magnets, and magnets can be wires carrying current, either steady current or alternating current as in your house wiring. (Coiling a wire can increase the strength of the magnetic field in the area.)

Signals which include radio, microwave, infrared, light, ultraviolet, xrays, and gamma rays, are ELECTROMAGNETIC, and can also all be referred to as radiation.

- Of the three field types named in this section, ELECTROMAGNETIC fields can be created by a signal at huge distances. Electric/electrostatic and magnetic fields, in practical terms, are not long distance things.
- You know how table salt is a chemical compound of sodium and chlorine? Salt is not at all like either pure sodium or pure chlorine.

ELECTROMAGNETIC fields or signals or radiation are likewise different from both electric/electrostatic or magnetic fields, like a chemical compound.

- ELECTRIC and MAGNETIC fields can be either steady (“static”) or vary with time.

However, ELECTROMAGNETIC (EM) fields are unique, in that they are only produced when an electric current is changing with time. “Oscillation” is required.

In a practical sense, being harassed by either electric/electrostatic or magnetic fields would require that something capable of setting up such fields be physically close to the target.

A Tri-Field meter (<http://www.trifield.com>) has a selector switch and can check for all three types of fields.

ELECTROMAGNETIC fields or signals or radiation come in two varieties, depending on frequency of oscillation:

- Non-ionizing, from zero Hertz up through ultraviolet light
- Ionizing, above ultraviolet light

When the frequency of oscillation of an EM signal gets high enough, that radiation is energetic enough to knock some electrons out of their orbits around atoms or molecules. An atom or molecule which is missing or has an extra electron is an “ion.” That signal is in the “ionizing” frequency range.

When considering experiments with test equipment, you need to know whether you are looking to test for non-ionizing or ionizing radiation as the testers are quite different.

To date, most of the bodily effects which can be caused by EM radiation are documented in the non-ionizing lower frequency ranges.

5. Sound Versus Electromagnetic (or Electric or Magnetic) Fields/Signals

Sound is totally different from electromagnetic or electric or magnetic fields/signals.

Sound is mechanical vibrations in some physical object or substance. Nothing “electrical” about it.

Sound cannot travel in the vacuum of space, so if someone says a satellite can listen to conversations on Earth, that's a bogus claim. A radio transmitter on Earth, sending to the satellite, would be required for a satellite to hear conversations.

Sound travels at FAR less speed than electromagnetic signals. EM signals travel at the speed of light, or 300,000 kilometers/186,000 miles a second.

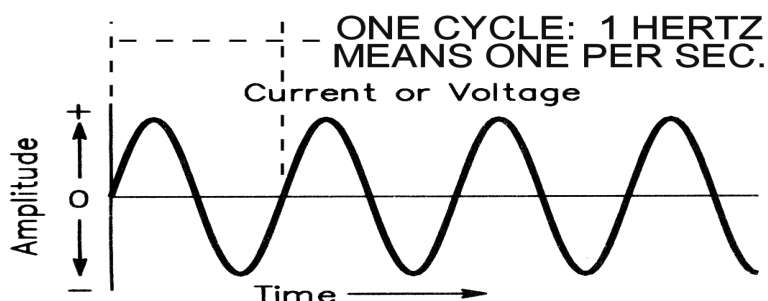
Sound travels at about 0.35 kilometers/0.2 miles a second. Not even close.

6. The Frequency Spectrum

“Range of frequencies” is what a spectrum is.

The spectrum of possible frequencies can apply either to sound or to electromagnetic signals. The full range of commonly spoken about frequencies goes much higher for electromagnetic (EM) signals than it does for sound, though sound up in the megahertz range is used commercially.

Frequency is measured in HERTZ. One HERTZ is one pair of wave actions, one swing upwards and one swing downwards on a wave form chart, per second. Older information referring to frequency may use the term “cycles per second.” One “cycle” is also one pair of wave actions, one swing up and one swing down, on a wave form diagram.



FREQUENCY SPECTRUM FOR SOUND

100,000 Hz .	ultrasound ~20,000+	** HyperSonic Sound, and its competitor, the Holosonics Acoustic Spotlight, operate around the 200,000 Hz frequency range
10,000 Hz ...	~ 20,000 Hz	** OS/EH targets' tinnitus is around 11,000 Hz measured by using an audio tone generator to “zero beat” (synchronize with) with the tone experienced by the target
1,000 Hz	audible	
100 Hz	~ 20 Hz	** LRAD, the directional loud hailer system, operates in the normal audible sound frequency range
10 Hz	~ 20 Hz infrasound	
0 Hz	~ 0 Hz	

The term “spectrum is almost always used conversationally to mean the electromagnetic frequency spectrum, though sound has a spectrum too.

RADIO AND THROUGH-WALL RADAR ELECTROMAGNETIC SPECTRUM

(Wavelengths apply to EM signals, not sound. This chart stops at visible light.)

300 THz	0.001 mm	430,000 GHz		
30 THz	0.01 mm		
3,000 GHz .. 3 THz	0.1 mm	infrared		
"T-waves" start at 1 THz		.		
300 GHz	1 millimeter	300 GHz	Through Wall Radar in the Lower IR Band	
			300 GHz	300 GHz
30 GHz	1 centimeter	Area Denial System	1 mm	1 mm
		95 GHz	.	microwave
3,000 MHz .. 3 GHz	10 centimeters
300 MHz	1 meter	1, 3 GHz,
			.	or
30 MHz	10 meters		"radio"	300 MHz
			frequency	
30 MHz	10 meters	30 MHz	(RF)	
		HAARP	.	
3,000 kHz .. 3 MHz	100 meters	3 MHz	.	
			.	
300 kHz	1 kilometer	
			.	
30 kHz	10 kilometers		10 kHz	
			or	
3,000 Hz 3 kHz	100 kilometers		3 kHz	
		3 kHz	.	
300 Hz	1,000 kilometers	or	audio	
		300 Hz	.	
30 Hz	10,000 kilometers	
		"ELF"	20 Hz	100 Hz
3 Hz	100,000 kilometers		brain
		~0 Hz	.	
0 Hz (DC)			~ 0 Hz	

7. Resonant Frequency

When an electromagnetic signal arrives at a conductive object in its path, this signal will cause free electrons (lots of those in metal objects) to move back and forth.

The size and shape of the object determine a frequency at which the electrons move back and forth most energetically. That is the resonant frequency, and at that frequency, the object can be set into resonance by a very small incoming EM signal.

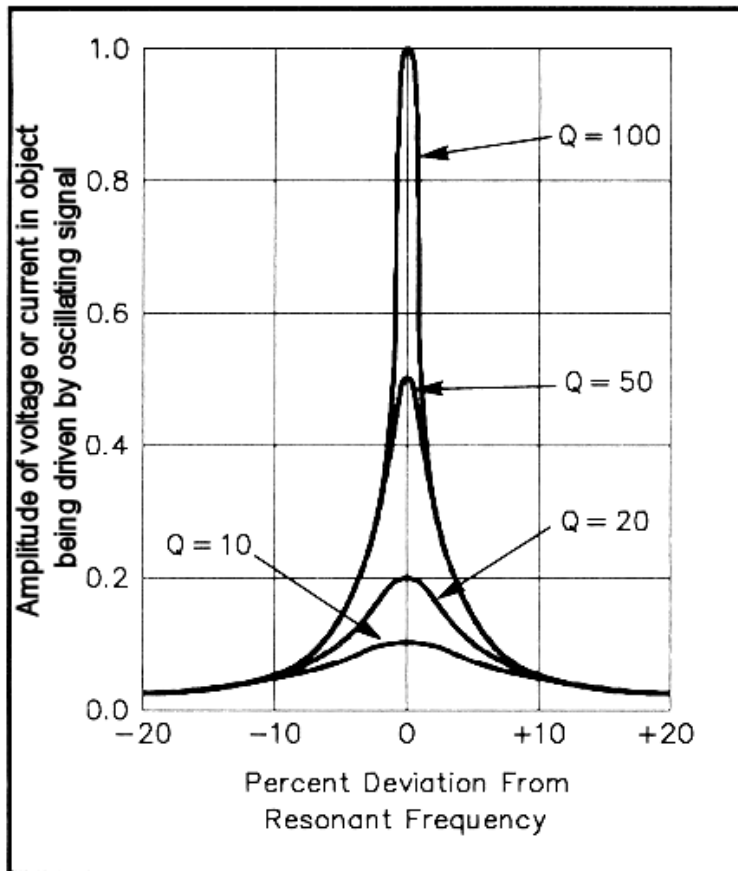
There are some important things about resonant frequency that targets need to know about.

First, a real life resonant frequency of an object is not a single frequency, but a band of frequencies. Yes, the very peak of electron motion does have a maximum at a single frequency, but frequencies near that resonance point also produce fairly energetic motion of the electrons in or on the object.

A graph of frequency versus electron motion is bell-shaped, with the frequency at the center of the bell called the resonant frequency. That bell shaped response curve is very important for targets to grasp, because what it means is, there is not a unique single frequency at which powerful electron motion occurs, but a band of frequencies. (See the illustration below.)

We often hear targets claiming that, for example, one person's head is unique in shape, therefore it has a unique resonant frequency. The bell-shaped response to an incoming (or transmitted) signal shows that although heads are unique, the uniqueness isn't enough to have a single, clearly identifiable frequency which is measurably different from that of other heads.

There is a second factor which determines how unique the resonant frequency of an object is, and that is the object's "quality factor," commonly called "Q" by technology workers. The higher the Q, the sharper will be the bell shaped response curve. But the response curve will never turn into a single vertical line representing a single unique frequency.

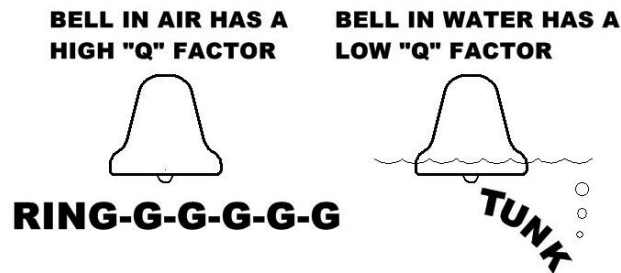


The illustration above shows how low Q factor makes the response curve much flatter, meaning a resonance point is much less unique.

A simple straight wire or rod antenna, commonly called a “dipole,” has about as high a Q as is obtainable under real world conditions. When a straight thin wire is made progressively fatter, the Q drops. When an object is shaped like a sphere, the Q is not as high as for a dipole.

Furthermore, the resistance of the object's material causes the Q to drop as the resistance rises. Body parts have hundreds to thousands of ohms resistance, whereas a wire antenna may only have a fraction of an ohm. So a head's Q is low compared with a straight wire antenna. Clearly, when talking about conventional radio (EM) signals, our heads do not exhibit unique resonant frequencies.

Another way to visualize Q, quality factor, is to consider the effect of trying to ring a bell under water. You'll still get a short tone, but the tone is quickly damped out by the friction of the water. A bell under water has far less Q than in air.



Another common assumption targets make about body part resonance is that everyone's DNA has a unique resonant frequency. When talking about a conventional radio signal, all DNA has virtually identical response curves, which is to say all DNA has virtually the same resonant frequency. That is because in spite of internal differences, all strands of DNA are approximately the same length. Length is the primary determinant of resonant frequency.

Moreover, the Q factor of DNA is even lower than that of a head, because the ends of the DNA strands are in contact with other conductive flesh. A body part embedded in flesh is like a radio antenna where, instead of glass or porcelain insulators at the ends, the wire was simply wrapped around damp tree branches. It would work to a degree, but resonance would be very broad because the partly conductive damp wood lowers the Q.

IMPORTANT: When I say these things to targets, many assume I'm saying that surgically precise accessing of our brains and nervous systems doesn't happen or can't happen. NO. I am not saying that. What I am saying is that the surgically precise targeting is not being done with anything as simple as conventional radio signal resonance. We do not know how the access is being done at time of writing. You might say "It is AS IF my harassers are able to monitor my brain and nervous system activity." That is not recommended for first contact (with non-targets) situations, however. That qualifier phrase "AS IF" is critically important.

8. HAARP

"High frequency Active Auroral Research Project," a series of high power radio transmitting stations with "phased array" antenna systems. These phased array antenna systems can aim a beam of HF band (3 to 30 MHz) radio signal at the ionosphere. This causes heating of the ionosphere, thinning it. The signal is also refracted (bent) back down to the Earth at a distant point. HAARP can ****NOT**** target single individuals - when the signal reaches Earth it has spread to many square miles. HAARP is ****NOT**** "microwave."

Targets tend to think of HAARP as a candidate for a source of some of the disabling effects they experience.

Pulsed radio signals have been demonstrated to influence, with potential for disabling effects, the overall electrical "rhythm" of the brain. This is called "brain entrainment." The Lida machine, an older medical device used for sedation, demonstrated this. Because HAARP

can be pulsed in the same way, HAARP has “Lida-machine-like” potential for influencing the mental and physical state of people where its signal returns to Earth.

However, the HAARP beam can never be smaller than the size of the huge antenna farms, with an area of a couple of city blocks. And because HAARP transmits in the “High Frequency” or “shortwave” band, the frequencies in that band do not focus sharply at all. This is because EM signals' wavelengths act like video screen “pixel size.” Long wavelengths produce a very fuzzy “image”; they don't focus tightly.

Furthermore, the ionosphere is not mirror-like. HAARP signals do not “reflect from a shiny surface,” but rather, they are gradually bent as they travel through miles of ionosphere, called “refraction.” Refraction further spreads the beam. Depending on conditions, the refracted signal will cover at least dozens of square miles and probably more when it returns to Earth.

This means HAARP's effects would be felt by everyone in a wide area, not by specific individuals. For this reason, I don't list HAARP as one of the proven electronic harassment weapons. Having said that, publicity about HAARP has been helpful in gradually educating the public that EM signals can have effects on the mind and body. Just don't claim you personally are targeted by HAARP unless all your neighbours are complaining of the same effects you are experiencing.

Just keep in mind that targets who get electronic attacks which are not shared by neighbours over a very wide area are NOT being targeted by HAARP.

HAARP can NOT pinpoint specific individuals.
One article about HAARP claims:

"How low-frequency waves are absorbed and reflected by the earth can reveal what's underneath-including hidden bunkers."

HAARP MIGHT - it remains to be publicly demonstrated - be able to ILLUMINATE underground facilities with its signal. I will wait for a DEMO on that.

However, HAARP is a TRANSMITTING facility.

It would take some other device to PICK UP any reflections from underground facilities. HAARP's antennas do not appear oriented to do the RECEIVING task.

For example, a flashlight ONLY illuminates a darkened area. It takes YOUR EYES to RECEIVE the reflected light. The flashlight itself is not capable of "seeing in the dark."

So unless a mainstream documented demonstration comes to light, it is not correct to claim that HAARP can reveal “hidden bunkers.”

9. Grounding

SUMMARY

Grounding is not necessary to shield against electromagnetic signals.

Many folks, including many with technology backgrounds, insist that in order for electromagnetic shielding to work, the shielding must be grounded. This is not true.

Shielding works by Lenz's Law, which describes currents circulating within shielding when an EM signal impinges on the shielding. These currents generate an opposing EM signal which cancels the incoming signal, and this opposing signal travels back away from the impact point as the reflected signal. Circulating currents do this. There is no need for current flow to or from the Earth.

Consider shielded electronic equipment held in your hand, mounted in your automobile, or mounted in aircraft, or even in satellites. The shielding in these devices works just fine, even though they are not grounded.

Shielding for safety reasons is often grounded, but that is not to stop EM signals.

There are antenna systems which do use the Earth as one pole of their “dipole” antenna system. That is the choice of the designer, and there are other designs which work equally well (called “balanced” antenna systems) which do not require connection to the Earth.

Also, some receivers exhibit less noise when grounded. The atmosphere has electrostatic charge which can generate noise. But that grounding is to reduce “static” in the receiver, it is not to shield against EM.

NOTE CAREFULLY: Grounding has been reported as successful in some countermeasure experiments. I'm not saying grounding doesn't help. I'm making a totally different statement, that grounding isn't necessary to shield against conventional EM signals.

Targets must keep in mind that a significant number of targets, conservatively 40-50, myself included, experience repeated attacks which are beyond the capabilities of technology as taught in school. Generally these are of the remotely induced vibration or shoving around type. (Remotely induced vibration, incidentally, is also reported by the “Taos Hum,” now world-wide hum sufferers as well.)

So when technology advanced beyond that taught in school is in use, it's anyone's guess as to what countermeasures may be effective. Consequently, grounding may well be an effective countermeasure. What I'm saying in this section does not contradict those successes, as I am writing strictly about conventional EM signals.

10. Power Level

SUMMARY

Microscopic implants put out power levels FAR below what is required to communicate with satellites. And neurons' signals are TEN MILLION times SMALLER.

Targets often don't consider power levels required when building their theories of how their harassment may be done. The result of ignoring power requirements are theories such as implants which are microscopic in size, and which can only acquire small power by way of battery action of bodily fluids, communicating directly with satellites hundreds or thousands of miles away.

Consider a small watch battery, 5.8 mm (0.22 in) diameter, with an energy capacity of 6 milliamp-hours (mah), putting out 1.5 volts.

Normally, batteries are designed to be used at currents of no more than 1/10th of the energy capacity. In this case, the battery could be used to power, say, a small radio transmitter at a current of 0.6 milliamps. Times 1.5 volts = 0.9 milliwatts. (The smallest walkie talkies use perhaps 50 milliwatts, or 50 times greater power.)

A tiny IMPLANT with such a relatively large battery, transmitting at 0.9 milliwatts, encased in semi-conducting flesh, is not going to be able to communicate directly with a satellite.

Even more so for “nano” size implants, because nano-size means nano-power.

A microscopic implant within the body, directly communicating with a satellite, is very far from being demonstrated. Claims that miniaturization may have reached this success level need demonstration before we can make such claims.

IMPORTANT: Targets sometimes feel that I'm saying that technology which communicates directly with our brain and nervous systems doesn't exist. I'm not saying that. I am saying that claiming satellite-based equipment, using conventional as-taught-in-school EM technology, communicating directly with body implants, has not been demonstrated, not even close. You can say “It is AS IF my harassers are able to monitor my brain and nervous system activity.” That is not recommended for first contact (with non-targets) situations.

In turn, that means avoid making claims that you have implants which are being read by satellite, and avoid using articles making such claims without an actual demonstration published under the name and logo of a mainstream source.

So far, that is for battery powered small transmitters.

When you get down into the electrical power involved with BRAIN activity, wattages are far smaller.

I own a small single channel EEG (electroencephalograph) machine. It has a sensitivity control calibrated in microvolts, from a couple up to 70.

One google find regarding current levels in neurons can be in the area of 10 nano-amps:

["Serotonin 1A receptor ligands act on norepinephrine neuron firing ...](#)

with a 10 nA current, by itself, produced a similar and statistically significant 27% decrease on basal LC. NE *neuron firing* in rats receiving glutamate and ...

OK. Wattage equals volts times amps. This is rough, but it does given a ballpark idea of the sorts of power levels neurons may transmit at.

Let's increase that 10 nanoamps to 1 microamp, a 100 times jump in current.

Let's go a little above the highest voltage on the EEG unit's scale, and use 100 microvolts.

So the next calculation is based on numbers higher than brainwave reality.

Brain event power level = 1 E-6 amps times 100 E-6 volts (calculator exponents)

= 100 E-12, or 100 PICOwatts.

The brain, then, emits PICOwatts of power when the neurons fire, and that is a generous calculation. And that is before the attenuation (power reduction) caused by the shielding effect of the semiconductive skull.

A 100 PICOwatt transmitter (a neuron, in other words) is 10 MILLION TIMES SMALLER than the little watch-battery powered transmitter described above.

And we have no demonstration of even the watch-battery transmitter, transmitting one milliwatt, carrying on direct communications with satellites. So how can a satellite directly read "transmitters" which are 10 MILLION TIMES smaller?

This is why I constantly advise not claiming your brain is being read by satellite - it's not even close to possible, using demonstrated as-taught-in-school technology. You might say "It is AS IF my harassers are able to monitor my brain and nervous system activity." That is not recommended for first contact (with non-targets) situations, however.

11. Does Sound Cause Remote Physical Manipulation?

SUMMARY

**Sound cannot shove you around
silently, through walls.**

Some targets get odd vibration of not only body parts, but inanimate objects as well. What makes this vibration odd is that the surface underneath is not vibrating. These occurrences have characteristics of harassment. For example, when a target needs to use a keyboard, the keyboard suddenly starts vibrating, sometimes to the point where it dances around the desk surface. Or when the target sits down to a meal, the dining table vibrates while the floor does not. Ripples on cups of liquid clearly show the presence of real mechanical vibration.

Or the target's bed is vibrated at times through the night to keep the target awake. Sometimes body parts themselves will vibrate and the target's muscles are totally slack, playing no part.

Some targets have body parts shoved around. Sometimes the muscles play a part, but sometimes the muscles are completely slack, playing no part whatever.

Some targets reason that this must be something like an "infrasound" attack, that is, sound of too low a frequency to be heard. There is logic to that, as we've all experienced things vibrating and rattling when some large vehicle or piece of machinery is operating nearby.

However, there is too wide a variation in environments to explain this by "some large piece of equipment nearby." Sometimes the vibration is up in the audible range. Sometimes the bed frame is shaken much more violently than could be explained by infrasound.

Furthermore, when intense infrasound is in the area, even though the ears can't hear it, there are feelings which tell the experiencer that powerful low frequency sound is in the area. Such feelings do not accompany this odd vibration.

And infrasound can't explain being shoved around. Shoving around happens at times during attempts to sleep, and also happens when the target is attempting to do either messy things, or things requiring precision and care. Over time it is clear these vibration/shoving occurrences are harassment, and not something natural. Furthermore, they haven't happened to targets prior to their becoming a target.

(Interestingly, the original "Taos Hum" and now worldwide-Hum sufferers sometimes report this anomalous vibration too. The Hum sufferers do not experience all the other things that make up organized stalking and electronic harassment.)

Heavy infrasound would be experienced by neighbours. Vibration and shoving are unique to the target.

Some have suggested that "sonic bullets" are being used for at least the shoving around

attacks. That is not the case. “Sonic bullets” are shockwaves of the sort produced by firing a blank cartridge in a firearm. They are very noisy, while the shoving around occurs silently.

Furthermore, a sonic bullet, which is a localized travelling shock wave, would be stopped, diffused, and converted to heat when a target's home wall were encountered. The target inside would experience a thud, and a quick cycle or two of vibratory movement of the wall. The sonic bullet would not travel through the wall unless it first blew a hole in the wall, and that would not be silent and would be noticed by everyone in the area.

As to what is causing this remote vibration and shoving around - the answer is we do not know at this time. I do not recommend talking about being shoved around to non-targets as the technology is advanced far beyond technology taught in today's schools.

12. Light vs. Microwave, Resolution

SUMMARY

Microwave harassment-capable signals have wavelengths THIRTY THOUSAND TIMES longer than visible light. This means harassment-capable microwaves can not be aimed with the surgical precision of visible light. Wavelength is “pixel size” in determining the focus-ability of EM signals.

Targets believe that since high quality optics can pick up a licence plate from a satellite, it must be equally easy to aim a microwave signal with a beam precise enough to hit just the target's head without affecting neighbours. That's not so, and it has to do with the “resolution” of light versus microwave signals.

To understand this, compare the wavelengths of visible light with microwave signals to get an idea of why light has very precise resolution, but microwave does not.

Visible light's wavelengths are shorter than 0.001 millimeter.

The type of microwave which can penetrate the body to some degree would be at frequencies below 10 GHz. That means harassment-capable microwave would require wavelengths longer than 3 centimeters, or 30 millimeters.

That wavelength, 30 millimeters, is, minimum, THIRTY THOUSAND TIMES LONGER than visible light.

Imagine increasing the pixel size on your computer by a factor of 30,000! You would not be able to resolve any detail at all.

Harassment capable microwave, below 10 GHz then, is a “totally different animal” than visible light. Far coarser resolution, and, as wavelength increases (going lower in frequency) signals will increasingly spread out. At satellite distances, microwave can not be focussed as light

can be.

A way to look at resolution is to conceive of a signal's wavelength as being approximately equal to "pixel size." A radio signal is not going to be able to portray a picture of something smaller than the wavelength. That is why through wall radar uses wavelengths in the range of one millimeter.

** If anyone has discovered actual maser beam spread information, I'd like to add that here to this section. I have found references to Laser beam divergence, but nothing so far in the way of actual data for Maser beam divergence.

13. Satellite Capabilities

Some targets report a satellite is regularly "parked above them."

Low Earth orbit satellites are at least a couple of hundred miles up, to clear the atmosphere. Orbits that low require the satellite to move at around 17,000 miles per hour to stay in orbit. There is no way a low Earth orbit satellite can "park above" a target's home and be visible.

At altitudes of 22,300 miles, a satellite can indeed park, (exhibit no motion relative to the Earth's surface,) but only above the equator. This is the "geosynchronous" orbit, and it's not possible to park a satellite above a home in North America. More than that, any satellite of reasonable size is not going to be visible to the naked eye at 22,300 miles.

Discussing attacks by satellites as a fact is not recommended for speaking with or writing to non-targets. One could say "It is AS IF satellites are part of the harassment" because that is not stating it as a proven fact. That phrase "AS IF" is extremely important to maintain your credibility.

Targets commonly blame satellites for the invasive surveillance and electronic assault we experience.

When it comes to what we say to non-targets, it is important to keep in mind that none of the proven (to exist, be available, and specifically capable of doing what we experience) e-weapons have been demonstrated at anything remotely like satellite distances, meaning over 200 miles. When talking to non-targets, we are smart, therefore, to not tell people we are, as a fact, being zapped by satellites.

Yes, optical telescopes mounted in satellites can pick up considerable detail on clear days, but the proven e-weapons don't use light. The wavelength (i.e. "pixel size") of light is far shorter than the wavelengths used by the proven e-weapons.

Even infrared is longer in terms of wavelength, i.e. pixel size, than visible light. And infrared can't see through walls - it takes much lower frequency/longer wavelength radio signals to "see through walls."

Yes, there may be, probably are, e-weapons advanced well beyond the proven technologies we know about. But since we don't know how they work, not being taught in today's schools, we can't say they can be mounted in satellites, or even need to be mounted in satellites.

The best way to talk about the possibility of satellite surveillance and zapping is to say something like, "We wonder, given the invasive nature of the electronic assaults we experience, whether satellites MIGHT be involved."

That way, you let your listener (or reader) make the decision - you aren't attempting to say something as a fact which you don't have proof of.

14. LRAD, HyperSonic Sound, and the Acoustic Spotlight

SUMMARY

LRAD uses audible sound and does not qualify as a weapon which can reproduce OS/EH harassment experiences. It is not silent.

Back in the 1990s, inventor Woody Norris developed a way to transmit sound over long distances, in a fairly narrow "beam," silently except where the acoustic beam impacts a solid object. This was do-able because when sound is up in the ultrasound range (above 20,000 Hz) does travel in a fairly narrow beam when projected by a flat plate vibrating at ultrasound frequencies. He calls this technology "HyperSonic Sound," now available from American Technologies Corporation.

Norris found that transmitting two ultrasound beams "within" one another using arrays of small flat plate transducers, some sending one frequency, the others sending a slightly different frequency, when this combination of two ultrasound beams struck a solid object, sound at the frequency difference between the beams would emanate from the beam impact point.

For example, if two sets of intermingled transducers sent one beam at 200,000 Hz, and the other set of intermingled transducers sent the second beam at 203,000 Hz, a tone of 3,000 Hz would be heard where this intermingled beam pair hit a solid surface.

By using a voice or music waveform to vary the frequency of one of the intermingled beams, this system performs true ventriloquism or "throwing of the voice."

This mixing of ultrasound beams to produce audible content is called "acoustic heterodyning."

Because this technology "dumps" its audible content at a solid surface, it doesn't penetrate walls. If an acoustic heterodyning beam hits the wall of a target's home, the target will hear ordinary sound emanating from the outside of his/her wall. What this means for targets is that they should not assume that acoustic heterodyning, also known as "HyperSonic Sound," or, the "Acoustic Spotlight," is responsible for their voice to skull experiences.

However, two targets to date have done some interesting activism with the public using their acoustic heterodyning demonstration units. Even though it's not true voice to skull, it does begin to educate the public to the fact that there are interesting technologies they don't know about, and that helps us quite a bit.

Back when Woody Norris was developing HyperSonic Sound (HSS), he began work on a loud hailing system he called "LRAD" or "long range acoustic device." Originally, promotional material suggested this device would make use of the HSS principle. However, the finished product is a straightforward loud hailer, using an array of transducers similar to those used for HSS devices, but carrying ordinary audible frequencies.

With LRAD, a narrower beam is formed by physically placing the transducers around the edge of the array at a slightly different height above the backplane than the main central part of the array. This somewhat cancels out sound leaving the transducer array which would otherwise spread out.

Because LRAD transmits only audible sound, it can NOT reproduce the attack effects we experience. A target's neighbours would all be alerted if LRAD were in use in the neighbourhood.

15. The Neurophone

The Patrick Flanagan Neurophone is a simple device. Conventional audio signals are played into the body by way of a pair of electrodes. Those electrodes are "piezoelectric" material, meaning as a voltage is applied to the electrodes, they mechanically vibrate, generating actual mechanical sound, which is carried by the body into the hearing sense.

The Flanagan Neurophone can NOT - repeat - NOT operate without being in contact with the body. Consequently, in spite of the appealing name, it can NOT be included in the list of electronic weapons which:

- operate silently
- through walls
- without breaking or disturbing the wall
- and without affecting or alerting neighbours.

Nick Begich demonstrated "something" to the European Union which may have been a neurophone. That would have required skin contact.

If Nick Begich's demo device did not use skin contact, it was probably a version of what are now commercially available as "Acoustic Spotlight" or "HyperSonic Sound." Nick would not give particulars when asked for actual specifications of the device he used.

16. Remote Neural Monitoring

SUMMARY

Reading the electrical activity of individual neurons or neuron clusters has never been publicly demonstrated at next door distances. Doing this using taught-in-school electromagnetic (radio) signals would be extremely difficult if not impossible. Classified technology seems to be required.

Many targets, myself included, are convinced that remote reading of targets' body system states, including remotely reading neural activity, is part of organized stalking and electronic harassment. That can only be settled if technology which can do this is made public.

What I would like to point out here is a practical example of why this is so difficult using conventional electromagnetic (radio) signals.

Imagine a cardboard box used to pack, say, 100 glass bottles, with a honeycomb-style anti-breakage cardboard baffle array inside.

Imagine you take 100 walkie talkies, set them all on the same channel, and tape the transmit buttons to the 'transmit' position, and set them into the honeycomb box.

Imagine you connect audio feeds from 100 different radio stations to the microphone jack on each walkie talkie. You start transmitting all 100 different audio feeds on the same channel.

This is a good analogy of your brain. Your brain operates in a very narrow band of roughly from just above zero to maybe 100 Hz. That is narrow! Your millions of neuron clusters all transmit on that same, narrow channel.

Now, you pick the most expensive conventional receiving equipment you can find, and you go next door. How are you going to be able to identify which walkie talkie is transmitting which radio station?

As an amateur radio operator (and builder) for over 55 years, I don't see how this could be done.

This illustrates why we should not claim remote reading of individual neurons or neuron clusters until a demonstration is published in a mainstream source. I recommend offering a reward of, say, \$1,000 for anyone who can find such a demonstration published in a source which any mainstream scientific official will accept as true.

=== END OF TEXT ===

A1. GLOSSARY

ACOUSTIC BULLET

An acoustic bullet is a travelling shock wave, projected in a way that it stays in a compact area and can cause damage when it impacts something in its path. An acoustic bullet's action is similar to the spherical shock wave resulting from a bomb blast, but doesn't spread out as a bomb blast does. As with a bomb blast shock wave, an acoustic bullet will be converted to mechanical motion, then to heat, when it impacts a wall and will not travel through a wall with the original compact size, shape and energy. If the wall doesn't break, what gets transferred to the inside is diaphragm-like motion of the wall with some follow up low frequency vibration.

A target would be well aware, as would the neighbours, if an acoustic bullet were to impact the wall of a target's home - they are anything but silent.

ACOUSTIC HETERODYNING

Acoustic heterodyning is the transmission of a pair of ultrasonic signals through the air, which, when they strike a solid surface, mix and release audible sound which has been modulated on to the two ultrasound signals. Two commercial versions are "HyperSonic Sound" and the "Acoustic Spotlight."

Acoustic heterodyning does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

ACOUSTIC SPOTLIGHT

"Acoustic Spotlight" is one of the commercial versions of acoustic heterodyning technology. Two ultrasound signals travel together in a narrow column, and release audible sound at the point of impact with a solid object. Acoustic Spotlight technology is the product of Holosonics, Inc.

The "Acoustic Spotlight" does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

AMPERE

The unit of electrical current. Electric current is the rate of flow of electrons which are broken free from atoms, normally temporarily. (Metal atom electrons are easy to dislodge, and that is why metal conducts easily.) It takes VOLTAGE to push electrons in a conductor to create a current.

ATTENUATE/ATTENUATION

Reduction, usually a reduction in power.

AUDIO FREQUENCY

Frequencies between 20 and 20,000 Hertz

CURRENT

Electric current is the rate of flow of electrons, measured in amperes, which are broken free from atoms, normally temporarily. (Metal atom electrons are easy to dislodge, and that is why metal conducts easily.)

DECIBEL

A common way to express relative power in technology literature. A small increase or decrease on the decibel scale is a large increase or decrease in actual power measured in watts. For most purposes, targets simply need to be aware that when the term “decibels” appears, it is power level being discussed. “Decibels” can apply to both sound and electromagnetic signals.

Electromagnetic shielding is rated in decibels, because for practical purposes, it is not possible to bring the level of electromagnetic signal inside to absolute zero. In most real world cases, EM shielding can reduce signal levels to well below where the tiny remaining signals cause problems.

Quick examples: A 60 decibel reduction is a reduction to one MILLIONTH of the signal outside the shielding. A 120 decibel reduction is one TRILLIONTH of the signal outside the shielding. In other words, the actual power reduction is far higher than the number of decibels.

DIPOLE

The simplest type of radio antenna. A straight wire or rod cut to half of the wavelength of the signal the antenna is designed for. This is a high-Q (quality factor) antenna.

EEG

“Electroencephalogram/graph,” the recording of the brain-induced electrical activity of the surface of the skull by way of skin-contact electrodes. The EEG readings are not the same as the firing of individual neurons in the brain, but represent the electrical average of the activity of millions of neurons. EEG frequencies lie in the range of approximately 0 - 100 Hertz, and all brains emit constantly changing frequencies within this narrow band.

There is no frequency in this narrow band unique to an individual. It is possible that a

computer program which analyzes the pattern of the many electrodes might be able to infer the identity of the test subject. However, doing this at next door neighbour distances has not been demonstrated at time of writing, so targets are urged to not claim this is being done.

ELECTRIC or ELECTROSTATIC FIELD

An area in which charged particles, such as electrons, experience mechanical force due to the presence of nearby charged objects. (Measured in units like volts per meter.) The familiar mechanical actions of static electricity show the presence of an electric field.

An electric field can be static, or varying (e.g. oscillating at a frequency.)

An electric field is not an electric current, but it can cause a flow of electrons which is an electric current.

ELECTROMAGNETIC SIGNAL or FIELD (EM)

An electromagnetic signal or field is a “chemical compound” of an oscillating electric field and an oscillating magnetic field, inseparable until it acts on a conductive antenna. An EM signal or field has properties different from either a pure electric or purely magnetic field. An EM signal can travel long distances, while both electric and magnetic fields are very short range localized phenomena in practical terms.

ELF

Abbreviation for “extremely low frequency.” The ELF frequency range extends from just above zero Hertz to either 300 Hz or 3,000 Hz, depending on whose definition one uses. When OS/EH targets use ELF, they are often talking about the low end of the range, zero to 100 Hz, which is where brain and neural activity takes place.

ELF frequencies can not be used to transmit voice to skull, as they are below the audible frequencies. ELF frequencies are not “microwaves” either.

The wavelengths of ELF signals are thousands of kilometers long and can not be focussed on anything as small as an individual person. ELF signals spread out.

HAARP

“High frequency Active Auroral Research Project,” a series of high power radio transmitting stations with “phased array” antenna systems. These phased array antenna systems can aim a beam of HF band (3 to 30 MHz) radio signal at the ionosphere. This causes heating of the ionosphere, thinning it. The signal is also refracted (bent) back down to the Earth at a distant point. HAARP can ****NOT**** target single individuals - when the signal reaches Earth it has spread to many square miles. HAARP is ****NOT**** “microwave.” (Microwave signals aren't refracted by the

ionosphere.)

HYPERSONIC SOUND

“HyperSonic Sound” is a brand name of acoustic heterodyning technology, in which a pair of ultrasonic sound signals travel together in open air, and mix to release audible sound content where the ultrasound signals impact a solid surface. This technology is produced by American Technologies Corporation (Woody Norris, inventor.)

HyperSonic Sound does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

INFRARED

Electromagnetic radiation between 300 GHz (the top of the “radio” frequency band) and 430,000 GHz (the beginning of visible light.) This is a huge band where the top frequency is 1,433 times higher than the bottom. Infrared signals behave like visible light at the top of this band, and behave more like microwave at the bottom of this band. “T-waves” are signals in the terahertz range, and are typically spoken of in relation to through wall radar, which uses the lower end of the infrared band.

INFRASOUND

Sound at any frequency below 20 Hz.

INVERSE SQUARE LAW

If you research technical literature about radiation, you may find the term “inverse square law” referenced. The inverse square law describes how the power of a signal decreases with distance from the source.

If the source is not a perfectly collimated beam, that is, a beam which doesn't spread at all, the signal strength decreases in proportion to the square of the distance. That means that if you double the distance from the source, the signal is cut to one fourth of the strength at the closer position. In other words, distance causes signal level to drop rather quickly, not just in proportion to the distance.

Laser beams are often thought of as perfectly collimated beams, and some lasers do use lenses to achieve that. But over large distances, even laser beams spread to some small degree. Microwave dishes also emit a beam which spreads to a degree.

LASER

“Light Amplification by Stimulated Emission of Radiation.” A laser is a device which takes ordinary light, in which the light's waveforms are jumbled and random, and

converts the random “photons” (units of light) into photons all oriented in the same direction and leaving the device so all the waveforms are in perfect lock step with one another. This produces a beam which can go long distances with very little spreading.

It also means that the energy put into the beam can be nearly 100% recovered at the beam's impact point with an object.

The term “laser” is commonly applied to visible light, infrared, and ultraviolet radiation.

LENZ'S LAW

Lenz's Law describes the action where, when a signal acts on an area of conductive shielding, circulating currents in the shielding will act so as to set up an opposing signal, and that opposing signal travels away from the shielding as a reflection of the incoming signal. Reflected radio signals behave like reflected light, although the signals are diffused more than light (don't reflect in a single sharp-edged beam.)

LIDA

The half-century-old LIDA machine is a pulsed, 40 MHz, 40 watt radio transmitter, with other features such as pulsing light and heat. This machine originated in Russia and was intended as an alternative to sedative drugs. It operates by “entraining” (influencing) the brain's electrical rhythms to a frequency which causes drowsiness. It is the radio equivalent of rocking a baby's cradle or the motion of a train while trying to sleep, or the hypnotist's swinging watch. It's not the frequency of the signal that does the work, it's the rate at which it is pulsed.

MASER

“Microwave Amplification by Stimulated Emission of Radiation.” A device which generates a microwave signal in which all the energy leaves the device aligned in a narrow beam, the microwave counterpart of a laser.

MEG

“Magnetoencephalogram/graph,” the recording of the brain-induced magnetic activity at the surface of the skull by way of pickup coils outside the skull, at very short ranges. This correlates to internal electrical currents because currents create magnetic fields. The MEG readings are not the same as the firing of individual neurons in the brain, but represent the magnetic average of the activity of millions of neurons. MEG frequencies lie in the range of approximately 0 - 100 Hertz, and all brains emit constantly changing frequencies within this narrow band.

There is no frequency in this narrow band unique to an individual. It is possible that a computer program which analyzes the pattern of the many pickup coils might be able to infer the identity of the test subject. However, doing this at next door neighbour distances has not been demonstrated at time of writing, so targets are urged to not

claim this is being done.

MICROWAVE

An electromagnetic signal starting at either 300 MHz or 3,000 MHz (3 GHz), up to 300 GHz (the top of the “radio” frequency band.) Different sources define the low end frequency differently.

MICROWAVE AUDITORY EFFECT

Microwave auditory effect is not voice to skull. MAE refers to the ability to hear microwave pulses which impinge on the head. Also called “radar hearing.” MAE was formally published by experimenters Allen Frey and James C. Lin, having been discovered by radar technicians during World War II.

Frey's and Lin's work led to the successful demonstration of voice (and other sounds) to skull by experimenter Joseph Sharp in 1973.

Targets should, when interest is expressed by non-targets, (after first contact,) refer to “voice to skull” instead of MAE, because the essential thing the public needs to know about is the use of voice for harassment, not just “clicks and buzzes.”

MODULATION

Modulation occurs when a steady stream of signal (constant amplitude, constant frequency) gets changed or “shaped” by another signal, typically a voice waveform in radio, or a picture waveform in TV, or chopped into pulses as in radar or Morse code transmissions.

ORGONE

A type of advanced technology which has not been accepted by officials as a “real” technology. Since acceptance by officials is what matters in the fight to expose OS/EH, targets are wise to avoid bringing orgone technology into serious discussions about this crime with non-targets.

OSCILLATE

An object oscillates when it exhibits mechanical vibration (sound,) or, electrons in or on the object move back and forth (electrical oscillation.)

OS/EH

“Organized stalking and electronic harassment.”

PHASED ARRAY

When multiple antennas are spaced out in a grid pattern, and controlled so that the waveforms arrive or depart each antenna at slightly different times, this grid of antennas can emit a steerable beam. ("Phase" means "timing.") The beam will be much narrower and sharper at microwave frequencies than, say, HAARP's range of 3 to 30 MHz, down in the "short wave" band.

Some radar systems use phased array antennas which are electronically more complex, but mechanically simpler than a motor driven dish.

POWER LEVEL

The power level of a signal, acoustic or electromagnetic, is often overlooked by targets as they try to understand how a particular attack type may be done. Targets should look through catalogue descriptions of common electrical or electronic devices and make note of the power consumption, or radiation in radio transmitting devices, to get a feel for what a given power level can do at what distance. Note should also be made of the physical size of various familiar devices which have a power rating.

Power is measured in watts, milliwatts, or microwatts. (Power is sometimes seen measured in "decibels," a system of measurement based on ratios, and not direct measurement in watts.)

Required power levels set limits on how small a device can be to handle a given level of power, and many theories fail when device size versus power handling ability are taken into account.

PSYCHOTRONIC (-ICS)

Psychotronics has several meanings today, making it a poor choice of term to use in the OS/EH arena. Originally, psychotronics was the use of electronic components, built into non-powered devices, along with "special abilities" of an operator, for healing. These "special abilities" seem to be of the psychic variety. This is a good reason to avoid this term in the serious discussion of electronic harassment technology with non-targets.

Literature this writer has seen suggests that advanced remote influencing technology, which could be used for electronic harassment, has been called "psychotronics" in Russian circles. I suggest not using the term with non-targets unless it becomes a popular term specifically referring to harassment, and not some "New Age" concept.

Q-FACTOR or QUALITY FACTOR

The quality factor "Q" of an object is highest when electrons in or on the object can move back and forth freely, with minimum energy loss (conversion to heat.) A high-Q object will resonate powerfully, while a low-Q object will not resonate powerfully and

much of the incoming electromagnetic signal will be converted to heat.

A wire dipole antenna has a high Q factor. A head has a low Q factor because of the resistance of the flesh. A strand of DNA has a very low Q factor because it is in contact with other semiconductive material.

RADIATION (NON-IONIZING and IONIZING)

Electromagnetic signals or fields. EM signals up through radio, infrared, visible light and ultraviolet bands are “non-ionizing.” EM signals higher are “ionizing,” meaning they are so energetic that they can strip some of the electrons from molecules they interact with.

RADIO FREQUENCY

Radio frequencies start at either 3 kHz or 10 kHz, depending on a particular authority's usage. The upper limit is 300 GHz, which is also the beginning of the infrared frequency band, and is the area of “millimeter wave” through wall viewing technology.

RADIONICS

An advanced technology which, like “scalars,” “psychotronics,” and “orgone,” has not been accepted by officials as “real.” Therefore, radionics should not form part of a serious discussion of the OS/EH crime arena with non-targets.

RESISTANCE

Real world materials have various amounts of resistance to the flow of electric current. Metals have low resistance compared with insulators which have very high resistance. The resistance of an object affects how powerfully it can electrically resonate, because resistance converts the motion of electrons in or on an object to heat.

Resistance is measured in OHMs. Your average household extension cord, 8 feet long and #16 copper wire, would be something like 0.064 ohms, very low. It has to be low to avoid overheating under load. Body parts have resistances measured in hundreds or thousands of ohms.

REMOTE NEURAL MONITORING (RNM)

Remote neural monitoring, that is, reading the state of someone's brain and nervous system at a distance, has not been demonstrated with the demonstration published by a mainstream source under their name and logo, at next door neighbour distances. This term is appealing to targets, but unfortunately, until it is demonstrated at distances where it could be used as part of electronic harassment, targets should refrain from stating it as accomplished fact. Best to speak of such a concept as one's guess or theory, or that targets' experiences are “AS IF” RNM was occurring.

RESONANT FREQUENCY

For electromagnetic signals, conductive objects, including body parts, can be made to oscillate (support alternating electric currents in or on.) The most powerful currents, at a specific frequency, depend on size and shape. This is like the frequency at which a bell will ring when struck. How powerfully a given object will resonate depends on a variety of things like “quality factor” or “Q.” (See also entry above titled “Q-Factor”)

SCALAR(S)

“Scalar(s)” is a term which is speculation at this point in time. Scalar(s) is a popular name for an advanced signal type which can create more effects than as-taught-in-school conventional signal types, and probably do so through shielding and regardless of distance. I urge targets to not use “scalars” in serious discussions of harassment technology with non-targets, unless well qualified as speculation. I'm not saying advanced signals don't exist, instead I'm saying we don't know what they are called or how they work at this time.

In Russian literature, similar speculative terms have made it into popular usage, such as “torsion fields” and “leptonics.”

SEMICONDUCTIVE SHIELDING

Shielding which has significant resistance, unlike metal.

Metals have more or less zero resistance, so an incoming signal's induced current in the metal can cause the energy to be reflected in an outgoing signal. If a shielding material has significant resistance, the incoming signal will attempt to cause current to flow (see Lenz's Law,) but because the resistance will convert some of the energy to heat, semiconductive shielding will absorb, rather than reflect.

TMS

“Trans-cranial magnetic stimulation.” TMS involves pulsing electric current through induction coils, causing magnetic fields, held against the skull. These magnetic pulses have been demonstrated to be strong enough to trigger the firing of nerves when held against the head. An alternative to electro-shock therapy.

For OS/EH targets, strong magnetic fields act only at very short range in practical terms. If a target discovers strong magnetic fields in their vicinity and there are no powerful induction coils nearby, technology far more advanced than TMS is at work.

T-WAVES

“Terahertz” electromagnetic signals in the vicinity of just above 300 GHz, the beginning of infrared, also called the “millimeter wave” region. For through wall viewing, frequencies into the lower end of the infrared band are used, though as you move up in the infrared band, EM signals behave more and more like visible light and less like wall-penetrating “millimeter waves.”

ULTRASOUND

Sound at any frequency above 20,000 Hertz.

ULTRAVIOLET

Electromagnetic signals just above visible light. High energy UV lasers can ionize a path through the air which can conduct electricity and this is one form of taser.

VOICE TO SKULL (or V2S or V2K)

The transmission of sound, including voice, into the skull of a target without the assistance of implants or any other device in or on the target. First announced as successful at the University of Utah in 1974, and the journal “American Psychologist” in March 1975. Although voice to skull can be simulated using “acoustic spotlight” technology, V2S usually refers to electromagnetic transmissions.

“V2K” was an abbreviation coined by the United States Army in their on line thesaurus for several years. The definition was eventually removed.

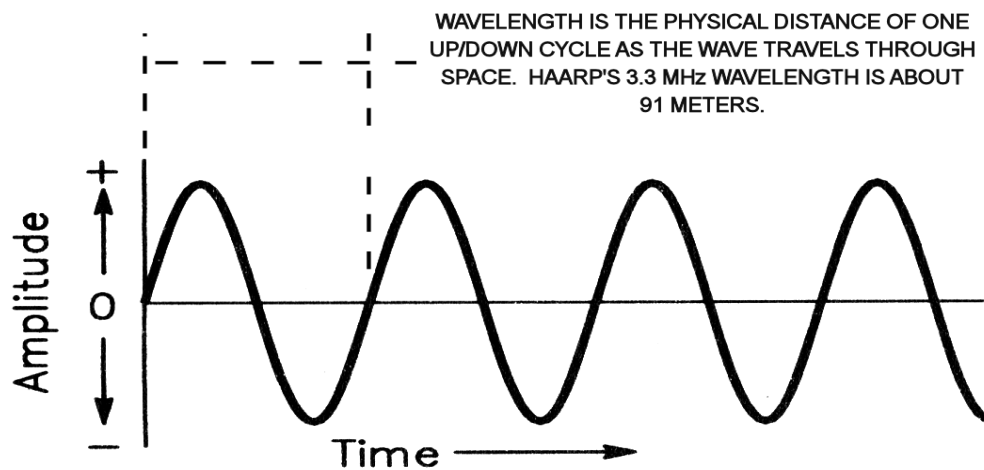
VOLT

The unit of electrical pressure. When loose electrons gather on an object in more than natural quantities, that object possesses voltage relative to other objects. Voltage is what causes electric current to flow when a conducting path is made available. Also called “electrical potential.”

WAVELENGTH

Waves of any type (acoustic, electromagnetic, or water waves) are made up of alternating “up and down motions.” The wave length is the physical distance covered by one complete up and down motion. Historically one complete up and down motion is called “one cycle.”

The physical distances EM signals travel in one cycle are given above, in the chart showing the radio and through-wall radar spectrum.



A2. Proven-to-Exist E-weapon Technologies

This is technology-relevant text, excerpted from the separate e-booklet titled Organized Stalking, included as an appendix for reader convenience. The original link to the separate booklet is:

<http://www.stopos.info/os.pdf>

Chapter 4: Through-Wall Electronic Weapons

In this chapter we will present some silent, through-wall, virtually zero trace evidence electronic technologies which can be used to literally destroy any quality of life a target may hope to have, **in the privacy of the target's home**.

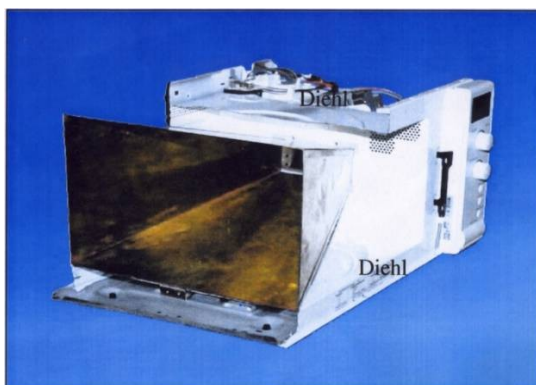
Surprisingly, those technologies are not government secrets, and have been available to anyone with upper middle class income for one to five **decades!** Again, decades! The reason, reader, you may not be aware of them is that they were developed for legitimate uses, and some have not been widely publicized. And you, reader, have one of them right now in your home.

These technologies use the ability of radio signals to penetrate non-conducting walls, and use frequencies and modulation ("signal shaping") methods, which produce effects which are useful for covert harassment.

Here is the list through-wall harassment technologies currently available:

Weaponized microwave oven

A simple microwave oven, door removed, with the door interlock switch bypassed, and held against the bedroom wall of a target in an apartment building or semi-detached house. This device can cause a variety of disabling medical symptoms.



Some of the symptoms of microwave exposure are:

Asthma, cataracts, headaches, memory loss, early Alzheimer's, bad dreams, depression, fatigue, concentration loss, appetite loss, heart and blood pressure problems, and cancer.

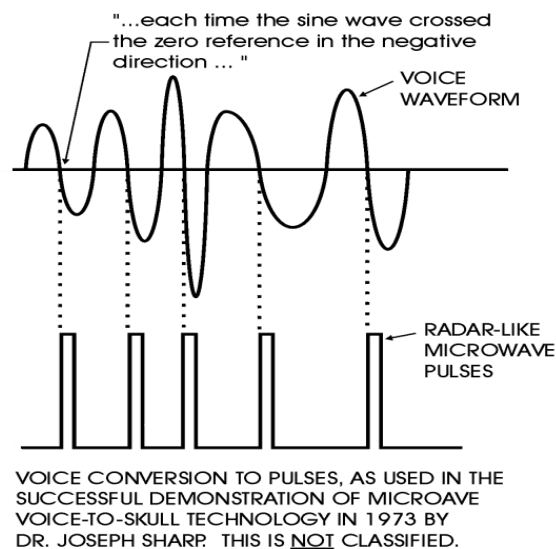
Targets do report those symptoms, however, doctors almost never admit to patients that electronic harassment is even possible, never mind actually happening.

Voice to Skull

Joseph Sharp's voice to skull success, performed with Dr. James C. Lin's pulsed microwave transmitter, and publicly announced in 1974 at the University of Utah, at a seminar presented to the faculties of engineering and psychology.

That seminar, and the operating principle of Sharp's successful experiment, were described in the March 1975 "American Psychologist" journal. The operating principle, which has been improved upon in the more than three decades since Sharp's success, is based on the fact that one microwave radar pulse of medium to high power can produce an audible click in the hearing sense of a person in line with the signal. That effect has been called "radar hearing" since World War II.

Dr. Joseph Sharp used a computer to cause one microwave radar-like pulse to be transmitted every time a speaker's voice wave form swung from high to low, as illustrated below:



The result was that when Joseph Sharp sat in line with a microwave transmitter transmitting pulses as shown above, he could hear a "robotic" voice speaking the numerals 0 to 9. He did not carry the experiment further, at least according to available records. Sharp's experiment took place in 1973, and although the potential for microwave radiation to cause cancer wasn't as widely known, it may be that radiation danger is the reason this technology has not, at least publicly, been developed further.

Research into radar hearing by Dr. Allen Frey in the 1960s established that roughly three-tenths of a watt per square centimeter of skull surface is required to generate the clicks from which the voice is synthesized. Synthesis of voice from clicks is a primitive form of "digital audio."

For some years in the 1990s and early 2000s, the United States Army recognized "voice to skull" technology, which they abbreviated as "V2K," in their on line thesaurus. For reasons unknown, the Army removed that thesaurus entry circa 2007.

Some references to developing more advanced types of voice to skull can be found among patents, and rare United States Air Force references to the technology in the late 1990s forward.

Voice to skull (V2S/V2K), a commercial version dubbed MEDUSA - "Mob Excess Deterrent Using Silent Audio", was proposed for commercial development for military and police use, per ABC news in summer 2008.

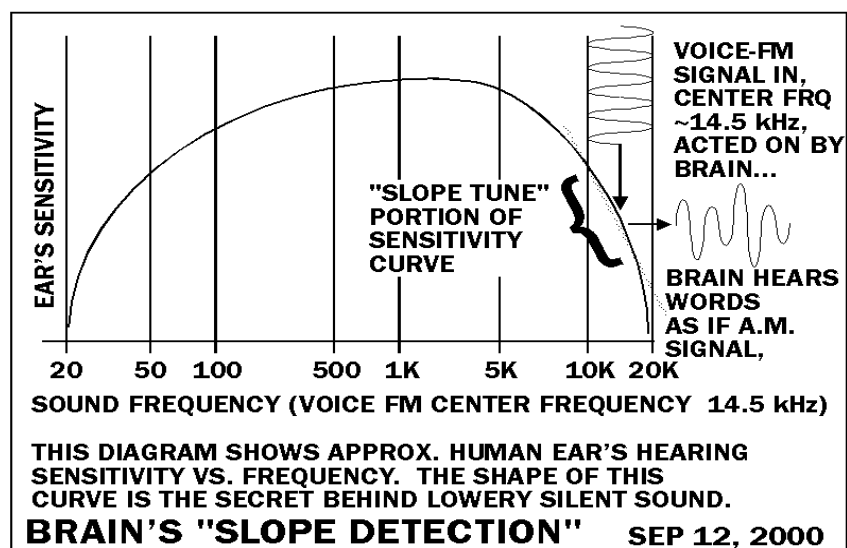
Targets report invasive sound transmissions of good fidelity at various times of day. Voices saying profane and disparaging things are common. False sounds of telephones ringing, pagers beeping, alarm clocks going off, knocking on the target's door, and other sounds have been reported. The fidelity of these transmissions indicates improvement over the method demonstrated by Dr. Joseph Sharp.

Silent Sound

Oliver Lowery's silent sound, U.S. patent 5,159,703, is the current method for "subliminal sound." "Silent Sound" replaced "time slice" subliminal sound, in which small slices of a subliminal message were inserted into an audio stream, such as at a movie or on TV, to influence the listener. Silent Sound is mixed with audio in places like department store Muzak systems to discourage shoplifting.

Although enhancements have been developed, at its simplest, a Silent Sound voice encoder takes a spoken message, and uses a circuit similar to a telephone voice changer to raise the frequency of the voice up near (but not exceeding) the upper limit of human hearing. The listener hears a fluctuating high-pitched tone, and any words cannot be discerned, consciously.

However, the brain can subconsciously decode the words. The brain takes advantage of the fact near the upper limit of hearing, the sensitivity to frequencies drops off. The sensitivity curve is sloped downwards in the Silent Sound frequency range, roughly 14,000 to 16,000 Hertz (cycles per second.) For readers with knowledge of radio detector circuits, recovering audio from a frequency modulated (FM) converted voice signal is done using "slope tuning." A concept diagram of how this works with Silent Sound is shown here:



How the brain decodes FM-encoded voice

"Silent Sound" is not a through-wall device by itself. However, when Silent Sound is transmitted to a target by way of a voice to skull through-wall transmitter, if the target is susceptible to hypnosis (many people are), the target's thought processes and personality could be severely disrupted over time, and the target would have no idea why this was happening, as the sound is essentially silent. The target may hear a high pitched tone or hiss, but no words. The target would be much less able to resist hypnotic suggestions than with audible speech.

It should be noted that many targets report hearing frequent or constant high-pitched tones or hissing.

"Silent Sound" subliminal hypnotic suggestion can also be piggybacked on to a target's cable TV or radio listening, as well as transmitted on a voice to skull signal.

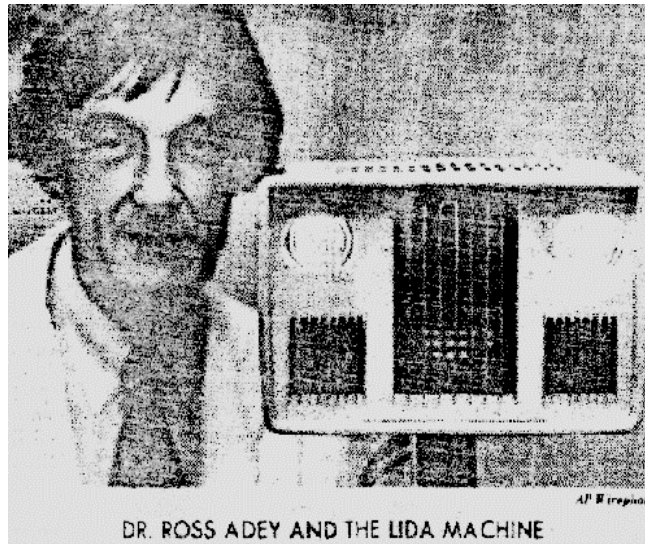
The LIDA Machine

An old medical device, the Russian LIDA machine, a pulsed 40 watt, 40 MHz radio transmitter, which can be used to make a target exhausted on the job when pulsing at the rate consistent with sleep, and with a pulse rate increase, DEPRIVE a target of sleep too.

This device is a radio transmitter version of other types of trance induction devices, such as a swinging watch, or pulsing lights, or pulsing sound. Trance induction works using any low speed, regular stimulus. Even slowly swinging in a hammock or rocking in a rocking chair can induce sleep.

But if someone comes along and suddenly rocks a snoozing person's rocking chair at a high rock rate, that person is going to be forced awake. Same with a slowly beeping tone changing to a rapidly beeping tone. Alarm clocks use rapid beeps, for example.

The LIDA was originally designed as a drugless sedation machine. It was featured in a 1985 edition of a CNN "Special Report." An Associated Press photo of a LIDA machine, with one of the scientists who studied it, Dr. Ross Adey, is here:



The original LIDA machine uses not only a pulsing radio signal, but pulsing lights, sound and even radiant heat as well. It was designed to be used near the patient. The earliest report of the LIDA being in use I'm aware of is the report of a Korean prisoner of war who saw one in operation at a prison camp. That's half a century ago in terms of a radio harassment technology, which is quite simple, having been available for half a century.

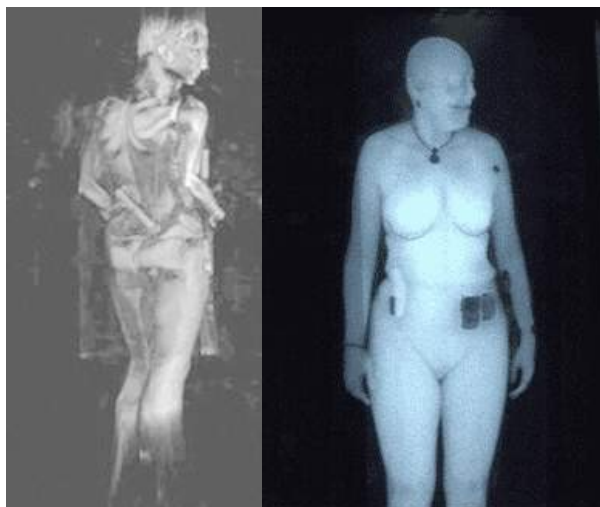
(Note: Dr. Ross Adey and Dr. Eldon Byrd were scientists who studied the LIDA machine for possible weapons potential. There is no evidence that Dr. Adey or Dr. Byrd were ever associated with unethical activity.)

Organized stalking targets report overwhelming fatigue on the job at times. I'm retired now, but I was hit so hard with some sort of fatigue that I would have to find a room at work and lie down for as long as 30 minutes to just carry on. Concurrent with this, doctors could find no disease which could explain these very sudden, drop-you-in-your-tracks attacks.

Organized stalking targets also report extreme trouble sleeping, describing the sensation as "being injected with caffeine." I have experienced that too.

Through-Wall Radar

Through clothing (and through non-conductive wall) RADAR, widely used at airports and by police to look through clothing for hidden weapons. The harassment potential of this technology in the hands of organized stalking gangs is obvious.



Through wall/clothing radar images

The same security scanning radar used at airports, and now coming into use by police, can also view a target through a non-conductive wall. In the late 1990s, I pretended to be willing and able to buy such a unit, and was told by a salesman for the Millivision company, then making this equipment, no longer in business, that if I had the cash, then around \$100,000, I could have the equipment. I stated plainly that I was a private individual with no ties to law enforcement.

Many targets report being "followed" in their apartments by rapping noises from an adjacent apartment, particularly the one below. As the target walks about, rapping noise which sounds as if the occupant of the adjacent apartment is doing "work" on something, will move as the target moves. This may go on for say, 15 minutes. It does seem as if someone has through-wall radar and is "enjoying" its use.

Once in a while, a target will experience a few weeks where every time they sit on the toilet, the water in the bathroom below theirs will be turned on at the exact time the target starts to urinate, and the water is turned off when the target's urine stream stops. Even throughout the night.

Those through-wall harassment technologies can all be proven to exist.

EPIC

There are some as yet to be demonstrated technologies as well, which are interesting in terms of harassment potential. One, code named EPIC, was announced on Fox News as under development by Houston, Texas firm Invocon, with funding by the U.S. Marine Corps.

EPIC, it is claimed, has the potential to disrupt the inner ear with an electromagnetic signal, through walls. Targets report disrupted balance, sometimes as they try to do delicate work, or work with the potential to spill things, which does happen regularly.

Implants

There has long been a suspicion by organized stalking targets that their disruptive effects may be due to implants in the body. There is very limited evidence that a handful of targets may be implanted, but by and large, targets do not report unexplained wounds, missing time, or medical scans with artificial objects which don't have a legitimate medical purpose. At time of writing, there are two targets who have had monitoring/tracking/control implants diagnosed by doctors and removed. Two out of thousands.

There are several who have medical scans which they claim show non-therapeutic, non-medical objects in their bodies. Without a professional diagnosis, I'm unwilling to claim those undiagnosed scans represent monitoring/tracking/control implants, though under the MKULTRA "mind control" crimes carried out in the 1950s-1970s by CIA contractors and affiliates, there was some implantation of the involuntary experimentees.

For today's organized stalking targets, the question of implants, possibly nano (microscopic) sized, or even made of biological material, is wide open. My advice to organized stalking targets is to avoid compulsive worry that they are implanted without a high quality medical scan, at least. Because there are through-wall harassment technologies which do not require implants and which have been available for decades, implants should not be assumed, in my view.

As of time of writing (June 2012) there have been some interesting experiments with RF bug detectors which MAY point to implanted devices in targets. However, these detectors may also be receiving sharply focussed signals intended to mislead the experimenters. The group carrying on these experiments is:

<http://www.icaact.org>

A video showing some of the preliminary work of that group is archived here, in case the above link is broken:

<http://www.randomcollection.info/beltran-rf-tests.wmv>

Classified Technologies

It should be noted that while the five proven to exist, proven to work, through wall harassment technologies can severely disrupt a target's quality of life, they are easy to detect if a target has the right test equipment, and can be shielded against. Today's targets find that good quality shielding against electromagnetic signals does work now and then, temporarily, or partially, or, not for all who try shielding.

By contrast, materials that do not block electromagnetic (radio) signals do sometimes provide some relief. Examples are leather, rubber, and the common blue gel freezer ice packs.

The fidelity of today's through-wall sound projection weapons ("voice to skull") is much higher

than Dr. Joseph Sharp's pulsed microwave method could produce.

Clearly, from the target's experiences, there is equipment in use now that is advanced beyond the proven technologies discussed here. This makes it much more difficult for targets to credibly prove the electronic harassment phase of the organized stalking crime.

=== END APPENDIX A2 ===

COUNTERMEASURE AND DETECTION EXPERIMENTS

IN THE FIGHT TO EXPOSE AND STOP THE CRIME OF ORGANIZED STALKING AND ELECTRONIC HARASSMENT



Eleanor White

WORK IN PROGRESS - frequent updates, check the page number/date/time stamp to see if you have the latest version.

**** NOT COPYRIGHTED ****

LIST OF SECTIONS

Page numbers are not given here, as this booklet will be updated frequently when new information becomes available and maintaining page numbers in the contents is more work than I'm able to provide.

Purpose of This Booklet and Cautionary Notes

I. ELECTRONIC ASSAULT COUNTERMEASURE EXPERIMENTS

1. Julianne McKinney's Successful 7-Radio Anti-V2S Countermeasure
2. Eleanor White's EM Shielding Experiment (Total Bed Enclosure)
3. The "McKinney Patch" Counteracts Extreme Fatigue
4. Signal Evasion Experiments
5. Flexible Shielding Material Experiments
6. Faraday Cage Experiments
7. Electrically Charged Shielding Experiments (Includes Roger Tolces' "Electrostatically Charged Egg" Shielded Enclosure success)
8. Active Device Countermeasure Experiments
9. Water as Shielding Experiments
10. Gel Packs as Shielding Experiments
11. Rubber as Shielding Experiments
12. Grounding Experiments
13. Sheet Metal as Shielding Experiments
14. Disguised Head Shielding
15. Eleanor White's Brief Magnetic Pulse Experiment
16. Magnets Against the Body Experiments

99. Miscellaneous Countermeasure Experiments

II. ELECTRONIC ASSAULT DETECTION EXPERIMENTS

1. Sawtooth ELF waveform observed by Eleanor White
2. Eleanor White's EEG and GSR Experiments
3. Goldfish Apparently Shunning Restaurant Perpetrators?
4. Electromagnetic Detector Experiments
5. Sleep Study Experiments
6. Specific Test Equipment Experiments
7. Eldon Byrd's Voice to Skull Detection Experiment
8. Roger Tolces' Estimate of Implanted Targets
9. ICAACT.org's RF Signal Detection Experiments

99. Miscellaneous Detection Experiments

III. PROPOSED EXPERIMENTS

1. Recording EEG With Matching Log of Times and Effects

A1. Glossary

A2. Sources

A3. Tips

1. Determining if Your Camera or Camcorder is Sensitive to Infrared
2. Using "D-submini" Pins for Experimental Wiring
3. Detecting Ultrasound
4. Detecting Infrasound
5. Inexpensive Oscilloscopes
6. Frequency Counters
7. Spectrum Analyzers
8. Photographing Anything
9. Photographing Anomalous Lumps on Your Body

Purpose of This Booklet and Cautionary Notes

The purpose of this booklet is to record the countermeasure and detection experiments performed by targets of organized stalking and electronic harassment for use by targets of organized stalking and electronic harassment (OS/EH.)

Note CAREFULLY: At time of last update, we have no countermeasure or detection method which is assured of fully stopping electronic assaults, or convincingly detecting the electronic assaults. By “convincingly” I mean a detected assault is accepted as proof of assault by public officials. As a result, countermeasure and detection experiments continue to be speculative, and targets should not invest resources (money, time, strength or hope) in any experiment where the target cannot afford total loss of resources.

There is no guarantee that if one target has success, other targets will experience the same level of success.

Reports of experiments are welcome for addition here. Please try to keep the report to one or two pages. Photos are welcome.

All submissions must be COPYRIGHT FREE. Copyrighting, in this unusual OS/EH crime environment, hampers the free distribution of information.

Submissions about test equipment readings should include the make and model of the tester, and very importantly, the SCALE SETTINGS used. If you don't have that information you may still submit, but it is far more helpful when the settings you used are available.

This e-booklet titled “Tech Talk” is recommended for reference by experimenters who may not have technology education and experience:

<http://www.randomcollection.info/ostt.pdf>

Note also that some targets report electronic assaults which cannot be done using as-taught-in-school technologies. Classified (secret) technology is beyond the scope of this booklet, however, these reports of advanced technology make caution very important in deciding how to spend one's resources on experiments.

Do not assume, for example, that because you spend thousands of dollars on a top quality shielded enclosure which can stop conventional electromagnetic signals that you will find relief from the electronic attacks. Do not assume that because you buy or rent an expensive spectrum analyzer, you are guaranteed to find signals which officials will accept as proof you are being electronically assaulted.

Experimentation, I believe, is definitely worth the expense and effort, because historically, many scientific discoveries happened accidentally. But the odds are steeply slanted against the OS/EH experimenter, and all who do experiment should keep that in mind.

I. ELECTRONIC ASSAULT COUNTERMEASURE EXPERIMENTS

1. Julianne McKinney's Successful 7-Radio Anti-V2S Countermeasure

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

When assaulted by constant voice to skull transmissions, Julianne set up 7 radios, on different stations, to mask the word content of the voice to skull transmissions. Over time, this has caused her harassers to reduce the amount of such harassment, as when a target is not forced to follow what the voice to skull transmission is saying, the impact is far less.

Other targets have reported varying degrees of success with less than 7 radios.

Julianne's personal method is not to use mixed voices, but to use several radios in her home at high volume, even put physically against the walls to the walls amplify the sound even more. The mixed voices adaptation was my idea so as to make the technique portable.

One could not use multiple radios blasting in contact with the walls in an apartment, of course. Some audio files containing jumbled voices, are at the following link, and which can be downloaded to your PC, and possibly then uploaded to your MP3 player so you can carry this type of V2S masking in your travels and in some work situations:

<http://www.randomcollection.info/antiv2s.htm>

**** Please save a COPY to your hard drive for repeated playing.**

2. Eleanor White's EM Shielding Experiment (Total Bed Enclosure)

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

In the late 1990s, at a cost of about \$3,000, Eleanor White built an enclosure of sufficient

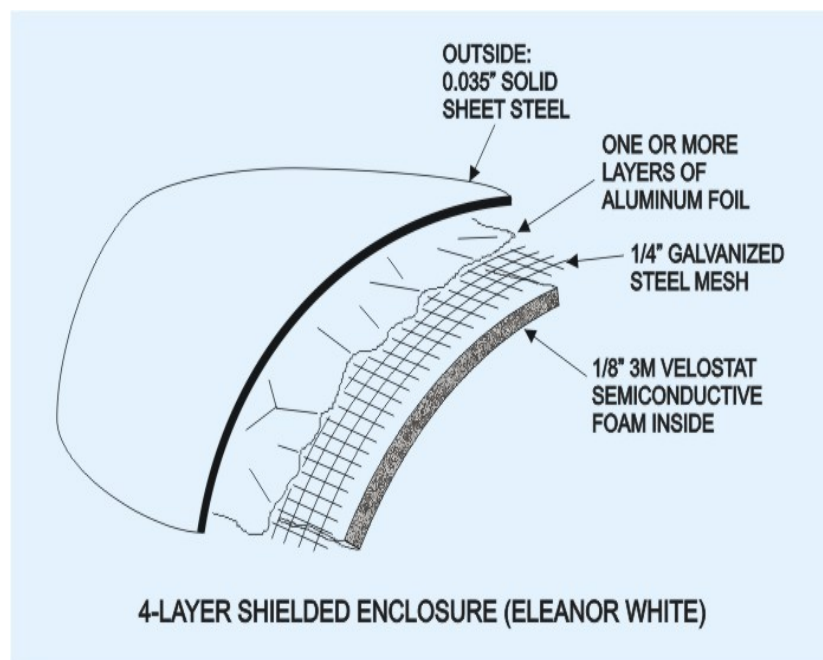
size to completely enclose her bed. In addition, Eleanor did a series of signal measurement experiments using a frequency counter, an oscilloscope, and common radio receivers covering the AM and FM broadcast bands, and the HF (shortwave) band.

An audio octave analyzer was used in two modes, connected to two different pickup coils to watch for strong ELF signals. The first mode was to cover the normal range of audio, from 20 to 20,000 Hertz, and the second mode, modified for the low end of the ELF band (brain wave region) from 0.2 to 200 Hertz.

A Victoreen xray lab/nuclear medicine pen-style ionizing radiation dosimeter, of the lowest (most sensitive) range available at the time, was used during the shielding experiments as well.

The enclosure had four layers:

- Outside, 0.035" sheet steel (about the thickness of an automobile body)
- A layer of aluminum foil, with internal corners filled with compressed foil
- A layer of "hardware cloth," galvanized steel mesh, 1/4" openings
- A layer of 1/8" 3M "Velostat" semiconducting foam

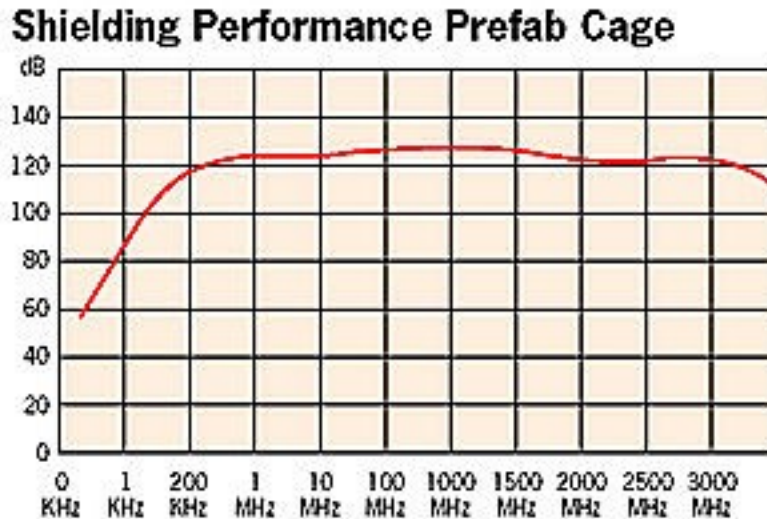


Seams were bolted and seams and corners stuffed full of compressed aluminum foil.

Breathing air was forced through about a duct with about a foot of real copper shaving scrubbing pads, by a powerful electronic equipment "Rotron" fan. A similar duct provided an exhaust pathway.

With regards to shielding from conventional EM signals, a totally enclosure eliminates all but the tiniest amount of leaked EM over the huge frequency range from low ELF up through ultraviolet light to the beginning of ionizing radiation frequencies.

If a top grade shielded enclosure does not provide relief, one can say that it is likely (not proven beyond all possible doubt, but likely) the attacks are not in that huge range of frequencies. An example of shielding performance for one commercial cage from this supplier (Holland Shielding Systems, <http://shieldingsystems.eu/>, linked Aug 09) follows:



Specific link for the above chart:

<http://shieldingsystems.eu/index.php?p=Nieuws&id=159&Lang=2>

That specific shielded enclosure is pictured at the above link, and appears to be a solid sheet metal structure, with a honeycomb style air inlet/outlet.

Let me explain the decibel system for expressing power levels, so readers can understand curves such as that one above.

A decibel = $10 \log (P1/P0)$

The logarithm of a number, any number, is the “power” that the number 10 needs to be “raised to” to equal the original number.

For example, take the number 100. The “base 10” needs to be squared, meaning the exponent is 2, to equal 100, so:

$$\log (100) = 2$$

A decibel is ten times the logarithm. So if $(P1/P0) = 100$, the log is 2, and that is the same as 20 decibels.

Think about that for the moment. Even down in the ELF range on the chart above, that shielding still provides 20 decibels of power reduction for a signal coming in at the enclosure. That means the ELF leaking through will be reduced by a factor of 100, or thereabouts, until you get down close to the lower brain wave frequency range of ~0 to ~20 Hertz.

Metal shielding is still reasonably effective in blocking 60 Hz.

Let's look at ~400 Hz on that chart above. The chart shows a 60 decibel reduction for a signal hitting the enclosure. 60 decibels is a "power" of the number 10, that is, the exponent of 10, of 1/10th of 60, or 6.

10 raised to the 6th power is one million. That chart is saying that around 400 Hz, incoming signals are reduced to one-millionth of the power level outside.

(Above 200 kHz, a frequency below the AM broadcast band, the reduction in power, called "attenuation," is 120 decibels. The attenuation is 10 raised to the 12th power. That means that above 200 kHz, an incoming signal is reduced to one TRILLIONTH the power level of any incoming signal. Not much gets through, in other words, above 200 kHz.)

While I could not afford the perfected structure of the commercial enclosure above, I did use four layers, and had an inner layer of semiconductive foam. None of the devices I used to look for radio signals from the AM band (starting at 550 kHz) up through 3 GHz, which is about as high as voice to skull is assured, gave any indication that even the very strong local commercial signals were penetrating the enclosure with enough power to be heard or to show on test equipment readouts. Even the sawtooth waveform I detected throughout my apartment, see the Electronic Assault Detection section here, didn't show with the 24" square pickup coil inside the enclosure.

I experimented for about two years, sleeping (or attempting to sleep) in this enclosure throughout. I also used other things like pans and cookie sheets within the enclosure to experiment.

Bottom line: Neither this enclosure nor any of the smaller shielding experiments did anything at all to reduce any of the harassment. My "voice to skull" during this time frame was entirely fake noise, not voice. Things like fake alarm clocks and fake pager beeps, and many different tones or tone sequences. None of these acoustic effects were diminished at all by the shielding.

In addition, I sometimes had an oscilloscope inside the enclosure with a pickup coil outside the enclosure, and other than the sometimes 120 Hz, sometimes 180 Hz sawtooth waveform being present at times, there were no other ELF signals detected during sometimes rather violent involuntary movements of body parts. (Some movements involved my muscles contracting involuntarily, others didn't involve my muscles at all.) Similar measurements with the octave analyzer connected to the pickup coils found nothing other than the times when the sawtooth 120/180 Hz waveform was present.

In other words, there was no indication of ELF signal appearing at the same times as the involuntary body part movement.

No 60 Hz signals were measured inside the enclosure.

At the opposite end of the scale, I wore the Victoreen ionizing radiation pen-style dosimeter while at home, and while “sleeping” inside the enclosure. Only a very small gradual movement of the crosshair occurred, which according to the instructions which came with the unit, was the result of natural cosmic radiation and possibly radioactive material in the air or building structure.

I do not claim this experiment was a rigorous scientific one. At the time I was in a very distressed state, having had the harassment ramped up considerably and heavy sleep deprivation, maybe getting an hour's sleep a night. I was just trying to get a qualitative handle on what it was that was causing the attacks.

Roughly, not rigorously, it appeared to me that by the ELF measurements, comparing with the violent involuntary movement of my body parts and sleep deprivation times, I saw no ELF activity which correlated.

The shielded enclosure itself and several detection instruments made it unlikely that any strong incoming signals in the radio frequency range (top of ELF up to ionizing frequencies) were causing my involuntary body movements or sleep deprivation.

The medical grade ionizing radiation dosimeter showed only normal background ionizing radiation, and made it unlikely ionizing radiation was responsible for my involuntary body movements and sleep deprivation. And here, a decade later, I have no symptoms of ionizing radiation damage.

* Interestingly, some members the “Taos Hum” people, a group which has now become a “world wide Hum” sufferers group, experience powerfully vibrating beds at various times through the night. Some members of our organized stalking/electronic harassment group likewise experience that form of sleep deprivation. There isn't much in common with the two groups except that vibrating bed experience.

When I add my heavy harassment within my shielded enclosure, and along with the absence of signals at frequencies which can penetrate a shielded enclosure, ELF and ionizing, to the vibrating bed experience, my best personal guess is that this shielding experiment points to technology advanced beyond the signal types taught in school. It doesn't convince skeptical public officials, but I believe we are under assault by more than conventional signals.

In effect, good quality shielding is more than a countermeasure. If it doesn't help, it also “detects” that signals causing the assaults while inside may not be conventional.

3. The “McKinney Patch” Counteracts Extreme Fatigue

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

For the past couple of decades, I've experienced the constant assault method of massive fatigue attacks, which switch on (and off) like a light. Some other targets report this as well.

Julianne McKinney has had considerable success with sensing the direction of attacks, and shielding them with small metal objects. In this case, she recommended I wrap a patch of aluminum foil to considerable thickness with many layers. I wrapped a patch to a thickness of about half an inch, and ended up with approximately a 4-inch-square patch.

In accordance with Julianne's instructions, I waited until I encountered a fatigue attack, and held the patch (I used an elastic head band) over my forehead, centered above my nose. The result was instant relief, which lasted a couple of hours. By that time I was headed for bed.

The following day, I tried again, and there was some relief, not as much as day one. By the third and following days there was no obvious relief.

I waited a couple of months and it worked again, as the first time. Definite relief, but temporary. Certainly worth keeping in mind for targets who have just occasional critically important events and who get fatigue attacks. Especially at work.

4. Signal Evasion Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

When under heavy attack in my residence I try to get to a location where I am out of the line of fire. I have stayed for short periods of times in the basement of friends homes, I have gone to hotels, I have gone to religious retreat centers, I've stayed at an international woman's shelter in another country and I have rented a second apartment. I think this method worked better 30 years ago because the equipment they used was bulky, heavy and I could move faster than they could get setup. Because equipment is now so portable it probably wouldn't work to go to a hotel these days. But staying in the basement of a friend is probably going to help anyone most of the time.

5. Flexible Shielding Material Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

I made some garments and scarves and blankets which are enormously helpful during waking and sleeping hours. These are made of silverized fabrics and are very effective in protecting your brain and other organs. You can check them out at:

<http://www.magiccircleshielding.com>

I wear the headband and the balaclava together for sleep. I like to wear the silverized leggings and shirts or I sometimes I wrap a big scarf around me under the arms and secure it by rolling it over at the top and instead of pinning it, I secure by placing a small strong magnet

on each side.

You can make a good sleeping bag from Mylar but it is way too hot to sleep in for any length of time.

Target B writes:

I purchased pairs of copper scouring pads and aluminum scouring pads, unrolled them, and wrapped the mesh around my head (covering forehead and tops of ears) like a ~4" wide sweat band, frequently doubling them up into an ~8" sweat band (covering eyes and ears and extending beyond forehead) (wire twist ties were used to configure the mesh into a sweat band). The first day they seemed 100% effective in eliminating the annoying tingling sensations in various areas of my body, possibly due to an inability of the perps to lock onto my brain to monitor the effects of the electromagnetic attacks. After about three days, however, the perps seemed to have adapted, and now (about three or four weeks since I began using them) the tingling sensations are perhaps 30% to 50% as intense as they were without this shielding, thus an effectiveness of 50-70%. It may be that it is more difficult for the perps to maintain a brain lock and receive feedback of what I'm experiencing. Doubling the ~4" wide sweat bands to produce an ~8" sweat band seems to provide greater effectiveness.

Another improvement that's hard to describe is that the moment I place this shielding on my head there is a quieting effect within my head, not in terms of audio noise, but perhaps in terms of some form of brain or EEG noise, possibly due to an elimination of electromagnetic energy being sent to the brain, or some other sensation that is only present when the perps are locked onto my brain -- perhaps it's the elimination of the TAMI (thought amplifier and mind interface) effect discussed in Robert Duncan's book "The Matrix Deciphered" which I assume to manifest as a feeling that your thoughts are susceptible to being read when your thoughts are amplified.

I didn't seem to notice any difference between the copper and aluminum pads, though more experimentation is needed to confirm this for sure. Due to skin contact issues I would recommend the copper pads as both produce oxide when contacting the forehead (blackish for the aluminum and greenish for the copper) which is probably absorbed by the skin, and aluminum causes Alzheimer's disease. I'm not aware of ill effects associated with copper though I haven't researched it. A cloth band under the metal mesh would help alleviate this.

I also tried wrapping aluminum foil completely around my head with openings around the eyes and mouth and the results seemed to be about the same as those for the metal scouring pads, though the foil was less comfortable, mostly due to condensation as a result of perspiration. Long-term absorption of aluminum through the skin is again an issue. A thin ski mask between the foil and skin would help; a layer of plastic wrap between the cloth mask and the foil would further guard against absorption.

Another TI reported similar results with a copper scouring pad over the head.

I strongly recommend this type of shielding to all TIs while sleeping and in the morning before going out for the day.

This shielding is not effective against headaches, nor is it effective in preventing the perps from sensing when you're about to drift off to sleep.

Target C writes:

Using cellophane tape I taped lengths of heavy duty aluminum foil together to create a ~7' x 5' blanket which I placed in bed over a sheet and under a regular blanket while sleeping. The blockage of the energy causing the annoying tingling sensations was minimal, if existent at all, possibly only 5%-10% effective. It may have also had the effect of diffusing the focus point of the directed energy beam somewhat, reducing their ability slightly to target a specific area of the body. I only tried this for a few nights. I didn't try additional layers of foil, nor did I try a layer of foil under the fitted sheet to sandwich my body in foil, both of which may have improved effectiveness.

The foil was cumbersome as the regular blanket would sometimes slide off the smooth foil, you had to be careful how you moved around in bed so as not to tear the foil and keep the blanket from sliding off, and the foil would tear nevertheless requiring frequent repairs with cellophane tape. The edge of the foil posed the risk of injuring the eyes if you weren't careful when pulling the sheet/foil/blanket over the head. Sewing the foil within a blanket would have to some degree alleviated these problems, but fabric with metallic content or metallized Mylar would probably be more suitable for this application.

Target D writes:

One TI reported that an aluminum screen enclosure around a bed in which the screen enclosure had no openings where electromagnetic energy could enter provided 100% effectiveness.

Target E writes:

One TI reported close to 100% effectiveness with lead aprons used in x-ray exams, wrapped around the head, and presumably in other areas of the body.

Target F writes:

[Paraphrasing] Copper bowls over the top of the head have provided some relief from voice to skull transmissions for two targets.

6. Faraday Cage Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

I have also build two kinds of Faraday cages. The first one was an inexpensive camping tent covered all around with Mylar blankets with a heavy duty aluminum floor . The second was made of silver netting suspended from a frame made of PVC pipes They both work well when they are properly set up but they are fragile and (the ones I made) difficult to keep properly sealed. I tested both kinds by putting an alarms inside and outside the structure. Sometimes when I was sleeping the alarm outside would ring and the one inside would not so I knew I was safe. They Mylar tenet is very hot so I had to use a couple battery operated fans. --I am planning to check out the shielding properties of S-cloth. If they are appropriate for a Faraday cage I will build one and check it out.

Commercial versions of the Faraday cage are available and offer 100% protection however they cost thousands of dollars.

Jesse Mendoza's Experiment:



Note: The image is NOT Jesse's actual experimental cage, but illustrates the concept of his experiment

Jesse Mendoza purchased commercial bed-style faraday cages in an attempt to protect his

two children from nightly painful electronic attacks. He reports that the children actually suffered more when they attempted to sleep inside the cages than without the cages.

7. Electrically Charged Shielding Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

I have no specific documentation at this moment, but I have heard (third party) that one target had some degree of success sleeping inside a literal “capacitor” made of two sheets of aluminized mylar.

The bottom sheet, underneath the bed was grounded and connected to the ground connector of an ion generator. The ion generator is a commercial health product.

The overhead sheet of aluminized mylar was connected to the “hot” lead of the ion generator, charging the top sheet to 15,000 volts above ground. Safety for this setup was provided by the very high resistance in series with the ion generator's “hot” plate.

Target A, who tried one charged aluminized mylar experiment writes:

[The kit supplier's] original instructions (which might vary now) were to hang sheets of mylar about 1/2" apart, suspended from the ceiling, and connected with alligator clips bound in wire (that plugged into a charger), which provided a small electrical current that ran along the surface.

My bed was completely surrounded in mylar, save top and bottom. The effect was like a four poster bed. Unfortunately the effect ended there. I was still subject to horrific attacks nightly, including hallucinations, muscle manipulation, forced wakefulness, and violent dreams.

The kit also included a very heavy piece of unfinished metal, which I bent into a U-shape and placed around my head. No luck.

[Eleanor White talking: I don't have a clear picture of exactly how the mylar was connected to the high voltage “charger” source. Target A reports that he could get “static like shocks” off the mylar, which is consistent with it being charged to a high voltage level. Target A returned the kit and so no longer has the documentation.]

Roger Tolces' "Electrostatically Charged Egg" Shielded Enclosure

<http://www.bugsweeps.com>

Electronic security detective Roger Tolces has been in business for years, and has worked for a number of organized stalking/electronic harassment targets. He reports he has had some success in relieving night time electronic assaults on his clients by way of having them sleep inside what he calls an "electrostatically charged egg." One place Roger described this type of shielding was on his August 5, 2008 appearance on Coast to Coast AM.

As of when I'm writing this (March 10, 2010) Roger has that show available for listening on his web site at this specific link, via a small audio player (arrow) button near the top right of the page:

http://www.bugsweeps.com/info/electronic_harassment.html

I have since contacted Roger and asked him if he could provide construction details so other targets might try to duplicate the successes his clients enjoy.

Roger replied that his approximately 50 clients who have these enclosures working all went through his full service testing program, and he wants to continue providing these enclosures to only targets who have first gone through his program.

I do understand Roger's wish to maintain his successful shielding technique as a trade secret – after all he is in business. Because his shielding is electrostatically charged, there is also a **VERY SERIOUS SAFETY CONCERN**.

If someone were to get electrocuted from a charged shielded enclosure, and Roger had furnished the plans, there would also be a liability problem. A shielded enclosure charged to a high voltage large enough to sleep in is definitely a safety hazard.

However, I have long wanted to try an electrostatically shielded enclosure, and Roger's experience suggests to me that this hazardous but potentially successful technique is worth trying by targets who can **COMFORTABLY** afford to experiment.

Historically, one target experimented with a type of electrostatically charged countermeasure, in which the target's bed was placed between two aluminized mylar sheets, one above the bed and the other below. These two mylar sheets formed plates of a capacitor.

The target used a safe high voltage source, and this experiment is described in section 7 above.

I want to mention here that targets realize that even a safe, high-internal-resistance source of high voltage, such as the air ionizer used in the mylar sheet experiment, can create a serious

shock hazard if it is used to slowly build up a high voltage on a very large capacitor or other charge accumulator. So don't assume because you use a low power source to charge your capacitor, that the fully charged device will be safe to touch.

It is EXTREMELY important that targets who experiment provide adequate safety devices when experimenting with high voltage. Climbing in or out of a charged enclosure requires a top quality design for ensuring the enclosure is discharged before climbing in or out.

A means of reading the voltage level on the enclosure would be essential for safety as well.

What this adds up to is that if you can afford to experiment but aren't thoroughly familiar with electrical technology and high voltage safety, you MUST hire someone who is, before you experiment!

What follows is purely my (Eleanor White's) guess. I do not know the details of Roger's successful enclosures.

But when I hear Roger describe an "electrostatically charged egg," my mind immediately brings up the common Van de Graff generator, often seen in small sizes in school physics labs. Much larger Van de Graff generators appear in science museums.

In the Van de Graff generator, electric charge is fed into the inside of a more or less smooth, hollow spherical charge accumulator. Same polarity electric charges will repel each other, and force themselves to the outside surface of the sphere. If the supply keeps charging the sphere, arc streamers will radiate outward from the sphere.

Here is a link to a hobby version of a Van de Graff generator, as of March 10, 2010:

<http://www.hobbytron.net/Van-De-Graaf-Generator-Kit.html>



My guess is that Roger is using something like a Van de Graff generator sphere, large enough to enclose a target's mattress and bedding. That hobby kit, above, could theoretically charge up a huge metal “egg” enclosure large enough to house a mattress for a sleeping target.

A simple wire connection between the sphere above and the larger sphere, would cause the charge to transfer. Naturally, this apparatus would require considerable care to avoid proximity to anything grounded to avoid arcing.

A means would be needed to limit the voltage to where the experimenter sees/hears visible or audible arcing. If the charge is allowed to accumulate to where arcing occurs, you would have major problems with radio and TV interference in your vicinity.

I don't know exactly how the voltage could be limited so it is high, but not arcing. Perhaps another reader of this booklet can let us know. One possibility, and this is only my guess at this time, is to use a very high resistance to bleed the charge as it accumulates.

Another possibility is to use a timer to switch the generator on and off. The duty cycle for that would depend on how quickly the electrostatic enclosure loses its charge.

Openings for air should not cause a problem, as the charge continuously will repel itself around openings – notice that Van de Graff generator accumulator spheres are actually open on the bottom.

I don't know if Roger uses a metal door or not. It may be that the “electrostatic egg” will work with an entry/exit port open. To avoid shock, I'd recommend at least a door made of heavy galvanized screening so the target doesn't sleepwalk out of the unit and zap him or herself.

Bottom line, I would say it is FAR better to hire Roger and use his services and proven successful “electrostatic egg” shielded enclosure, but the fact that he has about 50 clients enjoying successful reduction of assaults while sleeping is important enough to mention in this booklet.

Again – SAFETY FIRST – do not casually experiment with high voltage countermeasures!

UPDATE FEBRUARY 1, 2011:

A target did hire Roger Tolces, who set him up with a setup the target describes as follows:

What I bought [Roger] calls the active shielding unit.

It is basically pvc piping and emergency blankets plugged in and grounded and plugged in

The pvc pipes surround the bed..

An emergency blanket hangs from each side. The[re are] clips leads on each blanket which simply a metallized mylar - they sell for like \$3-5 each.

[There are] leads to some black control box that has no setting and you plug it into the wall.

This target reports no success whatsoever with this setup. The setup described above sounds like the mylar blankets charged with an air ionizer, which another target did have success with. That is mentioned at the start of this section. At time of writing I don't know if this is the same "electrostatic egg" advertised by Roger Tolces, since Roger won't release details.

8. Active Device Countermeasure Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

An “active device” is a piece of equipment that generates some sort of signal, and would act as a “jammer.”

Target A writes:

[Summarized by Eleanor White] One target purchased a \$4,000 “jammer” from Top Secret Consumertronics, a small company run by John Williams, MSE. The jammer provided no benefit whatsoever, and eventually the target was able to get a refund.

Target B writes:

Not sure whether it's the noise, the electromagnetic effect of the motor, the vibration resulting from leaning it against the bed, or perhaps just placebo effect, but I've found that a box fan at night leaned against the bed seems for whatever reason to make it easier to sleep.

Target C writes:

One TI reported that the vibration from a vibrator reduced the intensity of electromagnetic attacks.

9. Water As Shielding Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

There have been several reports this month from callers who said their symptoms were lessened by the use of water. Two reported using water in a ziploc bag, one had long hair which was wet from the shower, and one used a wet towel, and one other victim used a wet washcloth. All had reported suffering from shocks, stings, and vibrations.

One victim placed a ziploc bag on the cranial area, and the other placed it in the crotch area. Wet hair was reported by another victim to make a difference, while another reported wrapping a wet towel around the head worked for them.

Still another victim reported using a wet towel or wash cloth as a loin cloth.

Our own experiments with water filled balloons, ziploc bags, and wet towels are yielding consistent results. Symptoms of vibrations are greatly attenuated and other symptoms are lessened; however, the perps follow up with other ways to accomplish sleep disturbance.

A local victim reports relief while sleeping. The bed is surrounded by chairs that are draped with the thickest wet towels available. There must be no breaks in this. Heavy plastic is placed under the towels to catch the excess water. Again, this only partially blocks the vibration, malaise, stinging sensations, etc., but any relief is welcome! The same victim reported complete blocking of all symptoms while swimming under water.

Victim reports use of humidifier lessens effects!

After reading about the shielding effects of water, a victim took the initiative to install a humidifier at the head of the bed at night, turning it on before sleep. The victim believes the harassment has been reduced.

Target B writes:

Inspired by reports that gel packs, humidifiers and anything else involving water provide protection, I soaked a thick blanket in water so that it was dripping wet, sealed it within a large sheet of painter's plastic, and used it as a blanket in bed. I used it for just a couple of nights, and it's been a while and thus I can't remember for sure but I'd guesstimate its effectiveness

at perhaps 30%-70%. It had the effect of completely diffusing the focus point of the directed energy beam, almost eliminating the ability to target any specific area of the body with tingling sensations.

Although this arrangement wasn't uncomfortable at all despite what you would intuitively expect with a heavy blanket, it is unfortunately a cumbersome arrangement -- the plastic would probably tear sooner or later causing a leak, and the water in the blanket would eventually develop algae or mold. Thus I wouldn't recommend this specific arrangement but it did seem very promising and thus worthy of further investigation. Something like an array of gel packs fastened together in a matrix the size of a blanket might be a workable arrangement. It's also possible that other heavy materials, such as lead aprons used in x-ray exams or a rubber mat the size of a blanket might be just as effective.

I've noted that I rarely if ever experience tingling sensations, headaches or any other directed energy symptoms while taking a shower.

Target C writes:

One TI reported that a waterbed had the effect of dramatically reducing the intensity of the directed energy attacks, saying the waterbed seemed to "ground-out" the electromagnetic energy.

10. Gel Packs as Shielding Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

Yet another victim reported success with gel packs used for athletic injuries.

These are available in drugstores. The packs were worn in the underwear. All victims reported a lessening of symptoms using these methods.

Target B writes:

Shielding that tends to be popular due to their convenience and economy are blue hot/cold gel packs available at pharmacies used at room temperature (several of them taped together into a blanket increases effectiveness.)

Target C writes:

I purchased three hot & cold gel packs from a pharmacy and placed them against areas being attacked with tingling sensations, and they seemed perhaps 60%-95% effective at blocking energy immediately below that area, but I personally found its utility quite minimal as the perps would merely target an adjacent area. A couple of other TIs said they got relief using gel packs.

11. Rubber as Shielding Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

Shielding that tends to be popular due to convenience and economy are rubber mats, the kind with suction cups for use in a bath tub, not to be confused with similar looking vinyl ones (Rubbermaid brand may work better than others).

[Eleanor White talking: One experimenter wrapped a transistor radio tightly, ends clamped shut, and the rubber did not stop the radio playing. Rubber without materials mixed in to make it conductive does not stop conventional electromagnetic signals in the radio (20 kHz to 300 GHz.) Insulating against electric shock is not at all the same thing as shielding against EM signals.]

Target B writes:

I purchased a 28"x15" rubber mat (the kind with suction cups for use in a bath tub, not to be

confused with similar vinyl mats) and placed it over the top sheet in bed so that it rested over whatever area of my body the perps were targeting with annoying tingling sensations. As long as it was snugly wrapped around the area of interest it seemed to block the directed energy with perhaps 70%-100% effectiveness. Another TI reported similar results, using two rubber mats, one above and one below the body. Ideal may be a rubber mat the size of a blanket. Definitely worth pursuing further IMO.

12. Grounding Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

General note:

A number of targets have reported relief from either sleeping on top of or having their bodies actually contacting grounded conductive material. Some of these experimenters have used outdoor ground rods with the grounding wire brought into their living spaces.

13. Sheet Metal as Shielding Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

What I want to tell you is that I have finally found a defense that works. Actually, I had found it years earlier but had abandoned it for various reasons. Here is the bottom line: Steel. In particular, those who are attacked with DE weapons are often attacked while they sleep, to disturb their sleep; surround yourself with a careful arrangement of steel and you will be able to sleep and their attacks will be for the most part ineffective.

Many years ago I had the right away but did it the wrong way. I went out had custom, industrial-grade steel manufactured for me. (14 gauge cold-rolled sheet steel). The pieces were way too big and heavy, and corners were sharp and dangerous. I built a makeshift steel coffin out of it and had absolute peace but very nearly killed myself in the few nights that I slept in it. I constructed the steel coffin with the large, heavy, sharp planks of steel held up and reinforced with cinder blocks. This was far from ideal.

I realize now that going to these kinds of lengths is unnecessary. Almost any steel will do. Recently I have constructed a similar sort of steel coffin out of small file cabinets. I have them laid along the sides of a "tunnel" with a couple of them on top for support. They are actually quite light in weight. What's important is that you are **fully** surrounded by the steel; I mean FULLY. They can see your heat signature down to millimeters and it really is a "game" of millimeters. Leave the slightest opening and they will find it and punish you with it. You need to overlap the steel and consider any weaknesses in your steel coffin. You need not remove the steel from the boxes (I didn't), but make sure that inside the box the steel is right up against the inner lining (you may need to remove styrofoam fillers and such).

A variety of types and sizes of steel work. Make sure you leave no crevices and then lie down in the tunnel at night. You will be much better off. If you do this right, you should be able to sleep, and their attacks should be much, much less effective, if effective at all. You need to be on the **GROUND FLOOR** so that they cannot shoot upwards at you. If you don't live on a ground floor, I highly advise you to move. However, you can also lay planks of steel underneath you to sleep on (put something soft on top).

Target B writes:

I once tried placing a single 7'x4' sheet of steel sheet metal alternately in various locations relative to myself while I was laying on a sofa to block the directed energy from any location it may be coming from -- in front of the sofa, behind the sofa, at each end of the sofa, on top of the sofa, and below the sofa. It had the effect of significantly diffusing the focus point of the directed energy beam used to induce tingling sensations. This occurred no matter where I placed the sheet metal, which was counterintuitive with the assumption that the directed energy was coming from a single direction -- perhaps the directed energy is coming from several sources, or perhaps the back scatter of the directed energy, after passing through the body, is reflected back at the body from the sheet metal, creating the sense of an unfocused beam. At any rate it didn't seem very effective as a countermeasure but the experiment may be worth repeating.

14. Disguised Head Shielding

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

[One] suggestion I can think of is to indeed try shielding if you can work it into your corporate attire -- I wear a shielded baseball cap (\$29 from <http://www.lessemf.com>) and clothes that are washed in AegisGuard LL (\$4/laundry load from <http://www.aegisguard.com>) -- in my case the baseball cap is consistent with attire for renovating houses, but you may have to be more creative for office attire -- perhaps place some neodymium magnets in your headphones, wear a cool-looking hat consistent with your corporate culture washed in AegisGuard, etc.

In my case the shielding, especially the head shielding, clears up my thinking and helps me get more things accomplished -- I credit it with being a significant contributor in "turning my life around."

**** [Eleanor White talking: I URGE TARGETS TO NOT TELL OTHERS YOU ARE TRYING TO SHIELD YOUR HEAD. MANY OTHERS RIDICULE TARGETS WHO TRY TO SHIELD THEMSELVES.]**

15. Eleanor White's Brief Magnetic Pulse Experiment

One form of electronic targeting I experience is a kind of overall 'feeling,' which some might describe as a form of unpleasant 'buzz,' makes thinking difficult, concentrating difficult, and relaxing and sleeping difficult or impossible. The target just plain feels uncomfortable and there is nothing they can do to get comfortable. The target's motions are awkward and jerky.

In the late 1990s, I attempted to create a method for entraining my EEG rhythm using magnetic pulses applied to my head down in the single digit range.

I started with a 6 amp DC power supply, and built a pulse generator with a 50% duty cycle, adjustable through the ~1 to ~15 pulses per second range. This unit delivered 4 amp pulses to a pair of #14 copper coils, one on each side of my head, sewn to a water polo cap.

The coils were connected so that the magnetic field of one coil was in the same direction as

the magnetic field of the other, a so-called “Helmholtz” arrangement.

Although 4 amps is well within the current carrying capacity of uncoiled #14 copper wire, I found that due to the coiling, the coils got uncomfortably hot if I ran the unit too long. I will describe a solution to this problem below.

On the evening I tested it, I actually did get immediate relief with the unit delivering 5 pulses per second. Then a puff of smoke and the unit was rendered inoperative. But it did provide noticeable relief.

At that time, my paid job involved custody of considerable computer equipment. The perps had been causing frequent burnouts or other failures, so this zapping of my magnetic pulse countermeasure was not unexpected. With the heavy fatigue and sleep deprivation attacks, and not wanting to go through endless repeats of this zapping, I went no further.

However, I do believe that this type of countermeasure is worth experimenting with IF you have comfortable funding.

** To solve the coiled wire heating problem:

Instead of coils against your head, try to find the largest heavy duty flexible copper speaker wire, and wind a coil, say, 25 to 50 turns, in a 9” x 18” RECTANGULAR pattern. I'd recommend #4 copper or larger so that it can be expected to run cool. Speaker wire can be had in gigantic sizes, often in clear insulation, two conductor “zip cord.”

You can tie both conductors together in parallel to effectively double the wire size.

Use cable ties to keep the coil in the rectangular shape. Place it under your PILLOW.

This should eliminate the heating problem.

(UPDATE April 28, 2012) There are magnetic pulsers which targets might experiment with at this vendor site at time of writing:

<http://www.amazing1.com>

There are three models varying WIDELY in price and power, according to this comparison chart (April 28, 2012):

Comparative Chart of Magnetic Pulsers (click for more info)							
	Magnetic Field (Gauss)	Max Power (mJ)	Adj Pwr Out	Adjustable Pulse Rate (pps)	Sleep Mode	Variable Coils	Input Power
THMAG10	1-2	2	-	10-1000	-	-	9V DC
THMAGDELUXE50	50-100	100	✓	2-2000	✓	✓	12V DC
TDHP10	500-1000	1000	✓	1-1500	✓	✓	115V AC

*** NO GUARANTEES that magnetic field pulsers will have any benefit at all. However, medical professionals use low pulse rate, i.e. not more than 30 pulses per second, pulsers for therapeutic use, with positive experience reports. My (Eleanor White's) advice is to not spend money on experimentation in amounts you can't afford to lose.

16. Magnets Against the Body Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

A number of targets have reported varying degrees of success placing permanent magnets against the body. "Neodymium" magnets are a popular choice and are widely available and reasonably priced on the web.

It is not known if the material the magnet is made of plays any part in experimental successes, but "neodymium" is the most often tried. If the magnetic field itself is what is causing the successes, then it doesn't matter what the magnet is made of.

Target A writes:

Just an update from me. I am the one who believes I have been implanted with chips that cause torturous pain and vibration. I have now taped a one inch neodymium magnet to just below my sternal notch on my chest and have left it surgically taped with micropore tape for 5 days.

That site seems to always be stimulated when my torture starts. Low and behold, my pain has lessened and I can breathe fully and easily. The pain that radiates from that site to my breasts and sternum has been greatly, greatly reduced. It is the most powerful trick I have used yet to combat the torture.

It has pissed off my perps. Now they target the back of my head, causing painful muscle spasms in my scalp and back of head while I am driving and out and about town doing my job. Magnets again have reduced the pain almost to nothing. Not to say that I have stopped taking Lyrica, but I feel I have won a little battle. In fact, I am now taking more of an interest in life and am happier.

I have to be really in tune from where the pain radiates from. It seems there are points that originate the pain. For my breasts, its the clavicle. If I place magnets there for a few minutes,

the pain in my breasts is dulled.

The sternal pain and rib cage pain now only is a sense of muscle tightening. And sometimes feels like a finger is digging into a muscle really hard, but not painful.

Swiping the magnet did nothing for me. Prolonged contact. Days worth, even a weeks worth continuously worked for me.

Target B writes:

Perhaps I can help with the perps controlling my breathing and trying to squeeze my chest so hard I could hardly breathe. Of course, my perps wanted me to panic. I conquered their nasty little trick by taping a neodymium magnet, One inch in size. Taped it just below the end of my sternum for a week straight using surgical micro-pore tape. I believe I have an implant there that make my diaphragm and chest muscles contract.

That implant buzzed, flicked, burned and then it just slightly vibrated after a week. And NO LONGER could they control my breathing. All I needed was a little sense of control back and it snowballed into more efficient and effects of the magnets.

99. Miscellaneous Countermeasure Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

North side of a strong magnet taped over an implant for a few days has seemed to disable it. [Eleanor White talking: Target A is one of a handful who has confirmed implants.]

Putting a circle of crystals and magnets around my bed has seemed to help.

I believe it is important to keep your immune system strong so I take supplements including silver water, herbs, vitamins and I have a very nutritious diet. [Eleanor White talking: Doctors who recommend silver as an anti-microbial recommend it for acute conditions, and not for continuous use.]

Target B writes:

Other countermeasures are steel cookie sheets, heavy pieces of steel such as barbell plates, multiple layers of foil, multiple layers of mylar blankets, wet towels, wet blankets, lead xray aprons, filled plastic water bottles, hand lotion and other lotions, jels and creams applied to the skin, metal necklaces, metal wrist and ankle bracelets, metal belts, metal impregnated clothing, metal impregnated bed sheets, RF shielding fabric conditioner, electrically grounded ground planes, electrically grounding our bodies, ceramic tile, unrolled copper mesh scourers wrapped around the head, RF shielded baseball cap from <http://www.lessemf.com>, neodymium or other strong or large magnets, box fan leaned against the bed to provide vibration, moving around during the day (working around the house, gardening, hiking -- makes targeting more difficult), playing one or more radios tuned to different news talk stations or tuned to different types of music stations such as classical and jazz, foam earplugs.

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

I have an aluminum screen (metal kind used for window screen and screened doors) in bed

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

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

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

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

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

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

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

If you've never or only briefly experimented with shielding I would highly recommend doing

so. You may feel only a little better at night but then during the day may feel more positive and may be able to get more accomplished. Before employing shielding countermeasures my life had a very nightmarish, hopeless feel to it. Now my outlook is much more positive and I have more energy during the day!

More countermeasure ideas are at:

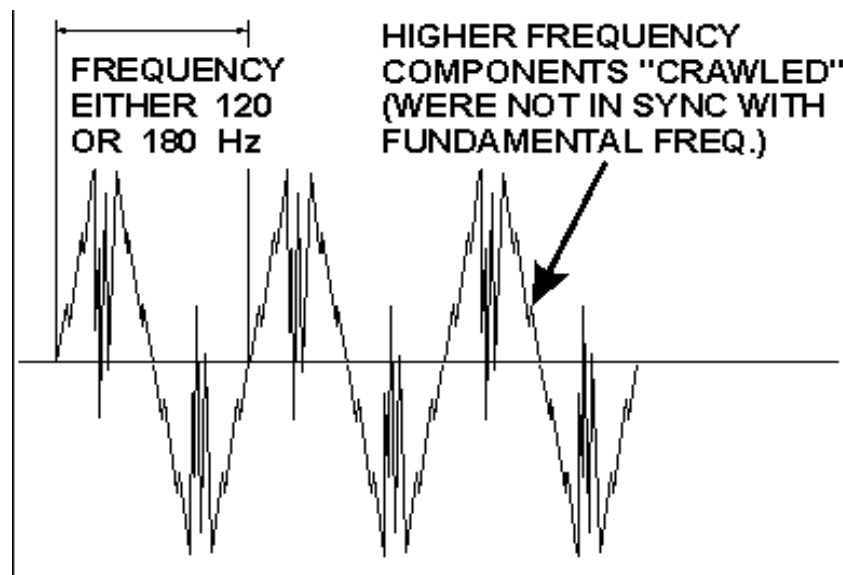
<http://www.freedomfchs.com/id12.html>

II. ELECTRONIC ASSAULT DETECTION EXPERIMENTS

1. Sawtooth ELF waveform observed by Eleanor White

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.



This waveform was detected using either of two different large air core pickup coils:

24" x 24", 75 turns on corrugated cardboard core

24" x 72", 165 turns on corrugated cardboard core

The fundamental frequency measured 120 Hz at times, and sometimes 180 Hz.

Seen frequently at many different times of day and night. Taking the scope and smaller pickup coil to different locations around the apartment building showed that this waveform did not appear outside Eleanor's apartment. Though strong inside the apartment, within a few feet of the hallway door the signal strength dropped to zero.

One consequence of this signal was that any attempts to tape record the perpetrator audio

effects was prevented by the loud buzz this waveform caused in all recorders.

This signal was loud in an AM transistor radio between stations. Transistor radios, on the AM band, are quite directional as a ferrite (contains iron) core coil is used as an antenna.

An AM radio will null (go silent) when either end of the ferrite core internal antenna points at a point source of signal. Using my transistor radio to observe null directions throughout the apartment, I discovered that this ELF signal radiated from a sharp point source about ten inches above my bed pillow. This was confirmed by the buzzing in the AM radio and the tape recorder being strongest over my bed pillow.

This is a highly unusual wave form for domestic equipment, and persisted for years. I have no idea what the purpose of this signal was. Buzzing in tape recorders had also occurred in my two previous apartments, although there, I did not attempt, in the previous two apartments, to locate the exact source nor view the waveform. The buzzing sounded the same in all three apartments.

2. Eleanor White's EEG and GSR Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Following the failure of my combination total-bed-enclosing four-layer shielding experiment and associated ELF and ionizing radiation tests during peak harassment, (no conventional signals appeared to be operating during periods of heavy harassment,) I read a book titled The Secret Life of Plants by Peter Tompkins and Christopher Bird, 1989.

This book described various experiments involving plants, specifically exploring plant "behaviour" which is not yet explainable by current day scientists. The book opens by documenting the experiments of polygraph expert Cleve Backster. Backster got curious one day, and connected his polygraph's galvanic skin response (GSR) section to a leaf on one of his philodendron plants. He wanted to see if the resistance of the leaf (which is what a GSR unit measures) would drop when he watered the plant. It did not, but Backster kept comparing events in his office with the plants' polygraph traces.

To make a long story short, he discovered that his plants' leaf electrical activity changed noticeably (on the paper strip his machine produced) according to HIS - to Backster's - emotional state. Not only that, the plants' electrical activity "went wild" when Backster

approached the plants with a cigarette lighter, or when certain people visited his office.

I (Eleanor White) reasoned that if technology beyond what is taught in school is in use on OS/EH targets, then perhaps the most reliable detector would be our bodies, and possibly even plants we care for.

The GSR units drive a very tiny amount of electrical current through what they are connected to. The more sensitive electro-encephalogram (EEG) units simply measure very small voltages across a human scalp, and can also measure similar activity in plants. I acquired a single channel EEG machine, of the type used for biofeedback experiments:



This biofeedback-style EEG unit does not have the paper strip chart seen on full-blown medical equipment. Instead it features two types of outputs: Meter reading, and geiger counter style clicks from its speaker. The more clicks, the higher the meter reading.

There is a filter range switch, which sets a narrow band of frequencies of interest. The scales run from 2 Hz to 42 Hz, covering most brain activity. Each setting does not select a single frequency, instead, each setting covers a small band of frequencies with the selected number in the center.

There is also a voltage level threshold adjustment, calibrated from below 4 microvolts, up to a maximum of 70 microvolts.

(For convenience, I added a continuous tone option where the pitch of the tone varies according to how high the meter reads.)

The unit is a single channel, with a “hot” lead and a “ground” lead. The original pickup harness uses a gentle conductive clamp electrode on each ear lobe for “ground,” and the “hot” electrode goes anywhere on your scalp.

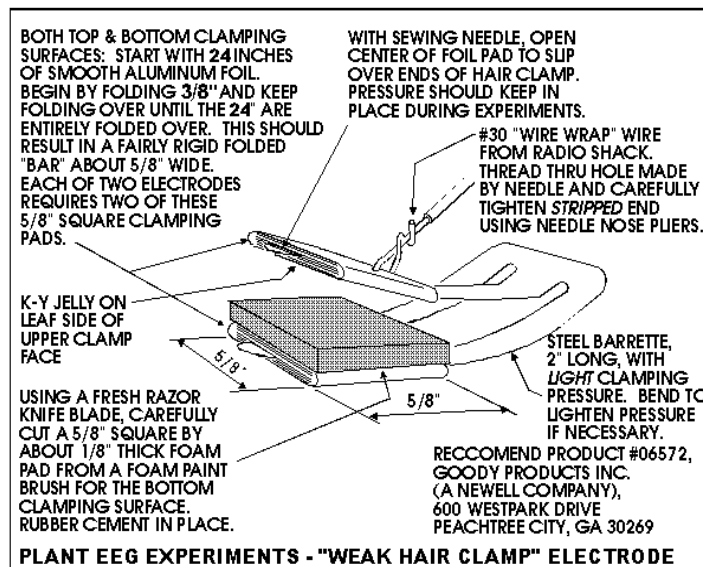
When the filter range switch is set to the lower numbers, you will hear the most “geiger counter” clicking when you are relaxed.

When the filter range is set to the double digits, you will hear the most “geiger counter” clicks when you are busy and concentrating on something.

The machine indicated my mental state reliably. However, it wasn't comfortable to wear the pickup harness in bed. More importantly, I wanted some readings other than my own to indicate activity in sync with my own attacks.

So I acquired a philodendron plant, and using Dr. Eldon Byrd's suggestion of humanely connecting the two electrodes to leaves using “weak hair clamps,” I was able to hear the plant's electrical activity. I was able to duplicate Cleve Backster's high voltage and high frequency burst of activity when I approached the plant with a cigarette lighter and said I was going to burn it. (I only did that a couple of times, because now knowing that plants do “fear” potential harm, I felt it would be cruel to do a lot of experimenting along that line.)

See the illustration below. If I were into serious plant experimentation, and I wanted something better than the “weak hair clamp” electrode, I would look into various biological electrodes on line for better ideas. I've seen, can't remember where, the use of a seaweed product called “agar” to cement electrodes to plants. In any electrode scheme, the mechanical weight of the wiring and electrodes should be suspended from external structure so the leaf doesn't have to carry the weight.



I connected the ground wire from the EEG machine to a needle driven into the stem of the plant, and also connected the ground wire to aluminum foil surrounding the flower pot.

When I began to lie on a bed outside the shielded enclosure (which I discarded since it did no good) and attempted to sleep with the plant and the EEG unit next to the head of my bed, as soon as I'd finished all my bed time business and ablutions, and settled down to try to sleep, the plant electrical activity, at least as indicated by the EEG unit, stopped before the pain, sleep deprivation, or body movement attacks started. "Flat lined," in other words.

That may or may not be a total failure. Cleve Backster described visits by a scientist to his office who did regular experiments on plant growth and metabolism. Backster noted that oddly, his philodendron flat lined for the duration of every visit by this person. Backster began to ask him about the details of his work, and it turns out this scientist regularly incinerates his plants at the end of each experiment to obtain their dry weight. While it's not proof of anything, I do find it interesting that my plant flat lined during the intense harassment.

But that only lasted for a couple of days. On or about the third night, when I hit the hay, the perps started blasting the unit's speaker with loud static, and I had to cease experimenting with plants.

** I still feel that experimentation with newer, portable recording EEG units, worn by targets, and run along with audio or video comments by the target as to time, and what assaults are being experienced at that time, could provide valuable data. Expensive, but potentially highly persuasive when presented to officials.

I also acquired a small GSR unit to experiment with:



That GSR unit was advertised as a "lie detector" thing. It is basically an acoustic electrical

resistance meter. The pitch of the tone is opposite what is happening with the resistance of whatever is connected across the two finger-shaped electrodes. Rising tone indicates lower resistance. The tone is kind of faint, though you can hear it in bed easily. Headphones can be used too.

When nothing is connected across the electrodes, the unit shuts down. There is no on-off switch as there is hardly any current drain until there is something across the electrodes. Current drain on the 9-volt battery is very light in any case.

Because skin has very widely varying resistance ranges (compare dry skin on a crisp, cold day to wet skin on a hot, muggy summer day) the unit has an adjustment to bring the tone into the audible range when it gets too low or too high.

This unit, by measurement, pushes about 15 microamps through my fingers. That is a very small current, but I tried sleeping with electrodes made of 25 cent coins on either side of my neck overnight, and the 15 microamp current had seriously and visibly irritated my skin by morning.

This unit does show some variations when attached to plants, however, the EEG machine is far more sensitive. Furthermore, as a matter of avoiding cruelty to living things, I did not want to push a current through a plant.

What I have used this unit for is connecting to a 100 turn air core pickup coil, about 10" by 18" in a rectangular shape, to carry around in a backpack to see if I could hear any unusual warbling of the tone in the headphones which matched any electronic assaults while away from home.

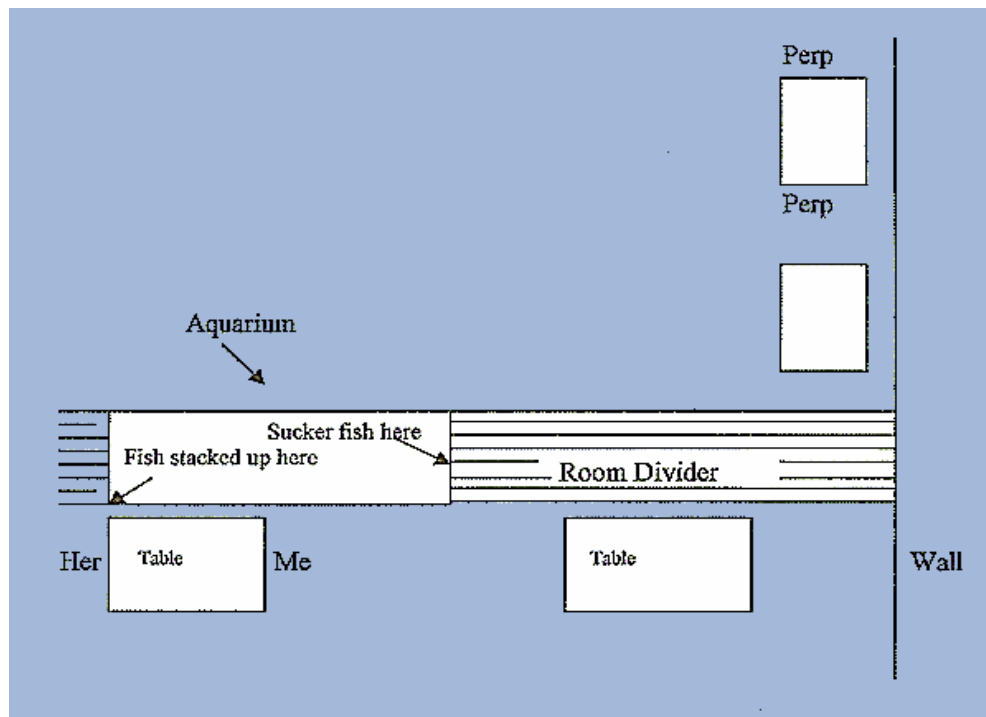
The results were inconclusive. Each time I carried the GSR unit and pickup coil, the perpetrators did not hit me with electronic assaults.

In spite of this result, there is a great deal of variety in the electronic assaults among targets, and I would think a GSR unit with a backpack pickup coil and headphones might turn up some interesting results. (No guarantee, of course.) I doubt officials would accept this experiment as proof by itself, but if others do try this experiment, I will be glad to display your results in this booklet.

3. Goldfish Apparently Shunning Restaurant Perpetrators?

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.



[Eleanor White talking: This is another experiment suggesting that other biological entities, plant or animal, might be able to confirm the assaults we experience.]

The diagram illustrates a section of a restaurant and was drawn by the experimenter

“One evening in April, 2001, a friend and I decided to eat at a chinese restaurant. As we walked in, I noticed there were only two other people in the restaurant. I immediately identified these persons as perps and for that reason, requested that we be seated on the other side of the room divider. The room divider was actually a very wide wooden rail with a 5 foot long aquarium mounted on it.

“We sat at the table immediately adjacent to the aquarium. We ordered our meal, talking, eating, and watching the fish swim aimlessly about the aquarium. Then, I began to feel

directed energy weapons turned on me. I said nothing so as not to alarm my friend, although she was aware of such weapons. I noticed that all of the fish except for two appeared to be very old gold fish, the fancy kind with elaborate fins. One fish even had a large hump on its head.

“During the course of the meal, one by one, the old ones migrated to the very end of the tank, and sat suspended motionless in the corner of the tank farthest away from the perps. They finally started to stack on top of each other with their noses stuck in the same corner. They appeared to be staring at my friend and I joked that she was indeed growing in popularity as the fish stopped swimming and just hung there, noses touching the corner of the aquarium.

“They appeared to be gazing at her, one stacked on top of another, with only their gills moving in steady rhythmic breathing patterns. Then the last goldfish which appeared to be younger, joined them.

“Then one by one, still suspended in the corner, the 4 older goldfish appeared to have a small seizure, each lasting about 4 seconds, as evidenced by the "gnashing of teeth" and "quivering of gills". There was no food or anything they could have been after.

“It was then that I realized the fish were also being hit by the DEW! Clearly, the DEW (Directed Energy Weapons) had to get through the aquarium before getting to me.

“The perps kept the DEW on until we left the restaurant and the fish stayed in the corner of the aquarium farthest from the signal until we left the restaurant. There was one fish that did not seem to be affected. He was a young glass sucker, commonly called an "algae eater".

“He appeared to not care at all and stayed where he was the whole time, stuck to the glass on the side closest to the perps.

“The question is: Why wasn't this glass sucking algae eater affected by the DEW? Could it be that this fish is related to skates, eels, or rays that are capable of generating their own electric charge and thus may have a special electrical field around them, protecting them from the DEW?

Target B writes:

Inspired by a target reporting that while in a restaurant he witnessed fish in a large aquarium gravitating toward a corner of the aquarium directly opposite from the presumed source of a directed energy weapon, I purchased a goldfish and placed it in a round bucket filled with water, placed the bucket next to me while I sat on the sofa at home, and observed the goldfish when I experienced directed energy attacks which in my case consist of synthetic vibrational sensations. The goldfish didn't gravitate to any side of the bucket nor exhibit any unusual behavior while I experienced the directed energy attacks.

[Eleanor White speaking: Failure is normal for OS/EH targets. Experiments work with one

target and fail with another. This may be intentional on the part of the perpetrators. Regardless of the reason for inconsistent results, the inconsistency points up that repeating failed techniques, as long as experimenters can really afford to do so, may be worth trying.]

4. Electromagnetic Detector Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

Everyone who is concerned about EMF really needs to use alarms so they can avoid or reduce the effects. My favorite alarm is the MicroAlert.



I was amazed when I started carrying it. Hidden audio and video surveillance is everywhere. I discovered that two ladies who frequently talked with me set it off the first time I had it on when talking to them. They never came back to talk with me again. I also discover that when I turned the lights off at work at the end of the day the alarm went off and when I entered my own home after work that alarm went off again. Recently I when I was targeted at a "by invitation only workshop" I had the alarm in my pocket and although everyone had their cell phones turned off, suddenly in the middle of a presentation my alarm went off. For a few seconds everyone turned and looked at me and the targeting stopped. About 20 minues later it started again and I guess because everyone noticed, it stopped in a few seconds and I got up and left the room.

Target B writes:

I borrowed a relatively inexpensive trifield meter from a fellow TI, AlphaLab "TriField Broadband Meter Extended Sensitivity Version," placed it next to me and observed it when I experienced directed energy attacks which in my case consist of synthetic vibrational sensations. There was no apparent correlation between the directed energy attacks and meter readings on any of the four scales: Magnetic 0-100 milligauss, Magnetic 0-3 milligauss, Electric 0-1000 volts/meter, or RF Radio/Microwave 100kHz-2.5GHz 0-1000 volts/meter.

[Eleanor White speaking: My own experiments, back in the late 1990s when I was working and could afford to experiment, showed a few odd signals (described here in other sections) but rarely showed even rough correlation with my attacks. This is one of the reasons why I believe technology advanced beyond that taught in school, i.e. classified, is in use.]

5. Sleep Study Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

My last two [professional sleep lab] sleep tests were interfered with:

(1) Last year I began to have such execrable sleep (deprivation of deep sleep via imposition of vivid dreaming, etc.) that I had a sleep test to determine exactly what was happening. In the hour prior to the test itself my heart rate was accelerated to an abnormally high level for no organic reason whatsoever (while in hospital), which was already extremely tiring. Then after taking my sleep medication I tried to sleep but could not do so for about an hour, however, I was then permitted seemingly normal sleep but with bizarre nightmares that left me not well rested.

I suspect that despite my being told that no one would enter the room during my sleep, someone did so, because immediately upon being awakened I saw that my shoes had been moved and a pen had been stolen. The resulting polysomnograph showed no apparent abnormalities except the first hour of sleeplessness.

(2) After ever increasingly miserable sleep during the last year and a half (equivalent to forced daydreams while my eyes are shut), I again had a sleep test last month, this time in a different facility. I was permitted some very poor sleep, but I know that despite having my eyes closed for the last two hours or so, I failed completely to fall asleep at all. This time the results must absolutely have been falsified, because the polysomnograph I was shown indicated that I reached all levels of sleep for approximately the average durations required with no extended period of being awake at the end. However, I guess the falsifiers didn't want to appear totally unrealistic, so the claim was that I awoke 54 times.

6. Specific Test Equipment Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes about the “EMF-829” RF meter:



“It detects more than 105 watts/sq. meter.”

One supplier, September 2009 advertises that meter for \$600 US.

<http://www.pro-measure.com>

[Eleanor White talking: For comparison purposes, 105 watts per square meter is 0.011 watts per square centimeter. That probably could have health implications if continuous, however, some comparisons with nearby places would need to be made, at various times, before it can be inferred that such a reading is deliberate harassment. Just a number by itself, unless the power level is really extreme, isn't much use in convincing officials that a crime is happening.]

Target B writes about another experimenter:

Xxxxx owns a \$11,000 black-and-white Infrared imaging camera. Xxxxx traveled around the country imaging TI's for implants in the head (front of the head and usually just high and to the right or left of the eyes).

He was quite successful at imaging something unusual in his own head and in that of other TI's. The device imaged would heat up and was hotter at times than the surrounding tissue, then would cool off. It was as if the device was being turned on remotely for a period of time (heating up) and then turned off (cooling down). Such a device was found in my own head but it wasn't as easy to image as some of the others.

[Eleanor White talking: While there is definitely some chance an actual device may be implanted in these cases, my experience with perp advanced technology causes me to not be certain any actual device is needed to cause such hot spots on a target's body.]

Target C writes:

I borrowed a relatively inexpensive trifield meter from a fellow TI, AlphaLab "TriField Broadband Meter Extended Sensitivity Version," placed it next to me and observed it when I experienced directed energy attacks which in my case consist of synthetic vibrational sensations. There was no apparent correlation between the directed energy attacks and meter readings on any of the four scales: Magnetic 0-100 milligauss, Magnetic 0-3 milligauss, Electric 0-1000 volts/meter, or RF Radio/Microwave 100kHz-2.5GHz 0-1000 volts/meter.

[Eleanor White speaking: My own experiments, back in the late 1990s when I was working and could afford to experiment, showed a few odd signals (described here in other sections) but rarely showed even rough correlation with my attacks. This is one of the reasons why I believe technology advanced beyond that taught in school, i.e. classified, is in use.]

7. Eldon Byrd's Voice to Skull Detection Experiment

NOTE: The Mind Justice organization, headed by Cheryl Welsh, was at one time "CAHRA" (Citizens Against Human Rights Abuse)

Cheryl's web site is: <http://mindjustice.org>

Mind Justice would like to express deep gratitude to Eldon Byrd for his efforts to conduct and report on this experiment. Eldon Byrd had to deal with a 'token budget' and donated numerous hours that added up to days, then weeks of gratis work. He made an open-minded commitment to learn about mind control by attending conferences and meeting with several victims, plus reading extensive background information and documentation. He was forever patient and sympathetic to the numerous pleas from victims for help and relief, never one to judge, concerned that yes, definitely something was going on, deserving of long overdue scientific study.

Eldon Byrd is risking his career by going public with his work; what other scientists are willing to tackle mind control, a subject fraught with national security issues and attempts to keep the subject black. And now, Eldon Byrd has felt that he has done all that he can for OS/EH targets and MUST go on with his life! Please consider the tremendous effort Eldon Byrd has made and keep in mind his wish to earn real money for his valuable time.

REPORT BY C.A.H.R.A.: A SCIENTIFIC EXPERIMENT TO REPLICATE THE RECORDING OF VOICES THAT TARGETED INDIVIDUALS HEAR

Eldon Byrd writing:

Acknowledgments

(April 28, 2012) Note: CAHRA no longer exists. Cheryl Welsh's site is now:

<http://mindjustice.org>

Thanks to Cheryl Welsh and CAHRA for sponsoring the experiment, Henry Dakin for providing spaces for conducting the experiments, Fred Sicher and Dr. Jon Klimo (Professor at Antioch University) for providing the equipment used and their expertise in helping establish protocols and helping conduct the experiment, Eleanor White for the Figures, and to the subjects who traveled great distances and shared their time to be tested in the first serious attempt to bring science into an area containing mostly anecdotal evidence

Background

C.A.H.R.A. (Citizens Against Human Rights Abuse) commissioned me to conduct an experiment in San Francisco, California on February 9, 10, and 11, 2002. The purpose of the experiment was to gather data similar to existing data that indicated it is possible to record voices heard by some victims of mind control. Although it was considered a long shot, because only one victim had been successful in recording the voices, it was deemed worthwhile in case other victims' voices were produced in a similar manner.

The successful recordings were made by Fred Sicher. It took many sessions before the voices became intelligible. They appeared to be mostly children being sexually abused. The recordings were made near, but not on the head. The raw data was amplified by use of a graphic equalizer that reduced the noise, enhancing the intelligibility of the voices.

Although the experiment was not specifically designed to test for the method that might be used to induce voices the subjects reported hearing in or near their heads, it is worthwhile to note that 'microwave hearing' has been reported in the scientific literature.

Dr. Robert O. Becker, in his book, *The Body Electric, Electromagnetism and the Foundation of Life*, 1985, William Morrow Pub. p. 319, states:

"In the early 1960s Frey found that when microwaves of 300 to 3,000 Megahertz were pulsed at specific rates, humans (even deaf people) could "Hear" them. The beam caused a booming, hissing, clicking, or buzzing, depending on the exact frequency and pulse rate, and the sound seemed to come from just behind the head. At first Frey was ridiculed for this announcement, just like many radar technicians who'd been told they were crazy for fearing certain radar beams. Later work has shown that the microwaves are sensed somewhere in the temporal region just above and slightly in front of the ears. The phenomenon apparently results from pressure waves set up in brain tissue, some of which activate the sound receptors of the inner ear via bone conduction, while others directly stimulate nerve cells in the auditory pathways. Experiments on rats have shown that a strong signal can generate a sound pressure of 120 decibels, or approximately the level near a jet engine at takeoff. Obviously such a beam could cause humans severe pain and prevent all voice communication. That the same effect can be used more subtly was demonstrated in 1973 by Dr. Joseph C. Sharp of the Walter Reed Army Institute of Research. Sharp, serving as a test subject himself, heard and understood spoken words delivered to him in an echo-free isolation chamber via a pulsed-microwave audiogram (an analog of the words' sound vibrations) beamed into his brain. Such a device has obvious applications in covert operations designed to drive a target crazy with "voices" or deliver undetectable instructions to a programmed assassin."

Dr. Becker, in a telephone conversation in March 2002, mentioned that he has been contacted by many victims of Mind Control over the past several years. He was adamant that the only way to find out what may be going on with them is to conduct scientific experiments, such as this one.

Also,
May 15, 2001
New York Times

An Audio Spotlight Creates a Personal Wall of Sound

By JENNIFER B. LEE

A person hears a voice in her ear, turns around and sees nobody there. No one else has heard it. Or she hears footsteps in a room, the product of an invisible presence. Is her mind playing tricks on her? Or is it a jokester, F. Joseph Pompei? A 28-year-old graduate student who is part scientist and part showman, Mr. Pompei has invented a device that projects a discrete beam of sound in much the same way a spotlight projects a beam of light.

The audio spotlight, as Mr. Pompei has dubbed it, emits a column of sound enveloped by silence, the way the glow of a spotlight is enveloped by darkness. Someone standing inside the beam emitted from his flat black disk hears the sound loud and clear. Outside the beam one hears silence or, if there are surfaces nearby, faint murmurs from the reflected sound waves. The beams can also bounce off walls to create an impression of the source of the sound. Companies are already dreaming up commercial applications for the beam. Supermarkets and retail stores may beam product enticements at customers. Vending machines may soon talk as people pass by. Dance clubs could divide up a single room into different music zones. Daimler Chrysler is looking into installing sound beams in a truck so that passengers can listen to their own music. The military could use it to confuse enemy troops. American Technology Corporation, a San Diego-based company that makes a similar product, has already sent out evaluations to military contractors, consumer electronic manufacturers and entertainment companies. It has signed a deal with the shipbuilder Bath Iron Works to install the sound beams on the deck of a new Aegis-class Navy destroyer as a optional substitute for radio operators' headsets. As for consumers, Terry Conrad,

president of ATC, estimates they will start being hit by sound beams within two years.

Now sound can be personal without any apparatus shielding our ears. Mr. Pompei gets letters and e-mail messages from around the world from people convinced that his audio spotlight is being used on them as a mind control device. People have written Mr. Pompei asking for devices to shield them from the audio spotlight's insidious mind control uses. The sound, reportedly, seems like it is in the person's head.

(See www.holosonics.com)

There is ample evidence from the literature that the military and other organizations and researchers have developed and demonstrated technologies to induce voices in peoples heads. The existence of such technologies provides a rationale for conducting scientific experiments such as this one.

Hypothesis

The hypothesis that CAHRA wanted to test was that the voices are produced by technological means, and are not the result of mental illness on the part of the victims. The experiment was not designed to test for mental illness. The resources available did not include the ability to detect radio carrier waves that may have been used to target the victims. This experiment was restricted to only the recording of acoustic auditory sound waves near the victims' head.

Recording Environment and Equipment

Initially, a Faraday Cage was to be available; however, at the last minute it was not, so four spaces were used in an office building in San Francisco. One space was a sound proofed room, another was an open area, the third was an empty office suite, and the fourth was a quiet space (no air conditioning ducts) in a storage area.

Equipment available included the Blue Mouse microphone, two small lapel microphones that were fitted into the Stanton high quality earphones, two microphone preamps, a high quality digital audio tape recorder, an analog tape recorder, the commercially available Tri-field Meter, and a boom box for analog playback. Several trials in the sound proofed room yielded no results, so that space was abandoned.

EQUIPMENT SPECIFICATIONS

Microphones

Blue Mouse Microphone (www.bluemic.com)

- type: pressure gradient cardioid with 6 micron mylar film diaphragm sputtered with gold
- frequency response: 20-20KHz +/-1db
- S/N: 87db
- sensitivity at 1KHz into 1Kohm: 21mv/Pa
- dynamic range: 96db
- maximum SPL for THD of 0.5%: 134db
- enhancement: parabolic reflector with the BM mounted at the focal point.

Lapel Microphones

- Unknown specifications

Microphone Pre-amps

Event Electronics model EMP-1 (www.event1.com)

- type: balanced differential with common mode rejection filter
- frequency response: 20-20KHz +/-0.1db (-3db at 122 KHz)
- EIN: -129dBV
- settings: include low pass filter in/out, phase reversal switch, and gain control from 0 to 60db

DAT Recorder TASCAM DA-45HR

- type: 24 bit
- frequency response: 20-20KHz +/-0.5db
- S/N: 112db
- dynamic range: 113db
- THD at 1KHz: <0.002%
- channel separation: >95db at 1KHz
- tape: Sony R-120

Stanton Earphones, boom box, and analog tape recorder

- Unknown specifications

CASE HISTORIES

Subject A

Subject A is a 35 year old male from Philadelphia, PA. He has a college degree in Graphic Design and works for a publishing company. Subject states that he first started noticing pains in the back of his neck and in the region of his heart in April 1993 while a student in London, England. After returning to the US, voice transmissions began about August 1993. Subject reports that in addition to the audio, he experiences various forms of torture. Subject reports traveling between the US and China and Russia. The voices follow him no matter where he goes.

Subject B

Subject B is a 46 year old male from a military family. Subject graduated high school and attended college, but did not matriculate. Subject spent 18 years in construction, and is a motorcycle mechanic. He was co-owner of a Doberman breeding and training business. Subject began hearing voices about 1993.

Subject C

Subject C is a female and mother of two, residing in the Midwest. Subject began hearing voices as 'whispers', saying things like, "She hears us." The voices seemed to be coming from just behind and above her head.

Subject D

Subject D is a female, approximately 40 years old with a college degree in Law. Subject reported she started hearing voices in 1988.

Subject E

Subject E is a communications expert with a solid background in work with various agencies. He started hearing voices about three years ago. Subject has been located in CA since before the

onset of the voices.

PROTOCOLS

Equipment configurations for various recording setups are shown below as figures 1 through 3. Also Photos 1 through 5 shows the equipment as set up to record data in the vacant office suite use for most of the runs. Photo 1 shows the Blue Mouse microphone mounted at the focal point of a parabolic reflector. Photo 2 shows the headphones with ear microphones in place. Photo 3 shows the pre-amps, DAT, and boom box. Photo 4 shows an over-all view of the equipment setup. Photo 5 shows the equipment setup with one of the subjects in the approximate position used to record most of the data.

The tape counter on the DAT was used to determine the length of each run and to provide fiducial marks necessary to return to the beginning of each run to listen to the results.

Location of each set of runs is as noted in the section "The Trials". The equipment operator, myself, and a PhD psychologist were the only persons allowed in the rooms when recordings were being made, except for some recordings made in the open area late at night, when one other person was allowed to watch. The purpose of the psychologist was to be a witness and to offer expert suggestions. Also, he was familiar with the equipment and had been present when the original recordings of the voices in the equipment operator's head were made. The equipment was jointly owned by the operator and the psychologist.

Each subject presented a different modality for their experiences with the voices, so an absolutely rigid set of protocols covering all the subjects in the exact same way was not possible; however, the recording techniques varied only within the established equipment configurations as shown in the figures, and the placement of the Blue Mouse Microphone.

THE TRIALS

All runs for Subject A were made in the vacant office suite.

The first two runs for Subject B were made in the office suite, the next four in the quiet space, and the balance were made in the open area. These were conducted late at night and only those involved in the experiment were in the building.

All runs for Subject C were conducted in the office suite.

The first two runs for Subject D were conducted in the office suite. The final six runs were conducted in the quiet space.

The first four runs for Subject E were conducted in the quiet space. The final five runs were conducted in the office suite.

EXPERIMENTAL SET UP

There was a lapel microphone in each ear of the Stanton headset. There were only two channels available on the DAT recorder, even though each microphone pre-amplifier had two inputs and two outputs possible. Thus, either both ear microphones or one ear microphone and the Blue Mouse or the Blue Mouse in binaural mode could be recorded simultaneously. See figures 1,2, and 3 for the various configurations. The earphones were selected because of their sensitivity, wide bandwidth, and the large earpieces that completely covered the ears with a large rubber ring. The cables for the ear microphones were secured to the rubber rings with electrical tape, while the microphones themselves dangled into the ear cavity of the headset, about midway.

The pre-amp had a phase reversal switch and a 24Hz roll-off filter switch. Unless otherwise noted

in the section on the Sessions and Runs, the roll-off filter was not employed, and the phase of the input signal was not changed.

The DAT recorder had the capability of tape marking in order to return to a particular spot; however, it was noted that the marking was approximate, so the marker numbers are not included here, even though they will be used to return to specific areas of the tapes for further analyses. The DAT had both balanced (XLR) and unbalanced (1/4") inputs. XLR connectors were used exclusively, even though the output from the lapel microphones employed a 1/4" to XLR adapter. The DAT recorder could record in 16 or 24 bit format. 16 bit was used throughout the sessions, because 24 bit recording mode reduced the recording time per tape by one half, and there were other considerations having to do with the recorder having been set up (switches, buttons, etc.) to successfully record the voices in a previous subject's head.

A good quality 'boom box' was used to listen to the recordings as they were made. Actually, a less expensive tape player was better in some respects, because it limited the frequency bandwidth of the sounds, eliminating some of the very low and very high ambient noises. However, the reason for using the higher quality unit was that it had a 5 band equalizer built into it. Many cheap portable players also have some equalization. An alternative, even better arrangement would be to use the multi-band equalizers found in most component stereo systems. This allows for the filtering of various noises on the recording and thus, bringing out the voices more clearly.

Note that the Blue Mouse (Figures 1,2,and 3) fed into the DAT recorder and was COMBINED with the ear microphone pick-up via a feedback loop (BM to DAT, DAT output to headphones, ear microphones to DAT, combination to headphones).

The Blue Mouse was mounted at the focal point of a parabolic reflector in order to enhance its collection of subtle sounds.

One configuration that was not used was to place a microphone directly touching the subject's skull. It is possible that the induction of voices into heads will resonate the skull and this can be picked up when there is no audio in the room or in the subject's ears that would be picked up by the scheme employed in this experiment.

Note: all microphones have a preamp between them and the DAT and/or analog player/recorder. The analog playback was used to listen to each recording after it was put onto the DAT. It was necessary to unplug the analog player before each DAT recording run, because audio feedback would be produced due to the feedback arrangement between the microphones and the earphones.

(Illustrations on following pages)

Figure 1

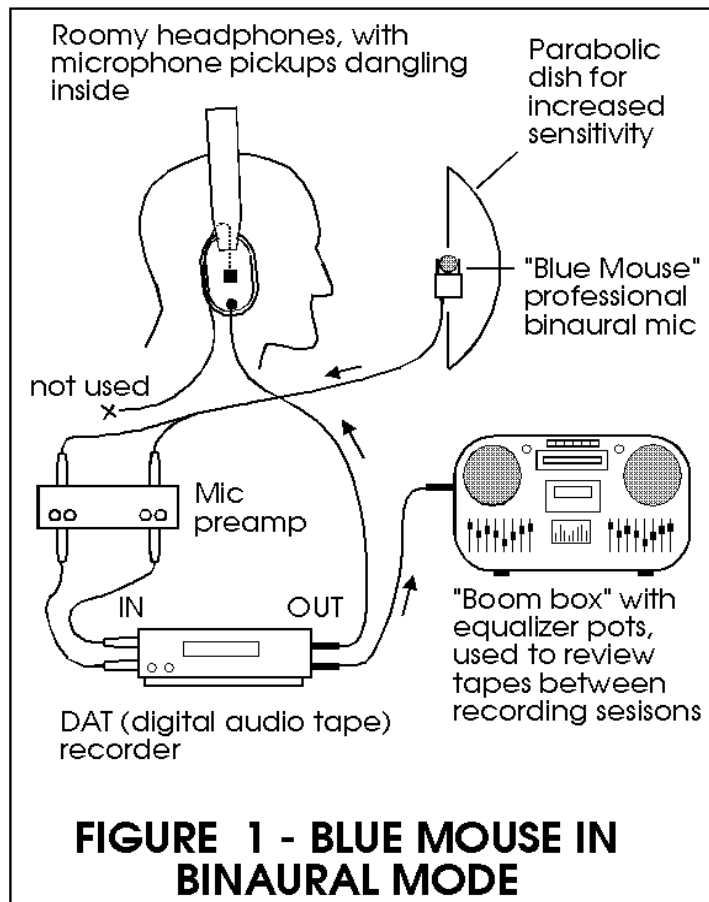


Figure 2

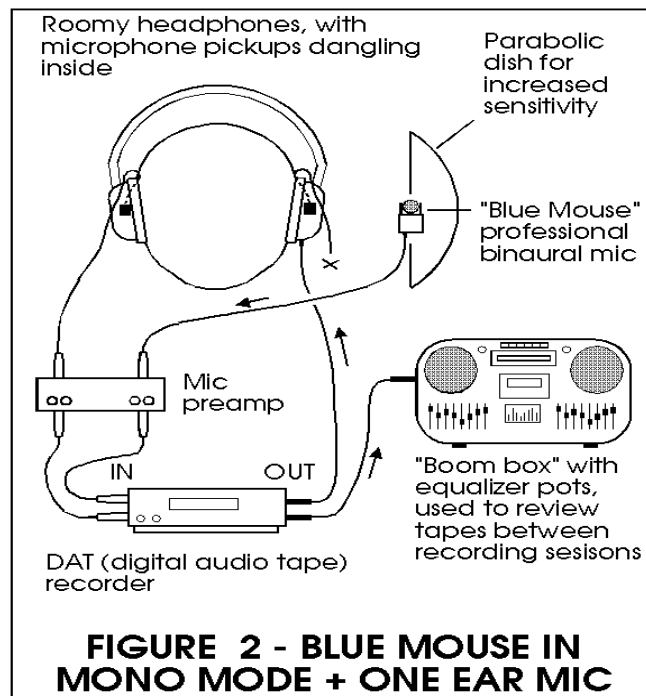
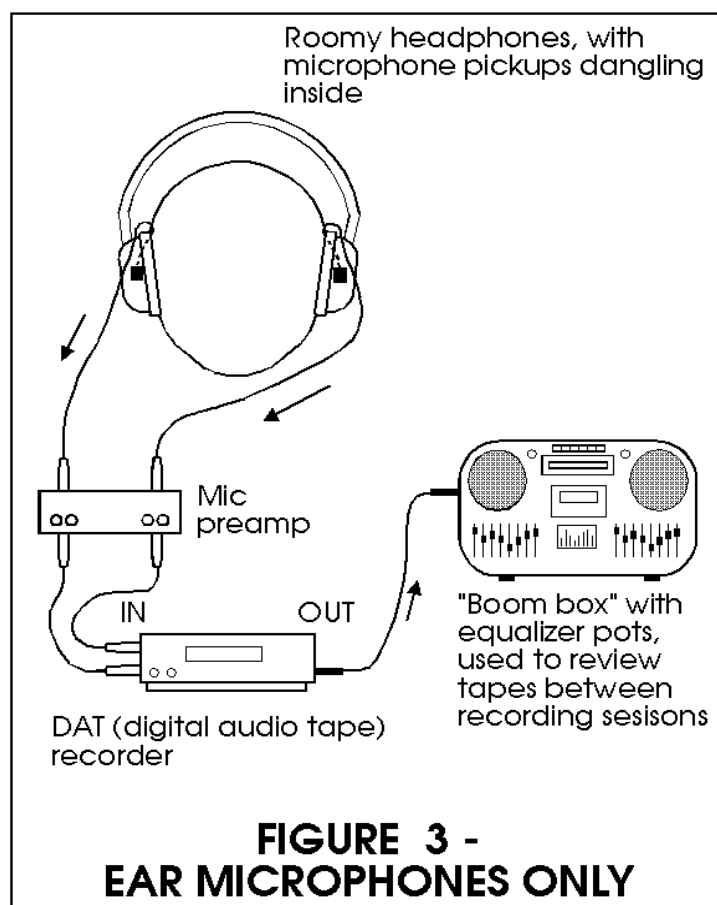
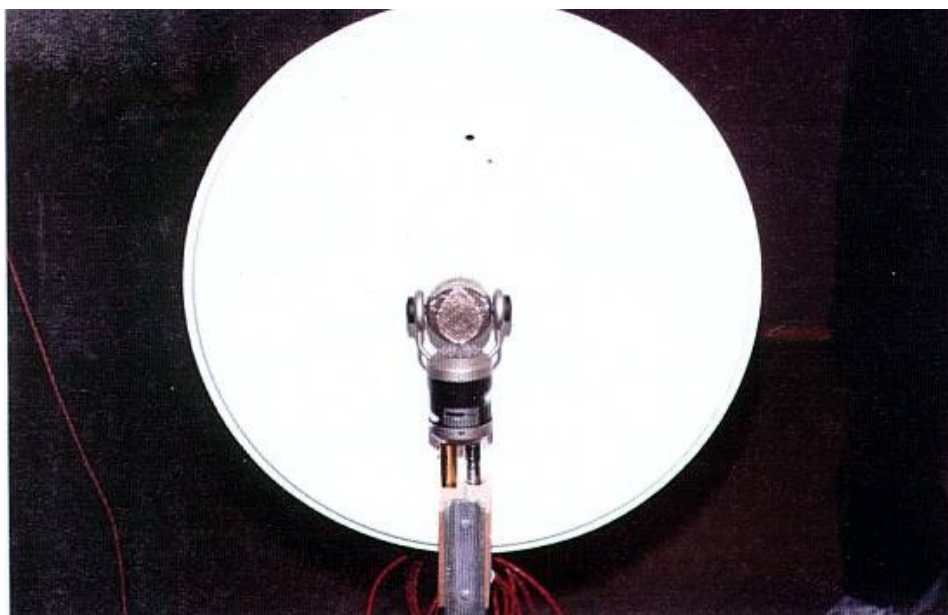


Figure 3



Blue Mouse mounted at the focal point of the parabolic reflector



Headphones with the ear microphone in place



Pre-amps, DAT, and boom box



Over-all view of the equipment setup



Equipment with a subject seated approximately the distance from the microphone we used to make the recordings



SYNOPSIS OF SESSIONS AND RUNS

All subjects were placed in a sound-proofed room and asked if the voices were louder, the same, or muffled. All reported that the voices were the same, muffled, or had vanished; therefore all runs were conducted in one or more of the three non-sound proofed spaces provided to us.

All subjects reported that the voices were active during their session. A sound check (control run) was conducted prior to the commencement of the sessions. Unless otherwise noted, the Blue Mouse (BM) was positioned approximately 3 feet from the front of the subject's head. The only enhancement of the tapes possible with the equipment we had was to play the DAT recordings through the Boom Box with its equalizer set to reduce ambient noise, and boost the gain. The new analog tape recorded on the Boom Box was louder with less noise than the original. This was how Fred Sicher processed his tapes.

Subject A:

After every communication from the voices, the subject would say 'stop'. The DAT was run back to the beginning of the run and played to determine content. Subject reported that the voices were louder than they had ever been. Subject reported no unusual sounds other than the normal ambient sounds in the room, except for an occasional, but infrequent, 'popping' noise. Subject reported that sometimes the voices would take control of his vocal chords and vibrate them to approximate the words he was hearing. (Note: other victims have claimed the same thing. This may be a rather common occurrence for many of them).

Therefore, careful visual monitoring of subject's throat and mouth was conducted during every run. During some runs, the subject's thyroid glands seemed to be moving; however, subject's Adam's Apple never moved and his mouth was always closed. It is impossible to enunciate words with the mouth closed. Subject reported that the voices were sometimes in his head and sometimes external. In general, he said, there was no difference in quality between indoors and outdoors. Subject stated that he had had MRI's and EEG's-all were normal. Twenty one runs were conducted during Subject A's session. Subject reported that there were more than one 'individual' contacting him. Details are appended.

Subject B:

Twelve runs were conducted on Subject B. The details are appended. Subject reported that the voices tended to be external to his head, mostly above and in binaural. Subject said that on other occasions, the voices would sometimes tell him to commit suicide, or that they were his guardian angels, or that they were aliens.

Subject C:

Subject C reported that the voices are sometimes in the air and could be heard by others. She said that this was confirmed by the fact that people would respond to them, although sometimes people would think that she had uttered the words and would respond to her.

One difficulty in recording this subject was that she had difficulty breathing and the BM picked up the sounds which tended to mask any subtle sounds that might have been present. The 11 runs conducted with Subject C are appended in detail.

Subject D:

This subject reported that the voices communicated to her mostly in whispers at the beginning of the runs (but the voices got louder later on), and that occasionally they emit sounds rather than words. The details of the 8 runs conducted with this subject are appended.

Subject E:

In addition to hearing voices, Subject E also reported seeing 3D holographic images. He viewed the contacts as a mixture of "pain and pleasure." The 9 runs conducted on Subject E are detailed in the Appendix.

APPENDIX-DETAILS OF RUNS

Subject A:

Runs were of varying length, but seldom ran more than one minute. The report from the subject about what the voices were telling him is in quotation marks. Word-like sounds appeared on the DAT, unless otherwise noted.

Run 1: "Don't say anything to [deleted]".

Run 2: "Ok, now we will talk about Carol Sterling's murder."

Run 3: "We'll talk about racism in the program."

Run 4: "fuck you."

Run 5: The BM was turned off, and both lapel microphones only, were used (in the earphones). "Why aren't you taping this, stupid ass?" (There was no audible sound on the DAT).

Run 6: Set-up the same as 5. "Ok, let's talk about the murder we committed." (Nothing on the DAT).

Run 7: Set-up the same as 5 and 6. "Fuck you, fuck you, it's not working now."

Run 8: BM only, no ear microphones enabled. "Fred Sicher is an idiot and he is stupid."

Run 9: BM only. "This is for freedom, this is for U.S. National security."

Run 10: BM + one ear microphone. "Ah hah!, some of these people suck. We are from Maryland." (there was no throat sound in the room; however, sounds appeared on the DAT).

Run 11: BM + one ear microphone. "Fred, you're an idiot."

Run 12: BM only, in binaural mode. "Turn the microphone off, it's not working."

Run 13: BM only, in binaural mode, and phase reversed on the preamp. Nothing.

Run 14: BM pointed away from subject. Nothing.

Run 15: Recorded with subject out of the room. Nothing.

Run 16: BM pointed toward the ceiling. Nothing. Subject in room.

Run 17: BM about one inch from subject's right ear. Nothing.

Run 18: BM about one inch from subject's left ear. "Aren't you?" This recorded on the DAT as a sound that could be interpreted as 'aren't you'.

Run 19: BM about 4 inches from the back of subject's head. "This is the U.S. DOD, we get orders from the Pentagon." Faint words appeared on the DAT.

Run 20: BM pointed toward the window. Subject dormant. Nothing but ambient sounds on the DAT.

Run 21: BM + ear microphone. BM about one foot from subject's head. Nothing.

Subject B:

Run 1: (we told the subject this was a sound check; however, we were in a record mode, hoping to 'trick' the voices into being louder). BM + one ear microphone. Nothing.

Run 2: "They are torturing him." Nothing on the DAT.

Run 3: ear microphone + BM. Nothing

Run 4: This run and runs 4 through 6 were conducted in an interior quiet room, but not sound-proofed. The BM, in binaural mode, was placed near the back of subject's head. There was no ambient noise on the DAT. Very faint sounds, like almost inaudible whispers seemed to be on the DAT.

Run 5: Right ear microphone only. Nothing.

Run 6: BM only in binaural mode. Nothing significant.

Run 7: BM + one ear microphone. Subject reported tinnitus. Maybe some sound on the DAT, but extremely low level.

Run 8: Right ear microphone only. Subject still reporting tinnitus. Nothing on the DAT.

Run 9: BM with phase reversed on the pre-amp. This run lasted about two minutes. Nothing.

Run 10: BM, same as 8. This run lasted about 3 minutes. Nothing.

Run 11: BM in binaural mode. Subject and researchers engaged in chit-chat and suddenly turned on the recorder and let it run about 4 minutes. Nothing on the DAT.

Run 12: BM in binaural mode. Subject and researchers engaged in chit-chat and at some point the recorder was turned on for about 3 minutes. Nothing unusual on the DAT.

Subject C:

This subject had difficulty breathing, making recording difficult. However, she wore hearing aids in both ears, affording us the opportunity to record with and without them in place.

Run 1: this was to check the sound level with the hearing aids in place. The subject's heavy breathing was the only evident sound on the DAT. The BM + ear microphone was used.

Run 2: ear microphone only, with hearing aids in place. Nothing apparent on the DAT.

Run 3: ear microphone only, without hearing aids in place. Something like a whisper was recorded on the DAT.

Run 4: ear microphone only, without hearing aids in place. Very faint sounds on the DAT.

Run 5: ear microphone only, without hearing aids in place. Some dolphin-like sounds (squeaks, whistles) were on the DAT. It was not known if these were wheezes from the subject or not.

Run 6: BM + ear microphone. Without hearing aids. A very strange sound appeared on the DAT, but its source and content was unknown.

Run 7: BM + ear microphone. Without hearing aids. A tinnitus-like tone appeared on the DAT.

Run 8: set up like 7. Without hearing aids. Nothing

Run 9: BM + ear microphone with phase reversed on the pre-amp. With hearing aids in place. Nothing.

Run 10: BM only. Without hearing aids. Nothing.

Run 11: BM only. Without hearing aids. Phase reversed. Nothing.

Subject D:

Subject reported that her voices communicated in whispers, but that the words were clear to her. This was unusual, because they normally are loud. What subject reports she heard is in quotations.

Run 1: ear microphone + BM. A 'chirp' appeared on the DAT that was not heard in the room.

Run 2: BM + earphone, with low pass filter enabled on pre-amp (rolloff beginning at 24 Hz), because an unusual amount of low frequency building noise was being recorded. "How come it's hard to hear?" Nothing was apparent on the DAT, perhaps due to the large amount of rumble that the filter failed to reduce.

Run 3: ear microphone only. Nothing. This run and all remaining runs were conducted in the quiet space.

Run 4: BM only. Nothing.

Run 5: BM only. "They aren't doing it the same way."

Run 6: BM + ear microphone. BM aimed at back of subject's head. Something was recorded on the DAT that sounded like a faint radio in the background.

Run 7: Same set up as 6. Nothing.

Run 8: ear microphones only. Nothing except a chirp that sounded like 'tsk'. Subject said she recognized the sound and would like it enhanced and a tape given to her of the sound. Researcher agreed.

Subject E:

The first 4 runs were made in the quiet room. The balance were made in the original space where most of the recordings took place. Voices reported by the subject are in quotations.

Run 1: ear microphones only. Phase reversed. "Do you want to go home?" Nothing audible appeared on the DAT.

Run 2: ear microphones only. Subject reported that when he reads, the voices are usually louder. Subject read text during the run. "Why don't we stop.....?" Nothing definitive on the DAT.

Run 3: ear microphone + BM. Nothing.

Run 4: same set up as 3, but with BM aimed at the back of subject's head. Subject reported hearing something, but could not make it out. Nothing on the DAT.

Run 5: BM + ear microphone. Subject turned a magnetic field counteractor on. There was lots of ambient noise during this run. Near the end, a strange sound appeared on the DAT that was not apparent in the room during the run.

Run 6: BM only. Counteractor on. A voice appeared on the DAT that was not audible in the room; however, it was very faint and could not be interpreted.

Run 7: BM only, with counteractor off. Significant noise from another room overwhelmed the subtle information that may have been present during this run.

Run 8: BM only, with counteractor off. Nothing.

Run 9: BM + ear microphone. Low frequency hum that had been present for most of the runs was gone. "I don't care." Anything on the DAT was at such a low level as to be inconclusive.

CONCLUSIONS

The hope was that in one day and with five subjects who hear voices in their heads, we would get a similar recording to one whose voices are clear enough to make out. However, that recording took several months to obtain.

This experiment, although unsuccessful in obtaining a similar recording, did accomplish several things, including the exercise of the equipment in additional modes, the use of multiple subjects with various presentations of harassment, and data that is not conclusive (concerning the testing of the hypothesis) but that is valuable. The collected data has anomalous content; but not enough to warrant firm evidence that a technology was being used. The scope of this experiment was limited by funds and other considerations; however, it will be used as a basis for further work (see Recommendations). Further enhancement of the recordings may yield meaningful results; however, this has not been accomplished.

Although the data obtained by this experiment does not conclusively prove the hypothesis, it does not rule out a technical basis for the claim that the subjects are being subjected to some sort of mind control technology. We were faced with the dilemma of having heard anomalous sounds in the room that did not appear on the tape with sufficient intensity for us to definitely identify them as voices, even though the subjects could understand what the voices were saying. All we could do was use a graphic equalizer to decrease the amount of repetitive ambient background noise (fans, etc.) and amplify the results. We did not have access to expensive racks of equipment as used by the FBI and other government agencies that can pick a faint signal out of noise and make sense of it.

RECOMMENDATIONS

Based on the results obtained in this experiment, further research and testing is warranted.

Variations on this experiment (such as including equipment to monitor high frequency and extremely low frequency carrier signals) can be thought of by anyone reading this. Data has been sent for comment to an MD at the Detroit Imaging Institute. An improved version of this experiment, including direct skull recordings, will be proposed as a CAHRA Proposal, in process. It will include the further enhancement of the existing data in an attempt to provide a basis for further recording.

ALTERNATIVES FOR THOSE WISHING TO TRY SIMILAR EXPERIMENTS

For those wishing to replicate the experiment, the lapel microphones can be purchased for about \$20 each at Radio Shack, and any high quality set of headphones can be used PROVIDED they completely cover the entire ear with a rubber ring (in order to seal out extraneous ambient noise and seal in anything the ear microphones may be picking up from the subject's ears).

The pre-amp cost about \$250; however, good quality preamps can be obtained for about \$100 designed for use in high-powered car stereos. This may be unhandy, because they are mostly powered by the car battery. Any high-gain, low distortion pre-amp can be used, and should cost around \$125 for 115v wall current power and no frills.

All DAT recorders are expensive, and can be found many places from vendors on the Internet. Perhaps Circuit City carries them, also. The one used in this experiment cost \$2500; however, a decent one (maybe used) may cost \$1000 or less. For someone familiar with computers, it should be possible to (with the appropriate software) use it to make digital recordings directly on CD ROMs. Otherwise, even a good analog recorder could be used to gather data. The beauty of a DAT recorder is the complete absence of noise. This enables the recording to be amplified after it is made without increasing analog tape hiss.

The Blue Mouse costs about \$2000; however, a reasonably good, but much less sensitive directional microphone can be obtained for about \$100 and up.

The frame work to hold the Blue Mouse was hand made and not difficult to do; however, the exact placement of the reflector is critical and should be done by professionals. Cost: about \$50 for the dish, and \$50 for set up. A few dollars for the materials to make a stand. See photograph for details.

The total cost to assemble a less sensitive set of recording equipment, but one that may be suitable for capturing sounds would be about \$475 plus a DAT recorder (which probably could be rented for about \$25/day or less). A good quality analog recorder and a multi-band equalizer could be used instead of the DAT recorder; however, the quality of the recordings will be diminished.

BIO OF PRINCIPAL INVESTIGATOR

Eldon Byrd is a Medical Engineer with an MS from The George Washington University. He was a POLARIS submarine expert for industry, and held various positions in the US Government, including Strategic Systems Analyst, Operations Research Analyst, Cryogenic Engineer, Head of the Department of Defense Environmental Projects Office, Project Manager for the Navy's Metal Matrix Composites Program, and Project Manager of the Marine Corps Non-Lethal Electromagnetic Weapons Project. His contractors for this project included Drs. Ross Adey, Michael Persinger, and Robert Beck.

He is considered to be an expert in the biological effects of extremely low frequency magnetic fields.

He was the technical consultant for the book "Maze", by Larry Collins, and was directly involved in the evaluation of Igor Smirnov's "Psychodiagnosis and Psychocorrection" technique while Smirnov was in the US.

Original signed, Eldon A. Byrd August 25, 2002

8. Roger Tolces' Estimate of Implanted Targets

Roger Tolces is an electronic security consultant based in California. His web site is (June 2011):

<http://www.bugsweeps.com>

Roger has offered his services to targets of organized stalking and electronic harassment (OS/EH) for something like a decade, at time of writing. He reports very little about his interactions with clients, but has stated he has furnished shielding to something like 50 targets, at time of writing.

He has also appeared repeatedly on radio shows, most notably Coast to Coast AM with host George Noory, speaking about OS/EH.

To date his clients have not updated members of the OS/EH forums on their personal experiences taking advantage of Roger's services, with only a few exceptions. One such exception is a target to whom Roger quoted his (Roger's) estimate of how many of his clients, out of his total OS/EH target clients, are implanted, according to Roger's testing. Here is the quote from one of Roger's target clients:

“He says 90 percent of people are not implanted.”

Having been an activist and in contact with a couple of thousand other targets over the past 15 years, my rough guess is that perhaps 10% of targets strenuously insist they are implanted as a fact. Only a literal handful have medical evidence of that. A majority of targets feel strongly they may be implanted. Again – that is my rough guess – not proven by a rigorous survey.

Roger Tolces places targets in a radio frequency anechoic chamber and attempts to detect radio signal activity from implants in the target's body, and his estimate of 10% implanted is based on that criterion.

9. ICAACT.org's RF Signal Detection Experiments

This section relates to an organization called the "International Center Against Abuse of Covert Technologies":

<http://www.icaact.org>

At time of writing (April 28, 2012) the principal members are Jesse Beltran (California,) Peter Rosenholm (Rhode Island,) and Lars Drudgaard (Denmark.) Their bios appear on the ICAACT site above.

This group, at time of writing, is using espionage bug detectors, the now discontinued WorldEyeCam model JM-20 Pro detector, frequency range 1 MHz to 6 GHz, which has an LED bar graph read out of signal strength, to see if there are localized radio signals in that range emanating from the bodies of targets. They have found such signals which appear to emanate from specific sites in or near the heads of some of the targets they have tested, and even some non-targets as well.

Their plans are to get medical scans, and removals of anomalous objects, and analysis of such objects to determine if they are implants capable of tracking, monitoring, or inflicting pain or other debilitating effects.

I (Eleanor White) have used a highly directional antenna radio which shows that the perpetrators are capable of projecting radio signals from a point in mid-air. This would require classified technology, and this capability implies that having radio signals emanate from a target is not absolute proof of a radio source within the target.

The follow up medical scans and removed object analysis, planned by ICAACT, will provide a definitive answer as to whether these anomalous signals originate from physical implants.

There are video and audio files available on the ICAACT site about their work, and I have the following video and audio files archived as well, for backup:

LIST OF ICAACT.ORG (RF DETECTION IN PEOPLE) MEDIA FILES:

<http://www.randomcollection.info/beltran-rf-tests.wmv>

(111 megs, February 2012)

<http://www.randomcollection.info/icaact-radio-beltran.mp3>

(38 megs, March 2012)

<http://www.randomcollection.info/jesse-lars-peter-mr2312-1.mp3>

<http://www.randomcollection.info/jesse-lars-peter-mr2312-2.mp3>

<http://www.randomcollection.info/jesse-peter-lars-ap1412.mp3>

(95 megs, April 2012)

I will be adding updates regarding the work of ICAACT in files relating to organized stalking and electronic harassment in this booklet, and at this private archive of OS/EH files:

<http://www.randomcollection.info/rcp.htm>

99. Miscellaneous Detection Experiments

**** CAUTION ****

Experiment reports from targets contain both descriptions of the experiment, and sometimes their conclusions as to what was detected and/or why the results were as noted. I recommend treating only the experiment descriptions as fact, and any conclusions by the experimenters as their personal opinion. (That includes my own entries.) If a countermeasure is reported to work, I accept the target's word for that.

Target A writes:

Jolts of energy used to hit my house sometimes turning on TV and stereo or opening garage door, turning on motion sensitive lights etc. I made a copper coil from tubing and placed it near my bed. Every morning around 4:15 the lights would go on outside and the coil would make a sound. I think it did help me by absorbing the energy that would have gone into my body.

I made a mattress pad with small powerful magnets and that helped me sleep through the night. I also allowed me to have dreams that seemed to authentically belong to me.

III. PROPOSED EXPERIMENTS

This section lists ideas for experiments which have not yet been performed.

1. Recording EEG With Matching Log of Times and Effects

The mixed results for shielding and detection experiments strongly suggest that classified (secret) technology is in use. Some targets with decades of experience in being electronically assaulted and who have technology education and experience have come to believe that the only entirely reliable detector of electronic assault is the body itself.

I (Eleanor White) suggest that a moderately expensive and reasonably simple method to acquire “some” evidence of electronic assault may be for a target to do two things simultaneously:

1. Wear a recording EEG machine. Medical grade would be most convincing and most effective, however, the somewhat less expensive biofeedback grade should work for a pilot project.

The wearing would lend itself best to time at home, particularly in bed. Since some of the worst of the electronic assaults occur at home in bed, this would be an optimum time to experiment.

Be SURE the date and time are set up in the recording EEG unit accurately.

2. Use a camcorder or audio recorder to keep a verbal log (visual and verbal even better) of each assault type, with the date and time of each assault, for later matching with the stored EEG traces.

Getting this done with good clear data might be difficult, as the perps are known to disrupt equipment. However, my idea is to have different targets try this because the perpetrators seem to treat different targets differently, and a target may be found who can produce clean data.

Even periods of disruption can be somewhat convincing if they occur in a pattern where it is obvious the disruption is difficult. Perpetrators often do perform disruption in obvious patterns.

With good digital EEG waveform data, even if the waveforms are not done under medical supervision, and the audio/video log of assault descriptions at noted times, a report can then be assembled in a word processor, comparing during-assault waveforms with no-assault “baseline” waveforms.

A quick look at biofeedback quality (1 or 2 channel) EEG machines available in September 2009 show devices that require a PC as part of the system. Some are wired to a USB port (readily available on PCs), others have a wireless adapter. The prices run from \$1,200 US to \$3,000 US in September 2009.

Realistically, one would have to add maybe \$400-\$500 to that for taxes, shipping and needed accessories.

Here are a couple of these systems:



http://www.eeginfo.com/shop/product_info.php/cPath/1/products_id/43

This is the \$3,000 unit, and here is part of the description:

“The EEG Info USB NeuroAmp is a user-friendly, high-performance interface between client and clinician computer for EEG Biofeedback (Neurofeedback) and/or peripheral Biofeedback therapy. Cygnet neurofeedback software is included with the purchase of a NeuroAmp.”

Here is the scalp pickup cap:



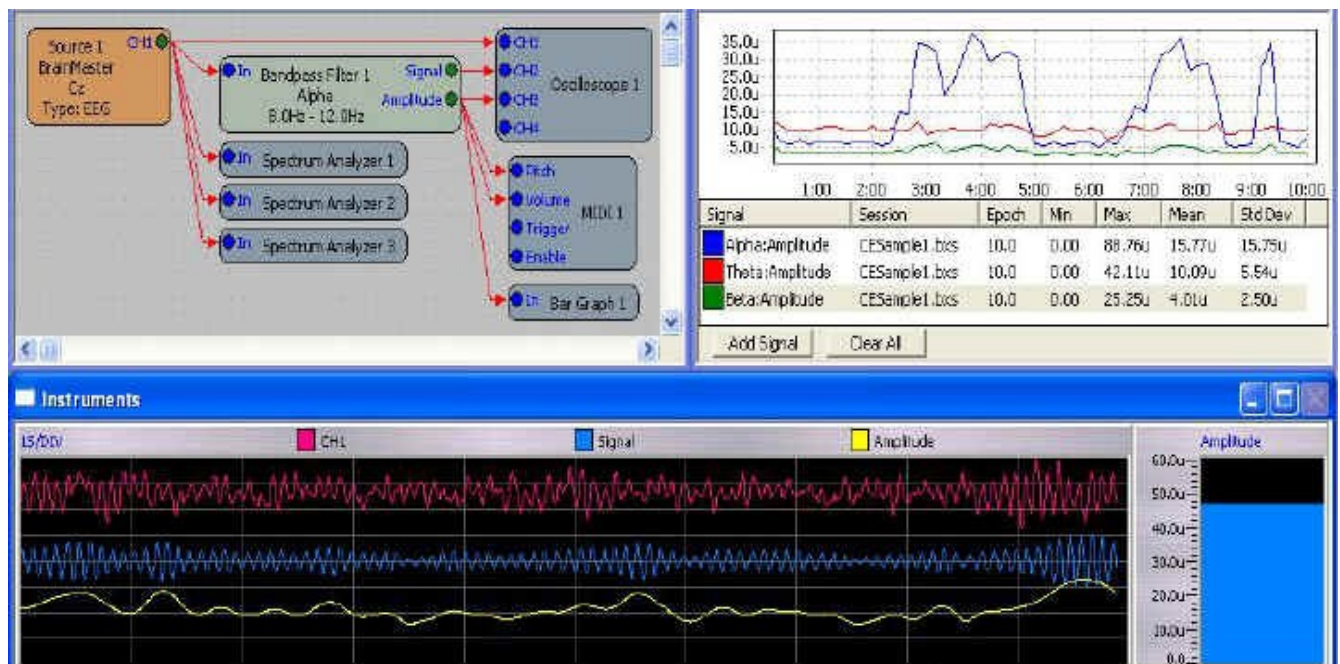
Here's another unit:



http://www.futurehealth.org/wireless_eeg.htm

All the electronics are in the cap. The September 2009 base price is \$2,000 US.

Here is an example of the type of graphic information this unit can put on a screen, which could then be captured and inserted into a report about EEG experiments:



Note that the lettering is blurred through multiple JPG resizings - the original would be much clearer. Also note that form of output has to be carefully researched before money is spent!!

**** ONE TARGET WHO ATTEMPTED A VERSION OF THIS EXPERIMENT:**

From: David
Date sent: Sun, 6 Mar 2011 16:28:57 -0800 (PST)

Regarding EEG records of what I refer to as "psychic attacks":

I would like to mention that about 8 years ago I got my doctor to order a test for me with a home EEG recording kit. The kit had all those EEG wires that have to be attached to your scalp. I went to an office, the wires were attached to my scalp and the recording device, and I went home. The first

time the results were said to be nonexistent: apparently the EEG kit recorded nothing meaningful, possibly due to an error in setting it up.

The second time, I hit the record switch some 200 times in a single day, about every time I felt a psychic attack. The EEG's showed nothing unusual. I have concluded that my attacks, though they frequently involve sexual stimulation, do **not** cause abnormal EEG readings.

David

Eleanor White responds:

Thanks for this important report, David.

However, the recorder and its data were at the mercy of the doctor. He could have been co-opted. I still think if we used our own equipment and did our own analysis, we might get something significant.

AFTER we get something significant, if we have a medical test with nothing significant, it puts the spotlight on the doctor ordering the test and his/her interpretation of the data.

I just don't believe any doctor that says it makes no difference in the EEG between a sexually stimulated state and a not-stimulated state. That's nonsense, in my not-medically-educated opinion.

Another comment is that it's important to have BASELINE data BETWEEN harassment events. The idea of hitting the record button after an event starts is very likely to mask differences in EEG activity, in my opinion.

Eleanor White

A1. GLOSSARY

NOTE: There is an e-booklet explaining some relevant technical terms in more detail, written for those who do not have technology backgrounds at this link:

<http://www.randomcollection.info/ostt.pdf>

ACOUSTIC BULLET

An acoustic bullet is a travelling shock wave, projected in a way that it stays in a compact area and can cause damage when it impacts something in its path. An acoustic bullet's action is similar to the spherical shock wave resulting from a bomb blast, but doesn't spread out as a bomb blast does. As with a bomb blast shock wave, an acoustic bullet will be converted to mechanical motion, then to heat, when it impacts a wall and will not travel through a wall with the original compact size, shape and energy. If the wall doesn't break, what gets transferred to the inside is diaphragm-like motion of the wall with some follow up low frequency vibration.

A target would be well aware, as would the neighbours, if an acoustic bullet were to impact the wall of a target's home - they are anything but silent.

ACOUSTIC HETERODYNING

Acoustic heterodyning is the transmission of a pair of ultrasonic signals through the air, which, when they strike a solid surface, mix and release audible sound which has been modulated on to the two ultrasound signals. Two commercial versions are "HyperSonic Sound" and the "Acoustic Spotlight."

Acoustic heterodyning does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

ACOUSTIC SPOTLIGHT

"Acoustic Spotlight" is one of the commercial versions of acoustic heterodyning technology. Two ultrasound signals travel together in a narrow column, and release audible sound at the point of impact with a solid object. Acoustic Spotlight technology is the product of Holosonics, Inc.

The "Acoustic Spotlight" does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

AMPERE

The unit of electrical current. Electric current is the rate of flow of electrons which are broken free from atoms, normally temporarily. (Metal atom electrons are easy to dislodge, and that is why metal conducts easily.) It takes VOLTAGE to push electrons in a conductor to create a current.

ATTENUATE/ATTENUATION

Reduction, usually a reduction in power.

AUDIO FREQUENCY

Frequencies between 20 and 20,000 Hertz

CURRENT

Electric current is the rate of flow of electrons, measured in amperes, which are broken free from atoms, normally temporarily. (Metal atom electrons are easy to dislodge, and that is why metal conducts easily.)

DECIBEL

A common way to express relative power in technology literature. A small increase or decrease on the decibel scale is a large increase or decrease in actual power measured in watts. For most purposes, targets simply need to be aware that when the term “decibels” appears, it is power level being discussed. “Decibels” can apply to both sound and electromagnetic signals.

Electromagnetic shielding is rated in decibels, because for practical purposes, it is not possible to bring the level of electromagnetic signal inside to absolute zero. In most real world cases, EM shielding can reduce signal levels to well below where the tiny remaining signals cause problems.

Quick examples: A 60 decibel reduction is a reduction to one MILLIONTH of the signal outside the shielding. A 120 decibel reduction is one TRILLIONTH of the signal outside the shielding. In other words, the actual power reduction is far higher than the number of decibels.

DIPOLE

The simplest type of radio antenna. A straight wire or rod cut to half of the wavelength of the signal the antenna is designed for. This is a high-Q (quality factor) antenna.

EEG

“Electroencephalogram/graph,” the recording of the brain-induced electrical activity of the surface of the skull by way of skin-contact electrodes. The EEG readings are not the same as the firing of individual neurons in the brain, but represent the electrical average of the activity of millions of neurons. EEG frequencies lie in the range of approximately 0 - 100 Hertz, and all brains emit constantly changing frequencies within this narrow band.

There is no frequency in this narrow band unique to an individual. It is possible that a computer program which analyzes the pattern of the many electrodes might be able to infer the identity of the test subject. However, doing this at next door neighbour distances has not been demonstrated at time of writing, so targets are urged to not claim this is being done.

ELECTRIC or ELECTROSTATIC FIELD

An area in which charged particles, such as electrons, experience mechanical force due to the presence of nearby charged objects. (Measured in units like volts per meter.) The familiar mechanical actions of static electricity show the presence of an electric field.

An electric field can be static, or varying (e.g. oscillating at a frequency.)

An electric field is not an electric current, but it can cause a flow of electrons which is an electric current.

ELECTROMAGNETIC SIGNAL or FIELD (EM)

An electromagnetic signal or field is a “chemical compound” of an oscillating electric field and an oscillating magnetic field, inseparable until it acts on a conductive antenna. An EM signal or field has properties different from either a pure electric or purely magnetic field. An EM signal can travel long distances, while both electric and magnetic fields are very short range localized phenomena in practical terms.

ELF

Abbreviation for “extremely low frequency.” The ELF frequency range extends from just above zero Hertz to either 300 Hz or 3,000 Hz, depending on whose definition one uses. When OS/EH targets use ELF, they are often talking about the low end of the range, zero to 100 Hz, which is where brain and neural activity takes place.

ELF frequencies can not be used to transmit voice to skull, as they are below the audible frequencies. ELF frequencies are not “microwaves” either.

The wavelengths of ELF signals are thousands of kilometers long and can not be focussed on anything as small as an individual person. ELF signals spread out.

FARADAY CAGE

A metallic enclosure, commonly thought of as made of screen, designed to reduce (or possibly eliminate) electromagnetic signals inside. For best performance the entire conductive outer surface must be electrically bonded at all points of contact.

HAARP

“High frequency Active Auroral Research Project,” a series of high power radio transmitting stations with “phased array” antenna systems. These phased array antenna systems can aim a beam of HF band (3 to 30 MHz) radio signal at the ionosphere. This causes heating of the ionosphere, thinning it. The signal is also refracted (bent) back down to the Earth at a distant point. HAARP can ****NOT**** target single individuals - when the signal reaches Earth it has spread to many square miles. HAARP is ****NOT**** “microwave.” (Microwave signals aren't refracted by the ionosphere.)

HYPERSONIC SOUND

“HyperSonic Sound” is a brand name of acoustic heterodyning technology, in which a pair of ultrasonic sound signals travel together in open air, and mix to release audible sound content where the ultrasound signals impact a solid surface. This technology is produced by American Technologies Corporation (Woody Norris, inventor.)

HyperSonic Sound does not carry through walls. Any audible sound is released at the outside of the wall, as if a small loudspeaker were mounted on the outside of the wall. However, this technology is voice-to-skull-like enough to make for interesting demonstrations with the public.

INFRARED

Electromagnetic radiation between 300 GHz (the top of the “radio” frequency band) and 430,000 GHz (the beginning of visible light.) This is a huge band where the top frequency is 1,433 times higher than the bottom. Infrared signals behave like visible light at the top of this band, and behave more like microwave at the bottom of this band. “T-waves” are signals in the terahertz range, and are typically spoken of in relation to through wall radar, which uses the lower end of the infrared band.

INFRASOUND

Sound at any frequency below 20 Hz.

INVERSE SQUARE LAW

If you research technical literature about radiation, you may find the term “inverse square law” referenced. The inverse square law describes how the power of a signal decreases with distance from the source.

If the source is not a perfectly collimated beam, that is, a beam which doesn't spread at all, the signal strength decreases in proportion to the square of the distance. That means that if you double the distance from the source, the signal is cut to one fourth of the strength at the closer position. In other words, distance causes signal level to drop rather quickly, not just in proportion to the distance.

Laser beams are often thought of as perfectly collimated beams, and some lasers do use lenses to achieve that. But over large distances, even laser beams spread to some small degree. Microwave dishes also emit a beam which spreads to a degree.

LASER

“Light Amplification by Stimulated Emission of Radiation.” A laser is a device which takes ordinary light, in which the light's waveforms are jumbled and random, and converts the random “photons” (units of light) into photons all oriented in the same direction and leaving the device so all the waveforms are in perfect lock step with one another. This produces a beam which can go long distances with very little spreading.

It also means that the energy put into the beam can be nearly 100% recovered at the beam's impact point with an object.

The term “laser” is commonly applied to visible light, infrared, and ultraviolet radiation.

LENZ'S LAW

Lenz's Law describes the action where, when a signal acts on an area of conductive shielding, circulating currents in the shielding will act so as to set up an opposing signal, and that opposing signal travels away from the shielding as a reflection of the incoming signal. Reflected radio signals behave like reflected light, although the signals are diffused more

than light (don't reflect in a single sharp-edged beam.)

LIDA

The half-century-old LIDA machine is a pulsed, 40 MHz, 40 watt radio transmitter, with other features such as pulsing light and heat. This machine originated in Russia and was intended as an alternative to sedative drugs. It operates by “entraining” (influencing) the brain's electrical rhythms to a frequency which causes drowsiness. It is the radio equivalent of rocking a baby's cradle or the motion of a train while trying to sleep, or the hypnotist's swinging watch. It's not the frequency of the signal that does the work, it's the rate at which it is pulsed.

MASER

“Microwave Amplification by Stimulated Emission of Radiation.” A device which generates a microwave signal in which all the energy leaves the device aligned in a narrow beam, the microwave counterpart of a laser.

MEG

“Magnetoencephalogram/graph,” the recording of the brain-induced magnetic activity at the surface of the skull by way of pickup coils outside the skull, at very short ranges. This correlates to internal electrical currents because currents create magnetic fields. The MEG readings are not the same as the firing of individual neurons in the brain, but represent the magnetic average of the activity of millions of neurons. MEG frequencies lie in the range of approximately 0 - 100 Hertz, and all brains emit constantly changing frequencies within this narrow band.

There is no frequency in this narrow band unique to an individual. It is possible that a computer program which analyzes the pattern of the many pickup coils might be able to infer the identity of the test subject. However, doing this at next door neighbour distances has not been demonstrated at time of writing, so targets are urged to not claim this is being done.

MICROWAVE

An electromagnetic signal starting at either 300 MHz or 3,000 MHz (3 GHz), up to 300 GHz (the top of the “radio” frequency band.) Different sources define the low end frequency differently.

MICROWAVE AUDITORY EFFECT

Microwave auditory effect is not voice to skull. MAE refers to the ability to hear microwave pulses which impinge on the head. Also called “radar hearing.” MAE was formally published by experimenters Allen Frey and James C. Lin, having been discovered by radar technicians during World War II.

Frey's and Lin's work led to the successful demonstration of voice (and other sounds) to skull by experimenter Joseph Sharp in 1973.

Targets should, when interest is expressed by non-targets, (after first contact,) refer to “voice to skull” instead of MAE, because the essential thing the public needs to know about is the use of voice for harassment, not just “clicks and buzzes.”

MODULATION

Modulation occurs when a steady stream of signal (constant amplitude, constant frequency) gets changed or “shaped” by another signal, typically a voice waveform in radio, or a picture waveform in TV, or chopped into pulses as in radar or Morse code transmissions.

ORGONE

A type of advanced technology which has not been accepted by officials as a “real” technology. Since acceptance by officials is what matters in the fight to expose OS/EH, targets are wise to avoid bringing orgone technology into serious discussions about this crime with non-targets.

OSCILLATE

An object oscillates when it exhibits mechanical vibration (sound,) or, electrons in or on the object move back and forth (electrical oscillation.)

OS/EH

“Organized stalking and electronic harassment.”

PHASED ARRAY

When multiple antennas are spaced out in a grid pattern, and controlled so that the waveforms arrive or depart each antenna at slightly different times, this grid of antennas can emit a steerable beam. (“Phase” means “timing.”) The beam will be much narrower and sharper at microwave frequencies than, say, HAARP's range of 3 to 30 MHz, down in the “short wave” band.

Some radar systems use phased array antennas which are electronically more complex, but mechanically simpler than a motor driven dish.

POWER LEVEL

The power level of a signal, acoustic or electromagnetic, is often overlooked by targets as they try to understand how a particular attack type may be done. Targets should look through catalogue descriptions of common electrical or electronic devices and make note of the power consumption, or radiation in radio transmitting devices, to get a feel for what a given power level can do at what distance. Note should also be made of the physical size of various familiar devices which have a power rating.

Power is measured in watts, milliwatts, or microwatts. (Power is sometimes seen measured in “decibels,” a system of measurement based on ratios, and not direct measurement in watts.)

Required power levels set limits on how small a device can be to handle a given level of power, and many theories fail when device size versus power handling ability are taken into account.

PSYCHOTRONIC (-ICS)

Psychotronics has several meanings today, making it a poor choice of term to use in the

OS/EH arena. Originally, psychotronics was the use of electronic components, built into non-powered devices, along with “special abilities” of an operator, for healing. These “special abilities” seem to be of the psychic variety. This is a good reason to avoid this term in the serious discussion of electronic harassment technology with non-targets.

Literature this writer has seen suggests that advanced remote influencing technology, which could be used for electronic harassment, has been called “psychotronics” in Russian circles. I suggest not using the term with non-targets unless it becomes a popular term specifically referring to harassment, and not some “New Age” concept.

Q-FACTOR or QUALITY FACTOR

The quality factor “Q” of an object is highest when electrons in or on the object can move back and forth freely, with minimum energy loss (conversion to heat.) A high-Q object will resonate powerfully, while a low-Q object will not resonate powerfully and much of the incoming electromagnetic signal will be converted to heat.

A wire dipole antenna has a high Q factor. A head has a low Q factor because of the resistance of the flesh. A strand of DNA has a very low Q factor because it is in contact with other semiconductive material.

RADIATION (NON-IONIZING and IONIZING)

Electromagnetic signals or fields. EM signals up through radio, infrared, visible light and ultraviolet bands are “non-ionizing.” EM signals higher are “ionizing,” meaning they are so energetic that they can strip some of the electrons from molecules they interact with.

RADIO FREQUENCY

Radio frequencies start at either 3 kHz or 10 kHz, depending on a particular authority's usage. The upper limit is 300 GHz, which is also the beginning of the infrared frequency band, and is the area of “millimeter wave” through wall viewing technology.

RADIONICS

An advanced technology which, like “scalars,” “psychotronics,” and “orgone,” has not been accepted by officials as “real.” Therefore, radionics should not form part of a serious discussion of the OS/EH crime arena with non-targets.

RESISTANCE

Real world materials have various amounts of resistance to the flow of electric current. Metals have low resistance compared with insulators which have very high resistance. The resistance of an object affects how powerfully it can electrically resonate, because resistance converts the motion of electrons in or on an object to heat.

Resistance is measured in OHMs. Your average household extension cord, 8 feet long and #16 copper wire, would be something like 0.064 ohms, very low. It has to be low to avoid overheating under load. Body parts have resistances measured in hundreds or thousands of ohms.

REMOTE NEURAL MONITORING (RNM)

Remote neural monitoring, that is, reading the state of someone's brain and nervous system at a distance, has not been demonstrated with the demonstration published by a mainstream source under their name and logo, at next door neighbour distances. This term is appealing to targets, but unfortunately, until it is demonstrated at distances where it could be used as part of electronic harassment, targets should refrain from stating it as accomplished fact. Best to speak of such a concept as one's guess or theory, or that targets' experiences are "AS IF" RNM was occurring.

RESONANT FREQUENCY

For electromagnetic signals, conductive objects, including body parts, can be made to oscillate (support alternating electric currents in or on.) The most powerful currents, at a specific frequency, depend on size and shape. This is like the frequency at which a bell will ring when struck. How powerfully a given object will resonate depends on a variety of things like "quality factor" or "Q." (See also entry above titled "Q-Factor")

SCALAR(S)

"Scalar(s)" is a term which is speculation at this point in time. Scalar(s) is a popular name for an advanced signal type which can create more effects than as-taught-in-school conventional signal types, and probably do so through shielding and regardless of distance. I urge targets to not use "scalars" in serious discussions of harassment technology with non-targets, unless well qualified as speculation. I'm not saying advanced signals don't exist, instead I'm saying we don't know what they are called or how they work at this time.

In Russian literature, similar speculative terms have made it into popular usage, such as "torsion fields" and "leptonics."

SEMICONDUCTIVE SHIELDING

Shielding which has significant resistance, unlike metal.

Metals have more or less zero resistance, so an incoming signal's induced current in the metal can cause the energy to be reflected in an outgoing signal. If a shielding material has significant resistance, the incoming signal will attempt to cause current to flow (see Lenz's Law,) but because the resistance will convert some of the energy to heat, semiconductive shielding will absorb, rather than reflect.

SPECTRUM ANALYZER

A radio receiver in which a range of frequencies is continually checked for the presence of signals, and a graph of signal strength versus frequency is displayed on its screen.

TMS

"Trans-cranial magnetic stimulation." TMS involves pulsing electric current through induction coils, causing magnetic fields, held against the skull. These magnetic pulses have been demonstrated to be strong enough to trigger the firing of nerves when held against the hand. An alternative to electro-shock therapy.

For OS/EH targets, strong magnetic fields act only at very short range in practical terms. If a target discovers strong magnetic fields in their vicinity and there are no powerful induction coils nearby, technology far more advanced than TMS is at work.

T-WAVES

“Terahertz” electromagnetic signals in the vicinity of just above 300 GHz, the beginning of infrared, also called the “millimeter wave” region. For through wall viewing, frequencies into the lower end of the infrared band are used, though as you move up in the infrared band, EM signals behave more and more like visible light and less like wall-penetrating “millimeter waves.”

ULTRASOUND

Sound at any frequency above 20,000 Hertz.

ULTRAVIOLET

Electromagnetic signals just above visible light. High energy UV lasers can ionize a path through the air which can conduct electricity and this is one form of taser.

VOICE TO SKULL (or V2S or V2K)

The transmission of sound, including voice, into the skull of a target without the assistance of implants or any other device in or on the target. First announced as successful at the University of Utah in 1974, and the journal “American Psychologist” in March 1975. Although voice to skull can be simulated using “acoustic spotlight” technology, V2S usually refers to electromagnetic transmissions.

“V2K” was an abbreviation coined by the United States Army in their on line thesaurus for several years. The definition was eventually removed.

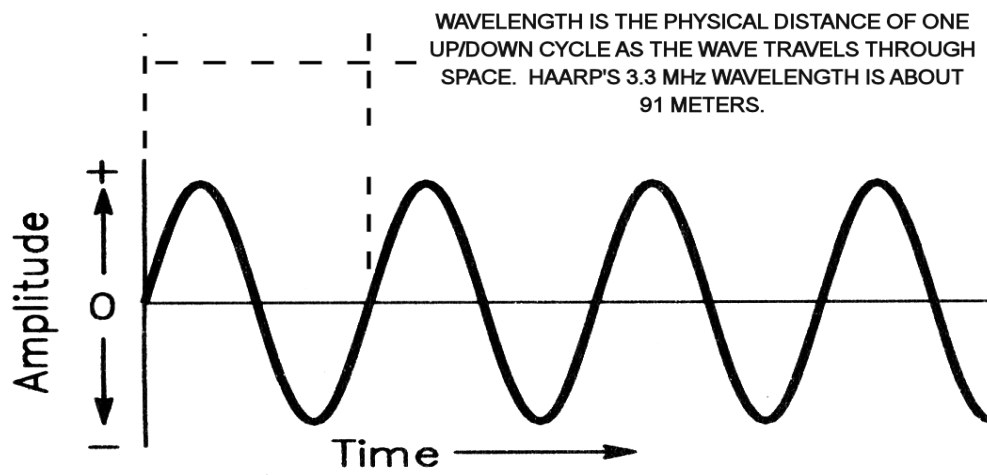
VOLT

The unit of electrical pressure. When loose electrons gather on an object in more than natural quantities, that object possesses voltage relative to other objects. Voltage is what causes electric current to flow when a conducting path is made available. Also called “electrical potential.”

WAVELENGTH

Waves of any type (acoustic, electromagnetic, or water waves) are made up of alternating “up and down motions.” The wave length is the physical distance covered by one complete up and down motion. Historically one complete up and down motion is called “one cycle.”

The physical distances EM signals travel in one cycle are given above, in the chart showing the radio and through-wall radar spectrum.



A2. SOURCES

**** REALLY REALLY REALLY IMPORTANT ****

In this section are listed sources for various types of material for experiments, test equipment, and consultants qualified in the field of electronic security.

IN NO WAY does the inclusion of a vendor here constitute my endorsement or guarantee that materials, test equipment, or consulting services will provide the buyer with success in reducing or stopping organized stalking or electronic assault.

Your patronage of these sources is 100% at your own risk.

I urge spending no resources on experiments which you cannot afford to lose.

1. Shielding Materials, Clothing, and Enclosures

<http://www.aegisguard.com>

Aegis

Wildwood, Missouri USA

<http://www.blockemf.com>

“Block EMF”

Carlsbad, California USA

<http://www.lessemf.com>

“Less EMF”

Albany, New York USA

<https://www.magnet4less.com/>

Applied Magnets

Plano, Texas USA

2. Test Equipment

<http://www.trifield.com>

Alphalab Electromagnetic Instruments

Salt Lake City, Utah USA

<http://www.lessemf.com>

“Less EMF”

Albany, New York USA

<http://www.pro-measure.com>

Pro-Measure

East Granby, Connecticut USA
Source of the "EMF-829" broadband RF meter

3. Consulting Services

<http://www.bugsweeps.com>

"Advanced Electronic Security Co."

Los Angeles, California USA

Roger Tolces

Roger is both a consultant and supplier of shielding

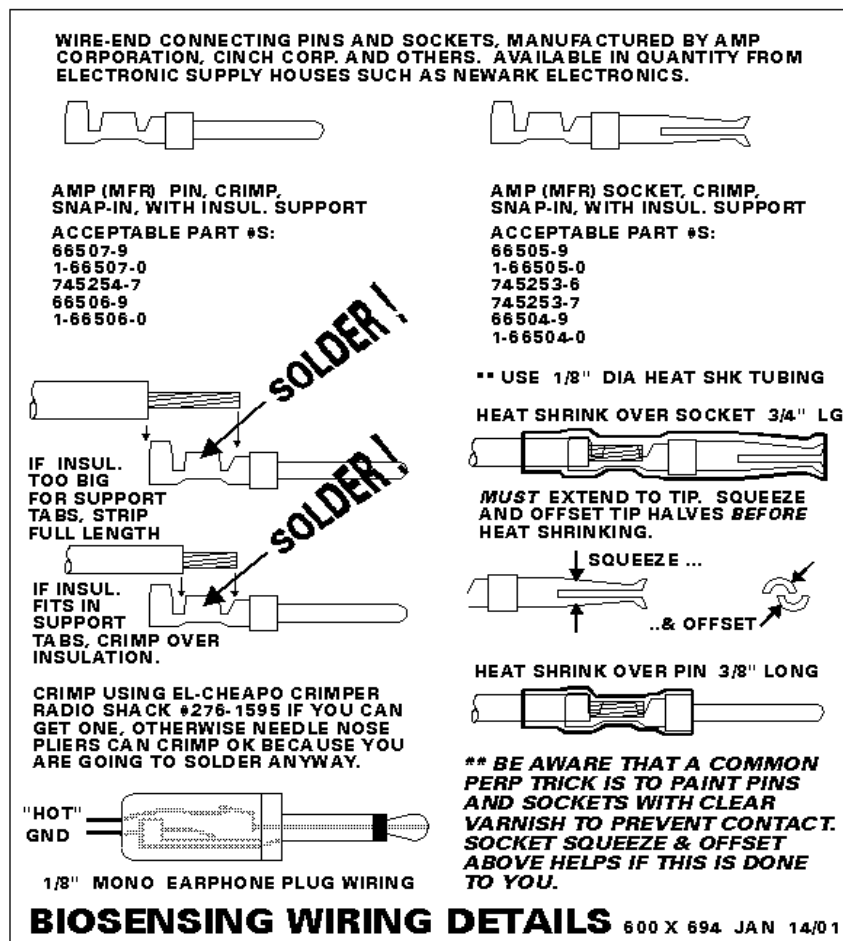
A3. TIPS

1. Determining if Your Camera or Camcorder is Sensitive to Infrared

Aim your digital camera or camcorder at a TV remote, while someone is pressing buttons. If your digital camera or camcorder is sensitive to infrared, you'll see a blinking light.

If your camera is of the film type, you would have to take several photos as you can't be sure exactly when the TV remote's infrared light is on. If your film type camera can accept shutter speed settings, set the shutter a little more slowly than normal for lighting conditions. Film which is sensitive to infrared might best be tested in low ordinary light conditions to keep the shutter open longer.

2. Using "D-submini" Pins for Experimental Wiring



3. Detecting Ultrasound

Some targets have expressed interest in detecting ultrasound signals in their environment. A problem with this is to know what frequency to look for. The highest travels-through-air frequency I've seen is about 200 kHz (about ten times higher than human hearing.) That's the frequency used by acoustic heterodyning, AKA "HyperSonic Sound", or the "Acoustic Spotlight."

I've seen far higher frequencies ... up in the megahertz range referenced, but those were for industrial inspection of solid structures, not through air.

If an experimenter is satisfied with being limited to 200 kHz, then to find available ultrasound detection meters, search the web for “bat detectors.” Prices range from less than \$100 to in the thousands. Before spending lots of money on any test equipment, keep in mind that it is extremely difficult to convince officials that odd test equipment readings in your home prove you are being deliberately harassed.

Keep in mind too that ultrasound coming in from outside your home or apartment is going to be largely absorbed by your windows and walls and converted to heat.

4. Detecting Infrasound

Here is what one NON-target experimenter found when he acquired infrasound detection equipment and tried it in a very quiet studio structure (2004):

<http://www.tomshardware.com/forum/42405-6-very-frequency-recording>

“I could not hear anything in the room, but was sure I could sense something like a car went past. So, I sealed all the doors, put up an octava omni into my quietest pre, with the mic stand on a sheet of foam, and turned the gain way way up, and hit record.

“Surprisingly, this showed a lot of activity, all of it way below 30hz, and much more often than nearby cars going past. Some 'events' were very quiet, very low cycles, but almost a minute in duration. (Possibly the train line around 800 metres away, or planes?). Others were quite short and damped. All were inaudible, though I could see the speaker cones moving if I played it really loud. “

There is considerable information about detecting infrasound (typically sound below 20 Hz) on the web.

For intense infrasound, a simple detector is a large loudspeaker, of the “woofer” variety, connected to an oscilloscope. The scope will show the infrasound on the more sensitive scales, and the time scale can be used to determine frequency. The formula is:

frequency (Hz) = 1 / period (seconds)

The period is the time one pair of up and down motions of a wave form takes to happen.

Determine the distance along the time axis first in centimeters, which you can read with your eye on the scope screen, then convert that to seconds using the time scale setting on the scope. If this is confusing, you need to study either the scope's manual, or perhaps an online article on using an oscilloscope. Run through a few examples until you are confident in how to convert a waveform on the screen to its frequency.

If you take a photo of the screen, be sure to keep a record of the time (horizontal) and voltage (vertical) scale settings.

Keep in mind that non-targets will find anomalies too, as in the above example. That is important, because the purpose of your experiments would be to show that some sort of infrasound unique to harassment is happening in your home. If non-targets also find anomalous infrasounds, that makes it far more difficult to prove what you found proves harassment. Very important to ponder

these things before spending money on equipment.

Keep in mind too, that infrasound at power levels sufficient to attack the body's organs will rattle things and will also spread out and be sensed by neighbours. Before spending lots of money on any test equipment, keep in mind that it is extremely difficult to convince officials that odd test equipment readings in your home prove you are being deliberately harassed.

5. Inexpensive Oscilloscopes

There are no inexpensive oscilloscopes which operate in the frequency ranges where Sharp's voice to skull might be encountered. The two below would be suitable for searching for audio frequencies (detected through a microphone or speaker) or ELF electromagnetic fields:

DS1052E 50 MHz Digital Oscilloscope
<http://www.armdesigner.com/DS1052E.html>
\$449 in September 2009

HPS10SE 2 MHz Digital Oscilloscope (primarily useful as an audio/low ultrasound unit)
http://www.apogeekits.com/oscilloscope_handheld_hps10se.htm
\$209.95 in September 2009

Before spending lots of money on any test equipment, keep in mind that it is extremely difficult to convince officials that odd test equipment readings in your home prove you are being deliberately harassed.

6. Frequency Counters

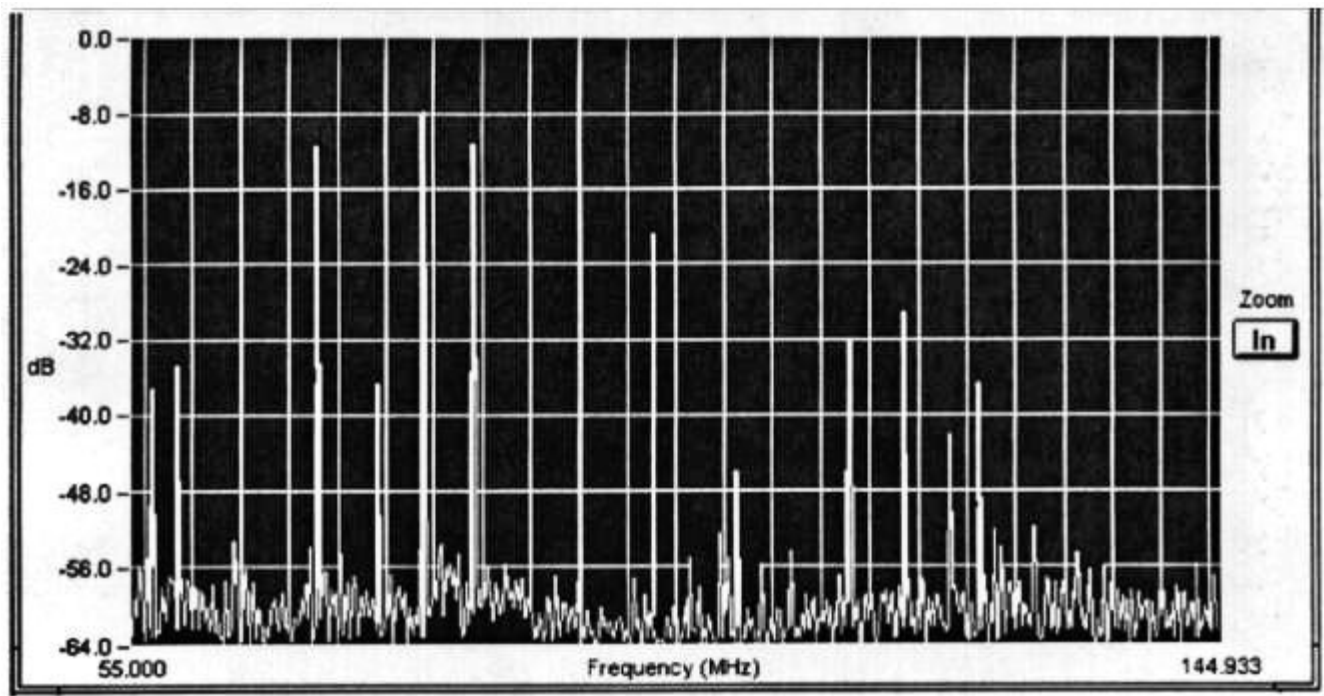
Frequency counters display a frequency as a digital number. Typically they are calibrated to pick up electromagnetic signals, though you may run across some calibrated for sound.

Regardless of whether you are using an electromagnetic or acoustic frequency counter, these devices only work accurately when there is one signal which is much stronger than all other signals at the point where the counter is being used. If a frequency counter "hears" two or more commercial radio stations at about the same strength, the counter will fluctuate and be "confused."

So this meter is only suitable for special situations - you can't buy or rent one and expect to zoom in on "the frequency" you suspect is being used on you. Even the far more expensive spectrum analyzer does not guarantee that there is a dominant signal in your environment which can be tied to specific harassment effects.

7. Spectrum Analyzers

Here is the type of information you get from a simple (not heavily computerized) spectrum analyzer:



You get a plot of signal strength across a selected band of frequencies.

Heavily computerized devices can produce reports on signals, and allow you to designate parts of the band selected for special analysis, or allow you to set detection alarms, and other features.

But basically, you get signal strength across a band, displayed in real time.

These devices are quite expensive compared with other test equipment, particularly when you want to cover all possible radio frequencies from 0 Hz to 300 GHz (the beginning of infrared.)

Here's the problem targets must ponder when thinking about buying or renting spectrum analyzers: How are you going to take a screen image like the one above, and prove to police that any given signal on that image is causing your bodily effects?

There are huge, dense, wordy documents outlining bands of frequencies and their effects on the body, but unless you find really strong signals in a band of frequencies a lot of the time you are observing your spectrum analyzer, which match a bodily effect you consider is electronic harassment, and you find a law enforcement official willing to read the document and examine your screen images and reports, and find them so compelling he/she is willing to accept a report of harassment, the spectrum analyzer may not be the cure-all you had hoped.

I sound as if I am trying to discourage experimentation. No, I'm not. What I am doing is trying to make sure you have considered the down side of how well experimental results are likely to work in persuading officials an electronic through-wall crime is going on.

8. Photographing Anything

The best quality photos are generally not with flash. I find the best photos are taken near a window in daylight but without direct sunlight in the picture.

9. Photographing Anomalous Lumps on Your Body

Avoid flash - flash washes out detail. Instead, take a photo with a single lamp on in the room, and have the lamp aimed at a shallow angle to produce a shadow making any protuberance stand out well. A couple of different angles would be a good idea.

ORGANIZED STALKING/ ELECTRONIC HARASSMENT LEGAL CASE SUMMARIES



Eleanor White, Editor

WORK IN PROGRESS - frequent updates, check the page number/date/time stamp to see if you have the latest version.

DISCLAIMER

I, Eleanor White, have no legal training. Unless specifically noted otherwise, I have not been personally involved in the legal cases described in this booklet. Any personal opinions expressed by me are those of a lay person in the legal arena. Any questions regarding the case descriptions should be sent to the people with direct involvement, not to me. I endeavour to provide web site or contact information for each case summary, when available.

PURPOSE OF THIS BOOKLET

This booklet has been set up for two purposes:

- To record a brief history of legal cases involving targets of organized stalking/electronic harassment (OS/EH)
- To provide new targets with a list of legal efforts tried to date

This booklet is not to give legal advice, or to serve as a learning tool. I invite those with legal training to provide commentary on the cases in separate documents, which I will post along with this book, and link to from within this book.

SUBMISSIONS

Since I have not been involved in any OS/EH legal case, what I include here are “articles” - submissions from others who have been directly involved.

The purposes stated above will not be well served by lengthy articles. I ask of those who submit articles for inclusion:

- Submitted articles are limited to **FOUR PRINTED PAGES**, in 12 point font. If an update occurs, the text within the four page limit must be modified and must remain no longer than four pages.
- Submitted article authors may supply up to two additional pages of scanned documents, giving a total of six pages, four for text, up to two for scanned documents.
- They must provide a **NAME**, which can be a pseudonym, as long as I know the submitter's real name.
- The **START DATE** of legal activity must be supplied. At least the **YEAR** in which the activity was started.
- Authors must provide a web site or blog address, if there is one. Email addresses, or snail mail addresses may be submitted if desired. Because these contact items can change, I do not guarantee that contact info in this booklet is up to date. I will update the booklet as changes are sent to me.
- The article should make plain the purpose of the legal activity. Suing a person or organization? Suing for what damages? Target falsely accused/convicted of a crime? What crime? Target involuntarily hospitalized for mental illness? What was the diagnosis? Any case where court activity took place is appropriate.
- The article should describe **EVIDENCE** used, for or against, the target.

- Articles should describe the status of the case at time of writing.
- Articles should describe any judgements handed down. EXCERPTS from the judgement should be given, either in the text, or as excerpted scans of official paperwork. The excerpts should show any reasons stated by the judge for the judgement.
- Articles should describe any lessons learned by the person directly involved in the case, and suggestions as to how to do better in the future.

CASE SUMMARIES

Articles submitted will be posted in this section. Cases I know took place but for which no article has been submitted will be identified by a title and a sentence or two from me (Eleanor White) as to what I may know about the case.

I will attempt to put the cases in chronological order as information becomes available.

19?? - Harlan Girard

Article needed

19?? - John St. Clair Akwei

Claimed government electronic assault. Dismissed. Article needed.

19?? - Brian Wronge

Implant case. Court ordered implant removal, but Brian could find no doctor willing to remove the implants. Full article needed.

<http://www.raven1.net/wronge1.htm>

<http://www.raven1.net/wronge2.htm>

2003 - Diana Napolis

<http://www.raven1.net/napolis1.htm> Full article needed.

20?? - John Mecca

Dismissed. Article needed.

2005 – Jesus Mendoza Maldonado

<http://www.raven1.net/jmmcomplaint.txt> Article needed.

November 25, 2008 - James Walbert

<http://www.raven1.net/walbert.htm> Article needed.

20?? - John Allman

Intervention in cases of targets who were ruled in need of involuntary psychiatric treatment. Article needed.

2010 – John Allman

Intervention in Darrim Daoud apparent suicide hearings. Article needed.

APPENDIX A

Notes on organized stalking/electronic harassment (OS/EH) law suits by New York attorney Keith L.

March 1, 2011:

I have some preliminary thoughts about lawsuits regarding OS/EH:

Firstly, there are two fundamentally different lawsuits that can apply. One type would be a Freedom of Information Act lawsuit (or a Freedom of Information Law lawsuit at the state agency level). The second type would be a suit for money damages and/or an injunction.

A FOIA suit is much easier. You request information from the agency under the applicable FOIA law and then appeal the decision (because you will not get the responsive documents you requested; there is obviously a high level of secrecy and control of information flow here). The FOIA cases are handled without discovery or trial. They are procedurally akin to summary judgment motions with affidavits and legal briefs. There is generally a short oral argument.

The law is complex in this area. Expect to read dozens of cases, and to closely analyze the statute and related administrative law. For the average college educated person without a legal background, this can be a lot of learning and work. I suggest that anyone willing to put the time in go to their local courthouse and requisition FOIA (or related state freedom of information cases) at the clerks office. Also, find out where you can access a law library. Many graduates will have access to physical and/or electronic legal research at their colleges which can be accessed by joining the Alumni Association (paying a fee). For those requesting federal agency records the DOJ FOIA Reference website is very helpful See:

http://www.justice.gov/oip/04_7.html

Because of the paucity of information related to proving who/what/when/where/how, or, in legal terms, malicious conduct by a person or group, acting in concert that legally caused the harm complained of, I do not suggest a monetary lawsuit at this time. Neither victims' advocacy groups nor the government are revealing what they know, and, the type of investigative legwork required to make out a conspiracy case is well beyond the financial means of targets.

I hope this email will be helpful to the many victims seeking justice. Circulate it and re-print it on your site at your discretion. As you know, I am currently suing the FBI, DOJ and Office of Justice Programs under the FOIA for more information relating to the crime of gang stalking.

Keith

EVASION TACTICS EXPERIMENTS ATTEMPTING TO EVADE THE ORGANIZED STALKING/ELECTRONIC HARASSMENT OPERATIONS



Eleanor White

PURPOSE OF THIS BOOKLET

This e-booklet will be a WORK IN PROGRESS indefinitely. It is to collect reports by targets of tactics tried to EVADE the organized stalking/electronic harassment (OS/EH) assaults. I have entered a few of these tactics from memory and I don't have either a lot of detail or contact info for the target making the original report.

However, I think having even a short mention of what has been tried may be useful for newer targets.

There is another e-booklet which is a collection of experiments trying to block or detect the ELECTRONIC harassment, (as opposed to evading it) and that e-booklet is at this link:

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

1. Wintering in the High Rocky Mountains

A Colorado target attempted to evade both electronic and non-electronic harassment by arranging to live at a summer camping park with cabins, empty over the winter, at the 8,500 foot altitude level in the Rocky Mountains. Typically, snowfall in this area can reach 20 feet over the space of a winter.

Soon after settling in, the perps arrived in a sparkling new four-articulated-track snow crawler, and the perps moved into another cabin, began the harassment, and rotated personnel by way of their crawler.

2. Moving to Rural South America

I have heard, over the years, of two targets who moved to smaller towns in South America.

In both cases, the harassment was reported to be very minimal.

Unfortunately, both targets who undertook this tactic didn't maintain contact and I have no idea if the relief was permanent.

Unless you have an EXTREMELY solid source of income, you have to be very careful about moving to third world countries, according to reports from non-targets who have done so. The non-targets say if you lose your income you are in extreme danger, as you are viewed as an outsider in rural communities. It would seem advisable if this tactic is tried to apply for citizenship as soon as possible.

At this time, I'm hearing that American citizens can hold dual citizenship. That means continuing to file U.S. Income taxes, but if your income is from your new country, the U.S. taxes may be low or zero, due to foreign tax credits.

3. Acquiring a Large Plot of Land (Michigan)

This is a report in the words of the target who tried this evasion tactic:

"I bought some land in Michigan because it's the only state to have laws against the use of directed energy weapons and I thought it was worth a try. It's 28 acres, is covered in pine forest and, I thought, too big for them to get to me.

"I was wrong of course. I'm getting exactly the same sort of attacks I have always gotten. They just walk on my property and do it as I'm sleeping. They woke me up once by the crackling of tree branches on the ground and I immediately passed out and have no memory after that. Then after a couple days, I was being attacked in the daytime so they must have installed equipment in the trees or it's coming from a plane or satellite.

"Interestingly I have no electricity on the property. Their devices must be self powered. I'm camping out in a house tent. It's very nice actually, but still the attacks haven't missed a beat. Group stalking, theatre, character assassination, attempts to inconvenience me in any way possible, plus the electro-magnetic assaults.

"It's a no-go in Michigan too."

COPING

WITH THE CRIME OF ORGANIZED STALKING AND ELECTRONIC HARASSMENT



Eleanor White

**** MAY BE PRINTED AND COPIED, BUT NOT SOLD FOR PROFIT ****

LIST OF SECTIONS

Page numbers are not given here, as this booklet will be updated frequently when new information becomes available.

General

1. "How Can I Get This Stopped!?"
2. Lower Your Expectations But Don't Lose Hope
3. Avoid Discrediting Yourself
4. Network
5. Restrict What You Say to Professionals
6. Get Serious About Health and Nutrition
7. Exercise Helps a Lot
8. Wildlife Interaction - Inexpensive and Rewarding
9. Sleep Tips
10. Endless Churning
11. Ignoring Perpetrator Attacks
12. The Strong Likelihood of Decoying
13. Shielding
14. Defending Against False Diagnosis of Mental Illness
15. Forming OS/EH Target Communes
16. Implants
17. Satellites
18. Mind Reading
19. Classified Technology and Coping
20. "The Phone Call"
21. "You Don't Have Any Evidence"
22. Your Social Life
23. Mask Your Voice to Skull
24. Sabotage in the Workplace
25. "Broken" Equipment
26. How the Perps Get You to Discredit Yourself
27. Telling Your Family
28. Coping With Dissolution of Memory
29. Unwitting Perpetrators
30. Flyer and Video: Police Acknowledge "Gang" Stalking (Emergency Use?)

- A1. Gathering Evidence: General
- A2. Gathering Evidence: Photographic
- A3. Gathering Evidence: Videos
- A4. Gathering Evidence: Suspected Surveillance Devices
- A5. Gathering Evidence: Signal Detection

- A10. Group Stalking Statistics
- A11. Chapter 4 (OSATV): Through-Wall Electronic Weapons
- A12. Earning Attention Span Success Story

General

There are many different ideas and opinions within the organized stalking and electronic harassment community as to how to cope with this crime. This booklet presents the opinions of the author, Eleanor White, who at time of writing has been a target for 33 years. Because this crime includes tactics outside the widely recognized crimes, including classified (secret) technologies, nothing in this booklet is guaranteed to help in any particular case.

This collection of coping ideas is provided on a “for what it may be worth” basis.

One aspect of coping is experimenting with countermeasure and detection methods for the electronic harassment. That is beyond the scope of this booklet, however, a collection of information on such experimentation is available in this booklet:

<http://www.randomcollection.info/oscd.pdf>

Note: This book is not intended for the general public, however, I doubt it would do any harm if members of the public were to see it.

For booklets on handling OS/EH information see:

<http://www.randomcollection.info/osconv.pdf>

<http://www.randomcollection.info/osih.pdf>

For a booklet about technology terms and concepts, see:

<http://www.randomcollection.info/ostt.pdf>

For a booklet DESIGNED FOR THE PUBLIC:

<http://www.stopos.info>

For further coping tips from the Stop Covert War web site:

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

(Enter, then look for the bottom of page menu item saying “Countermeasures.”)

For a booklet describing OS/EH activism history ee:

<http://www.randomcollection.info/osah.pdf>

This blog contains additional suggestions for coping (listed October 2009):

<http://www.wiseti.blogspot.com>

1. “How Can I Get This Stopped!?”

“How Can I Get This Stopped!?” is, naturally, the number one question on the mind of every target of organized stalking and electronic harassment (OS/EH).

The short answer is that because this crime appears to have taken over all the world's governments and most relevant non-government organizations, and seems to have virtually

unlimited funding and power, it's going to take a while, and we don't have a method which has been demonstrated to work at this time.

It has been urged that re-opening the U.S. government COINTELPRO hearings (a program of government-controlled organized stalking of activists in the 1960s) can stop these crimes. One activist group looked into that but didn't find that pathway open, apparently. (That group was FFCHS: <http://www.freedomfchs.com>) There are others talking about trying again, but we can't assume this will happen soon.

My own personal opinion is that the crime of OS/EH is the result of a long time covert effort to bring about a world dictatorship. This 'dictatorship' has been able to style itself so that people who are not OS/EH targets do not appear to be aware this is in progress, and don't want to hear about it anyway.

Asking someone to help you because you have a Mafia contract on you isn't going to get much, if any, help. Asking for help with OS/EH isn't either. To be realistic, we should accept that ordinary sources of help for crime victims are not going to help us, as they do victims of other crimes.

In light of these conditions, the number one coping strategy is to accept our situation as it is.

Another prominent question which new targets ask is "How long does this last?" The answer is that although there are a very small number of cases where the target has reported stoppage of the harassment, we are apparently intended to be in this for life.

That sounds really hopeless. My personal opinion, though, is that this crime could not continue if the general public arrived at the point where they were as aware of OS/EH as with other crimes. I believe that the general public has the potential to stop this crime, or at least stop a great deal of it. That's just my personal opinion, but it's an opinion that has developed from experiencing OS/EH for years, and observing perpetrator operations.

I've been a target of OS/EH for 32 years at time of writing. I've been trying different forms of activism for 13 years, at time of writing. I have seen some small scale, localized indications that a few non-targets are at least aware of the crimes, with even fewer willing to speak out. Two who have spoken out are U.S. member of Congress Dennis Kucinich, and Missouri state representative Jim Guest. In spite of their positions in government, they aren't able to muster a group of legislators willing to speak out about OS/EH, or even publicly acknowledge it.

One possibility for coping is to help expand public awareness. That's called "activism" and is indeed a coping strategy, though many targets are neither ready for activism or willing to do that. That's fine - and for targets who become interested in activism, I've included my suggestions in these information handling e-booklets:

<http://www.randomcollection.info/osconv.pdf>
<http://www.randomcollection.info/osih.pdf>

For those who do activism, they report it is a very invigorating method of coping.

This booklet, however, is about things targets can do, and have done to cope, other than activism.

By the way, one stellar example of activism is that done by the CATCH (Citizens Against Technological and Community-based Harassment) group in 2004-2006. The web site for that group is still actively maintained even though the group has geographically scattered:

<http://www.catchcanada.net> (NOT CURRENTLY AVAILABLE)

<http://www.randomcollection.info/catchcanada> (LAST AVAILABLE COPY)

That web site is an excellent example of how to handle information.

2. Lower Your Expectations But Don't Lose Hope

This is much easier said than done, but until our group is able to create public awareness, and/or some other action like a significant win in court, or government hearings on the OS/EH crimes, much of the stress targets experience is caused by expecting there is a way to recover the life targets were leading before they became targets. At this point in time, the most realistic approach is to be hopeful, but to not demand or expect a return to your former life any time soon.

The perpetrators try to discredit the target in the eyes of their co-workers and community members, and destroy the target's ability to earn a living. And they often succeed. A stoic outlook on life is a method of coping until these crimes are exposed.

A target is wise, instead of fuming over a lower standard of living, to look for low cost, simple pleasures of life which are accessible at a lower living standard. Such things as getting outdoors for regular walks, wildlife watching, and things like crossword puzzles, which don't depend on electronic equipment.

If you're forced out of a well paying job, as I was, I found security work was a financial lifeboat until I could retire. No shortage of professionals (I had been an engineer) at the firm I worked for - we had five engineers and even one psychiatrist working as guards.

The harassment continued, but by being watchful and anticipating harassment on the job, the impact was much less than the sabotage which had been occurring in my technical positions. (When doing security work, do carry a notebook to keep a checklist of assigned duties.)

There is no reason to lose hope. As long as we keep our lives going as best we can, never forget that WE have truth on our side, and as this crime grows and grows, and as the criminals get bolder and bolder, history proves that eventually they will trip up and the truth will come rushing into everyone's view. If you can genuinely lower your expectations, life can be liveable.

I get great hope listening to American Patriot Radio, where I hear crime after crime after crime of the criminal elite who run both government and business on this planet being exposed. Exposure will eventually lead to stoppage of these crimes. For those who may want to listen to the same broadcasters, I recommend starting with former USAF nurse Joyce Riley's "The Power Hour", which can be heard around the clock via reruns of the most recent show, or by free archives, at this Internet network:

<http://www.gcnlive.com>

Excellent natural health advice too!

(And by the way, if you want a really feel-good movie, though it's scarce on the rental-purchase market nowadays, try "Song of Norway" with Toralv Maurstad and Florence Henderson!)

3. Avoid Discrediting Yourself

Here's something all targets need to learn as quickly as possible in order to have as good a quality of life as possible. If you don't work on this, you will be faced with heavy duty misery which you can't escape and, what's worse, which you do to yourself!

The perpetrators put a great deal of psychology-based planning into getting you to say nonsensical, unprovable things to others around you.

Reflect on this: What we SAY is EVERYTHING. We need to be heard and believed. What we say will determine if we are successful.

We have no control over lies told by the perpetrators about us, but we do have control what we say (or don't say) to others around us about this situation. While a target under heavy attack is not likely to be able to become a polished, professional speaker and writer, there are quite a few tips available for how to speak and write to others, to avoid discrediting yourself.

In this booklet I will only urge you to put some priority, as much as you can afford time- and energy-wise, on learning how to avoid sounding as if you are mentally ill. It is important to not "let it all hang out" when talking or writing to non-targets. Many targets who have gushed their personal stories at doctors or police, or even family members, have ended up being forced into the psychiatric system. You don't want that. Those medications with terrible side effects will heap much more misery on top of whatever the perps are dishing out.

And the harassment continues in mental hospital.

I would suggest at least scanning my e-booklet titled Information Handling as part of your coping strategy. You don't have to become a perfect speaker or writer, you don't have to work on your spelling. Mostly, you need to learn what things are likely to be taken seriously by the public and officials, and what things are likely to damage your credibility.

The good news is, there is no deadline, you can do this in very small bits, at your own pace. However, you do need to start learning about sane-sounding speaking and writing regardless of how slowly you work on this.

Here is the link to the Information Handling booklet:

<http://www.randomcollection.info/osih.pdf>

Here is the link to a Conversing booklet:

<http://www.randomcollection.info/osconv.pdf>

4. Network

Staying in touch with other targets is an important method for coping.

At time of writing, I'm aware of these networking opportunities:

- Email forums
- Weekly telephone conference calls
- Local get-togethers

At time of writing, the single North American web site with the most networking information I'm aware of is the Freedom From Covert Harassment and Surveillance web site:

<http://www.freedomfchs.com>

Unique to that web site are a number of weekly telephone conference calls. By using cut rate long distance plans or calling cards, telephone networking is affordable.

If you attend a conference all, listen for instructions on how to mute your telephone's mouthpiece if you have any background noise. It's not uncommon for, say, 20 people to be on line at once, and background noise in your area can disrupt the call for everyone.

At time of writing, the most common OS/EH forums are found by way of searching:

<http://groups.yahoo.com>

Historically, OS/EH was pre-dated by two U.S. government programs, COINTELPRO (FBI group stalking of activists) and MKULTRA (CIA mind control.) Some of those who survived the MKULTRA era mind control experiments began to network, in the 90s, with OS/EH targets. Furthermore, a portion of electronic harassment does involve a degree of control over the mental processes of some OS/EH targets.

Consequently, going to the yahoo group main page link above, and searching for "mind

control” will bring up some forums relating to OS/EH.

Searching from that page above for “organized stalking” will also find some email forums which are relevant to OS/EH.

TIP: When doing any web search, if you want information relating to a multiple word phrase, type your phrase within double quotes. Examples:

“organized stalking”

"electronic harassment"

“mind control”

That will bring the most relevant search results near the top of the result list.

Networking has problems - and it's important to not expect networking is always going to be pleasant, informative, and will solve all your problems. Some networking problems are:

- “Flame wars” can start up and continue for some time among sub-groups on the forums. This often results from differing opinions as to the truth, the best way to proceed, and in some cases, accusations that forum members are perpetrators.

It is an important coping skill to realize that regardless of “flame wars,” it is worth at least remaining a member of the forums for the useful information which is still posted, in spite of infighting which takes place from time to time. With yahoo email forums, you can stay a member but shut off emails for a period of time if you choose. That is much easier than quitting and re-applying for membership.

Most forums have a participating moderator, who will limit “flame wars” and can remove members who can't focus on useful discussion.

Another coping skill is to always avoid accusing anyone of being a perpetrator. For practical purposes, that can never be proven or disproven. That creates huge amounts of emotional heat, and benefits no one since it can never be resolved. Remind yourself that what is important on forums is information, and stay focussed on the content of what is said, not suspicions that so-and-so is a perp. Remember that this bizarre crime situation can cause legitimate targets to behave oddly.

By staying focussed on the content and ignoring personalities, you also prevent perpetrators, who may be on a given forum, from being able to stir up the hate and discontent they would like to generate.

If you find a flame email headed in your direction, keep in mind that most forum members post rarely or not at all, and even though others may not leap to your defence, it is not a case of “everyone being against you.” And you have a right to express your thoughts and opinions just as they do.

It is a coping skill to realize that because someone is critical of your ideas, as long as

the discussion stays on the content of the ideas and doesn't get personal, hammering out the best ideas is one of the purposes of the forums. Expect your ideas to be challenged now and then.

- Some targets are concerned about privacy. That can be solved by creating an email address using false information which can't be traced back to you. However, it is a coping skill to understand the bad guys already have all your personal information, so using a false name on the forums doesn't really protect you from the OS/EH perpetrators. Some targets are hypersensitive about their identity, and they don't need to be.

Some targets hold responsible jobs and choose to keep their real identities hidden, and that is certainly a good reason to do so.

- When discussing ideas, it is critically important to keep what is factual separated from what is opinion.

This is because the speaking and writing habits we develop on the forums often get carried over into conversations with non-targets, the public, family members, doctors and police. What we say can be picked up by another target too.

It is common for, particularly new targets, to express their opinions as facts when they have no proof. For example: "The CIA is transmitting to my tooth implants via satellite." In fact, at the moment, we have no proof as to which entity/entities is/are responsible, and we do not have positive proof as to which technologies are actually in use today. A statement like "The CIA is transmitting to my tooth implants via satellite," with no qualifiers, is almost a guarantee of being forced into the mental health system if said to police, doctors, and often family members.

Credible speaking and writing tips are given in my e-booklets:

<http://www.randomcollection.info/osconv.pdf>
<http://www.randomcollection.info/osih.pdf>

Working on keeping facts separated from opinions is an important coping skill for participation in forums or conference calls.

- Not every web site, blog or article reference posted on the forums is credible.

An important coping skill is to develop ways to sort out credible information from that which isn't. While I don't claim to be perfect in my opinions, I have set up a web site on which the most popular web sites, blogs, or articles have been given a credibility rating. Targets naturally must draw their own conclusions, but my ratings are at least a starting point:

<http://www.randomcollection.info/creviews>

Email forums, and possibly telephone conference calls, are ways to find out if there is a local OS/EH networking group in your area. The concerns above for email forums apply in local groups.

5. Restrict What You Say to Professionals (SEE ALSO SECTION 30)

(Restrict what you say to professionals WHEN ALONE. A carefully prepared activism group can safely say somewhat more. <http://www.randomcollection.info/osgroups.pdf>)

Targets can be forced into the mental health system by saying the wrong thing to both police and doctors. This is because police and doctors treat OS/EH as a crime that doesn't exist, and therefore indicates someone complaining of OS/EH is mentally ill. There have been a tiny number of exceptions, but targets should always assume that complaining directly of OS/EH is almost certain to result in a diagnosis of mental illness.

Those few police and doctors who have acknowledged OS/EH as a real crime have not done so publicly to date.

This is also true of a majority of targets' family members, who have been known to try to get the target forced into the mental health system.

It is important to have serious disabling physiological symptoms checked by a doctor. Not all electronic attacks result in serious, persistent symptoms, but some do. It may be helpful to have your doctor find medical abnormalities, (for later use as evidence,) but not know how to explain the abnormalities, or know what to do about them. More importantly, though, is that once in a while a serious medical condition may occur that does need medical attention.

When you describe your symptoms to the doctor, avoid saying they are or may be the result of harassment. It's as simple as that. If you don't claim you are being electronically harassed, or poisoned, or gassed, you will not be forced into the mental health system.

Just objectively describe your observations and sensations, and don't speculate as to the cause.

If you have a crime committed which is of a type police normally respond to, call the police.

But as with doctors, avoid saying the crime was committed by organized stalkers. And don't discuss electronic harassment with police. Targets who have had experience with police have reported that they often do treat complaints by targets as either mental illness, or will try to find some way to accuse the target of wrongdoing. Be prepared for that.

As with doctors, simply relate the facts, and point out the physical evidence.

If you use a video or still photo, be sure you have a backup copy somewhere away from your

home, and be mentally prepared for police to try to discredit your video or photo.

Before involving police, write out what you will say to them. That will help you be more believable.

I personally recommend that any target who wants to approach officials about OS/EH crimes do so as part of a well-planned, well-rehearsed, in-person group. Approaching officials about OS/EH alone is a recipe for disaster.

My notes on doing local in-person group approaches to officials are here:

<http://www.randomcollection.info/osgroups.pdf>

IF YOU HAVE ALREADY SPILLED THE BEANS, and mentioned OS/EH to professionals, and have already been deemed mentally ill and perhaps forced on to antipsychotic meds, locating an advocate, possibly a mental health defence lawyer, or a local crisis support organization staffer who is aware of and opposes at least organized stalking, may be of some assistance. But it is far better to not let officials get you into the mental health system at all.

6. Get Serious About Health and Nutrition

ELEANOR WHITE'S QUALIFICATIONS

Note: I, Eleanor White, have no medical training. What I am passing on in this section are my own personal opinions. Everything I say should be independently checked before deciding if my suggestions might be useful to you. What I say in this section is based on years of listening to broadcasts by both MD doctors and naturopaths on the subject of natural health and nutrition.

My comments here are general; I don't attempt to act as a doctor. I will say that in spite of chronic fatigue syndrome, I find that my quality of life is noticeably better since I got serious about high quality nutritional supplements circa 2000.

THE NEED FOR NATURAL SUPPLEMENTS

Both organized stalking and electronic harassment take a heavy toll on your health. This is made worse because today's commercially available foods are typically very low on nutrients, and now, are likely to be genetically modified. Harmful substances such as fluoride, pharmaceuticals, and chemicals from plastics are showing up in water, including bottled water, according to some professionals.

With widespread toxic genetically modified foods appearing everywhere, generally modified food is now not only NOT a source of full necessary nutrition, but can also be an assault on health. The commercial label "organic" has been patented and is no longer a guarantee of good nutrition, or freedom from genetically modified food.

MD doctors, called “allopathic” doctors, are only weakly trained in nutrition, on average. I had one doctor from China who was very strong in the field of herbal medicine, but unfortunately, I had to leave the area where she practiced.

There are also licenced ND doctors, called naturopaths. These doctors receive 4 years of university training with the same level of training in physiology as MD doctors. Like MD doctors, they must have bachelor of science undergraduate degrees with strong bio-science emphasis to qualify for the 4-year ND graduate study program. (They don't receive training in surgery, of course.) NDs are not “nutritionists” - they are as well qualified in terms of physiology as MDs.

While naturopathic doctors are gradually being hired by medical institutions, by and large they are not covered by medical insurance. Their services are therefore expensive, particularly for targets.

Because natural supplements are non-prescription items, targets can experiment on their own, however, I recommend such experimenting be done with small doses and work up towards the recommended dose level. (Full recommended doses are likely to be expensive, and I use substantially less than full recommended doses, but still get benefits.)

USE THE BEST PRODUCTS - LESSER ITEMS CAN BE A WASTE OF MONEY

One thing I have learned the hard way is, you can NOT just pick any old supplement off a health store shelf and expect positive results. Because we targets are almost always poverty cases, I recommend going for the BEST supplements right up front, then taking a dose level you can afford. At this time (July 2013), by actual testing, I find the best brands have been:

- Dr. Bill Deagle (MD)'s "Nutriceutical" product line, www.nutrimedical.com
- Dr. Joel Wallach's "Youngevity" product line, available via www.powerhourteam.com
- Genestra-Seroyal products, available at some health stores

Note: You have to be very focussed and selective when dealing within those high quality product lines. You can't afford all their many products. Later in this section I will name the few items I have tested and use.

Are the best products expensive? Yes, they can be 1-1/2 to 2 times the average product, but with the best brands, you stand the best chance of getting a benefit. I have tried plenty of cheaper items, and the benefits have been limited to none.

AFFORDABLE DOSAGES

Personally, I often take dose levels of 1/3 of the label dose to as little as 1/12 of the label dose. IF (and only if) you have the top of the line products, those low doses can still provide benefits.

The reason such low doses provide benefits is that today's foods are starved for nutrients.

The reason today's foods are nutrient starved is that plants can grow and look very healthy with as little as half a dozen nutrients, but at the same time, we humans need 90 nutrients for best health. (Dr. Joel Wallach, ND) That extreme spread is why natural supplements are so important and effective.

CLEAR WATER IS FUNDAMENTALLY IMPORTANT

There is one "natural supplement" which produced dramatic results for me, a long time chronic fatigue syndrome sufferer when I started on it. That supplement is clear water. For years, doctors have recommended eight 8-oz glasses of clear water a day, which equals two quarts, or approximately two liters. I have heard doctors, both medical and naturopathic, state that in order to qualify, the water must be clear - that is, it must contain no coloration.

Coffee, tea, soda, milk, soup do not qualify. To get adequate clear water intake, the clear water must be taken in addition to all other coloured drinks. This is because coloured drinks tend to act as diuretics, that is, they cause increased urination, which offsets the benefit of the water content of those drinks.

Before I started rigorously taking 2-1/2 liters of clear water every day, I couldn't even climb a single flight of stairs. A month after starting following the forced water regimen, I was able to climb some very steep hiking trails in a nearby ravine.

As a friend who is a naturopathic doctor predicted, I didn't find that I had to urinate excessively beyond the first couple of days. My bladder stretched, and now I have no problem with urinary urgency.

ARTIFICIAL SWEETENERS

Another important tip, heard from many MDs and NDs, is avoid all aspartame, also known as nutrasweet. ALL aspartame. That means diet sodas are out.

(Stevia has served me as a healthful sweetener. Not all brands are equally good as a sweetener, in my experience. Try Herbal Select brand's liquid stevia.)

I was acquainted with a superintendent couple in their 30s. The wife became so fatigued and had such sore muscles and joints that she was literally bedridden. MD advice did nothing for her. Then they heard about the negative side effects of aspartame, and switched to water or some regular soda, diluted to half soda, half water (then refrigerated for taste.) Within a couple of weeks she was back to normal health.

Aspartame gets converted to, among other things, formaldehyde. Not good at all for a target's already compromised health. Ditto Nutrasweet. Sucralose is not recommended.

Sugar is another damaging substance. Use STEVIA in place of sugar.

BIO-AVAILABILITY

There is a concern, when taking vitamins and minerals, about "bio-availability."

"Bio-availability" is the ability of each supplement to reach the body's cells in a form which the cells can readily use. Generally, mineral oxides are the poorest choice, as they have the least ability to be taken up by the cells. "Citrate" or "chelated" forms are more likely to be useful to the body's cells.

Liquid forms are more likely to be absorbed. The highest bio-availability items tend to have the shortest shelf lives. Keeping what you can in your fridge helps.

What I've described above can form the basis of your conversations with the proprietor of a local health food store. My naturopathic doctor friends advise that health food store products are more likely to be of a high bio-availability form, compared with vitamins and supplements as sold in pharmacies.

LARGE TABLET SUPPLEMENTS

Because some of the high quality supplements are very large tablets, I tend to chew them and swallow them with a drink. Not the prescribed way to take these large tablets, but I can't swallow such huge items. (Targets tend to have weak teeth, so I recommend pliers to crack the largest tablets into chips, then pop the chips into my mouth along with a drink.)

"BAD" SUPPLEMENTS

There are some supplements which have a reputation for being "bad" or hazardous. I'm not a doctor, but I am sharing here some cautionary notes based on my extensive listening to MD and ND doctors on the radio. As stated a number of times in this section, anyone planning to use supplements needs to do their own research, and this would include asking their own MD doctor. Don't blindly accept what I suggest.

Asking your own MD doctor about supplements is problematic, because, according to professionals who recommend natural supplements, doctors are actually taught in med school that supplements are totally unnecessary, and that all you need to do is "eat right," and the body will have all the nutrients it needs. Professionals who recommend natural supplements say an emphatic NO, that in fact, agricultural soils are severely depleted of many nutrients, and farmers can't afford to restore the approximately 90 essential nutrients humans need for optimal health to their fields.

What your own MD doctor CAN do, even though he/she may not have much in the way of positive supplement recommendations, is alert you to your own health status, and warn you about the few supplements which do need to be treated with caution.

An ideal situation is to patronize what are called "integrative medicine clinics" where both MD and ND (naturopathic) doctors share premises and both disciplines are readily available to patients. Failing that, visiting a licenced ND doctor is a good idea if you can afford it.

Here are the supplements I've heard, over my decade of listening to MD and ND doctors who practice natural medicine, need to be used with caution:

- **Silver.** Silver can be a powerful anti-viral and anti-bacterial, but it is not recommended for regular intake. "Argyria" is where so much colloidal (metallic particle) silver gets deposited in a users body that they turn dark blue when they go out in the sun. I read an article explaining that argyria is not harmful, just embarrassing, but still, you want to avoid it.

Silver ions, which are silver molecules in liquid solution ready to chemically react, are the most powerful form, however, most ionic silver preparations, says Dr. Bill Deagle, are too reactive, and the silver will react too quickly with body parts where it won't do any good. Dr. Deagle, a bio-chemist before entering med school, says his product "Silver 100" is by far the best form of silver on the market, and because of its high quality, very little is needed. There is no risk of developing argyria with Silver 100, says Dr. Deagle.

Dr. Deagle says ordinary colloidal silver, tiny particles of silver in solution, has a very hard time being converted to reactive silver ions, and therefore is minimally effective.

Silver is sensitive to shelf life. Keeping it dark, in the fridge, is a good idea.

I've heard it said that if you make colloidal silver yourself, which requires study before attempting that, the shelf life is very short and ideally, it should be used within 24 hours. Don't assume every colloidal silver kit is well designed and produces safe colloidal silver.

There is a colloidal silver product which is touted as being store-able for years, "Super Silver."

- **Iodine.** A small number of people are sensitive to iodine. One target had serious trouble taking it, although I do not know the full story, what form and dose she was using and the like, so I'm not able to give details. Suffice to say that if you can't afford professional advice, at the very least, start off well below the label dose and stop if you have any adverse reaction.

If you can take iodine, and most people can say the doctors, it is extremely important support for all sorts of health conditions.

- **Iron.** Iron can be very toxic at above recommended dose, say the doctors. It is possible to have high iron content in your drinking water, which has the potential for making iron supplements unnecessary and unwise. One naturopathic doctor told me that my finger nails, with unusual ridges running across them, indicated low iron.
- **Calcium.** Calcium is essential for many things, we all know that. However, the sum

total of all mention of calcium by the radio doctors leaves me with the impression we should take it regularly but at the same time, maybe not at the full dose on a bottle of calcium tablets.

It is common to find magnesium and calcium together in a single tablet. I don't use those mixes - instead I take full recommended dose of high quality magnesium, and about 1/4 the label dose of my calcium supplement.

- **Niacin.** Excellent supplement, but requires starting out with tiny doses and slowly working up to avoid disrupting your sleep. There is a separate section on niacin in this booklet.

PROFESSIONALS WHO RECOMMEND NATURAL SUPPLEMENTS

I would recommend that targets who can, do some reading, site visiting, and radio listening regarding nutrition before spending a lot of money on supplements. Here is a list of some of the MD doctors and other health professionals I have heard repeatedly since 2000, and whose information is the basis for the suggestions I present here:

Dr. Robert Rowan, MD ("father of naturopathic meds", says Joyce Riley, RN)

Dr. Russell Blaylock, MD (neurosurgeon)

Dr. Sherri Tenpenny, DO

Dr. Meryl Nass, MD (bad vaccine activist)

Dr. Duane Graveline, MD (former NASA flight surgeon, -lipitor activist)

Dr. Sherry Rogers, MD (cardiac preventatives)

Diplomat of the American Board of Family Practice,
a Fellow of the American College of Allergy and
Immunology and a Diplomat of the American Academy
of Environmental Medicine, has been in private
practice for over 26 years

Dr. Rebecca Carley, MD (former surgeon, bad vaccine activist)

Dr. Lorraine Day, (bad pharma activist) the former Orthopedic Chief of Staff at San Francisco General Hospital

Dr. Leonard Horowitz, DDS, PhD (public health activist)

Dr. Stanley Monteith, MD (retired surgeon)

Dr. John Clark, MD (practices natural medicine)

<http://www.northernlightshealtheducation.com>

Dr. Gwen Scott, ND

Dr. Mark Sircus, Ac., O.M.D.

<http://www.imva.info>

Doctor Sir Gabriel Cousens, M.D., M.D.(H), D.D.

<http://gabrielcousens.com>

Dr. Dan Junker, ND (Flax seeds and lignin products)

Dr. Bruce Fife, ND (many books, promotes ketone-
producing foods for neurodegenerative diseases
such as Alzheimer's, ALS, MS - coconut oil is

uniquely suited for rolling back such diseases)
Dr. David Brownstein, MD (Extensive natural items used in practice, particularly iodine, unrefined salt, magnesium)
Dr. Michael Cohen, PhD, registered pharmacist
Institute of Safe Medication practices
- medication error reduction
Dr. Elaina George, MD
Dr Elaina George is a Board certified Otolaryngologist. She graduated from Princeton University with a degree in Biology. She received her Masters degree in Medical Microbiology from Long Island University, and received her medical degree from Mount Sinai School of Medicine in New York.
Dr. Joel Wallach, ND
Dr. Peter Glidden, ND
Dr. Dennis H. Harris, MD (revelationradionetwork.org)

BEYOND TANGY TANGERINE ("YOUNGEVITY" PRODUCT LINE)

- "Beyond Tangy Tangerine", a master blend of 88 readily bio-available minerals and over 100 specialty fruit juices, combined into a water-mixable powdered fruit drink. It has been very beneficial to me (Eleanor White) at only 1/6th of the minimum recommended dose for me, meaning 1 teaspoonful per day. At time of writing (June 2012), one 420 gram canister costs \$77 CDN delivered in Canada, and is a 120-day supply at one teaspoon per day, or 64 cents a day. Purchase sources (June 2012) are:

<http://www.powerhourteam.com> (U.S. and they ship to Canada)
<http://www.plantmins.com> (Canada - Toronto)

LIST OF INDIVIDUAL NATURAL SUPPLEMENTS

I use small doses of wide spectrum multiple mineral supplements such as Beyond Tangy Tangerine or VitaMineralMax from Dr. Bill Deagle, www.nutrimedical.com

But wide spectrum supplements do not provide full daily requirements of every mineral and vitamin, although they are very helpful by ensuring you have at least some of everything that is needed.

Over time, I make a mental notes of the number of times each individual supplement is recommended, as I listen to the doctors on the radio. The list below represents those individual items which I hear being repeated by more than one doctor. According to the importance I hear doctors assign to each supplement, I take some individual supplements separately, in addition to the wide spectrum multi-mineral preparations. Here is the list:

- magnesium (citrate or chelate, VERY much needed say the docs)
- calcium (citrate or chelate, go easy on calcium, I've heard)
- iodine (start with a low dose - a few people are sensitive to iodine)
- digestive enzymes (particularly for seniors)
- selenium (MD doctors report we are chronically short of this)
- co-enzyme Q10
- coconut oil (supports healthy brain and nerve tissue, say some docs)
- MSM
- zinc
- iron
- chromium
- curcumin (being studied for anti-cancer properties), turmeric, the poor person's substitute; taking black pepper with these items is recommended for better solubility
- melatonin (helps with sleep; has other health benefits)
- vitamin B complex, C, D, E (vitamin C recommended for flu moderation)
Note: For vitamins C and E, it is extremely important to seek out a MULTIPLE FORM blend. Simple C and E do NOT provide full benefits.
- vitamin K2 (reported as helping to move calcium from blood vessels and heart, and keep the calcium in the bones and teeth)
- oregano (works for me for anti-viral use)
- olive leaf extract (works for me for anti-viral use)
- spirulina and chlorella
- folic acid
- cranberry concentrate (for urinary tract infection)
- elderberry (immune system booster, but not for killer flu where deaths occur due to OVER ACTIVE immune function resulting in a "cytokine storm" in the lungs)
- glucosamine and chondroitin sulfates (for joint support)
- omega 3 (for cardiovascular health)
- colloidal silver or ionic silver (for acute bacterial or viral infection, not for steady use)
Note: Top of the line form is timed-release-ionic silver, only a small quantity required, sold (July 2013) as "Silver 100" by Dr. Bill Deagle, www.nutriceutical.com
- "Floressence," also known as "Essiac tea" (has demonstrated anti-cancer benefits, Ojibway Indian preparation, used by Canadian nurse in the 1920s and 30s with widespread success, commercially available today)
- medicinal clay (taken internally and externally, has improved severe diabetic damage to extremities; "calcium bentonite" clay is highly recommended)
- multi-herb "heart drops," e.g. Kardovite (have helped with a range of conditions and have improve different body functions per ND doctors, and my experience as well)
- activated charcoal (internal and external use for poisoning, bites - NEVER take the powder without first mixing with water!)
- balsam fir oil (expensive; powerful bleeding stopper - "Bleed-X" is another)
- hydrogen peroxide (1:4 diluted, excellent mouthwash, has helped as a gargle with sore throat; some reports that peroxide certified for internal use is beneficial; I haven't tried that.)

That is far from a complete list. These are just highlights of the field. I recommend targets spend some time reading up on nutrition - knowledge in this area can help in serious situations, even along with whatever your MD doctor may prescribe.

GROWN BY NATURE PRODUCTS

One nutrition researcher from the United Kingdom, Dr. Eric Llewellyn, urges those who want the very best form of nutrients look for “protein-bound” supplements. “Protein-bound” means the nutrient is bound with material which, to use Dr. Llewellyn's words, “is the key to getting the material latched to the nutrient receptors in the cells.” This form is similar to naturally occurring nutrients found in foods.

Dr. Llewellyn promotes the “Grown by Nature” product line, at this web site:

<http://www.grownbynature.com>

I haven't tried this product line, and they are more expensive (to be expected,) but if someone has a serious illness and wants to aim for the most effective, I would at least give that product a try. Dr. Llewellyn has been a regular guest on The Power Hour radio show, a show which is heavy on nutrition information, hosted by Joyce Riley.

Dr. Llewellyn has mentioned studies showing that high quality selenium is something virtually everyone is chronically short of, and, he states studies show significant improvement for diabetes and cancer sufferers. Remember, this is Dr. Llewellyn's claim, not mine.

BLOOD PRESSURE SUPPLEMENTS

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

I have chronic high blood pressure, which is not surprising since I have been a target for 33 years (in 2013). According to Dr. Bill Deagle, prescription BP medication reduces perfusion, i.e. the ability of the blood to penetrate the smallest blood vessels. Dr. Deagle says that over age 70, no prescription BP medication should be used. Dr. Deagle says long term prescription BP medication is often associated with organ damage from lack of blood flow and dementia.

Being in my 70s, my experience confirms that recommendation. When I take full dose prescription BP medication, I find that my hands and feet get very cold, and my legs go numb from low blood flow if I sit very long in one position.

By using natural supplements to do most of the BP reduction, I find that I can get along with only occasional small chips of prescription BP medication, and do not have an obvious problem with low perfusion.

Here are the supplements I use to keep control of my blood pressure as of 2013:

- Kardovite liquid (<http://www.kardovite.com>)
- SuperNox, nitric oxide precursor (<http://www.nutrimerical.com>)
- Magnesium Taurate (<http://www.nutrimerical.com>)
- Neovasc, niacin, (<http://www.nutrimerical.com>)

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

NIACIN (B-VITAMIN)

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

This is a special topic because considerable caution is needed. A top quality brand (July 2013) is Dr. Bill Deagle's "Neovasc", www.nutrimerical.com

Joyce Riley (The Power Hour) reported on a study which found that niacin is as effective at controlling cholesterol and lipids as the widely prescribed "statin" drugs, lipitor being one. Statins are associated with damage to the brain and diabetes, I've heard from many broadcasters. Dr. Deagle also recommends the benefits of niacin as a replacement for statins.

Niacin is also, I've found, a significant energy booster. But herein lies the problem: Niacin doesn't stop being an energy booster AT NIGHT. To get the cardiovascular and energy benefits, one has to "titrate," i.e. start with TINY doses, like 1/10 of a niacin tablet, and over months, work up.

Niacin produces hot flashes and tingly sensations when you begin using it - this is normal. The main consideration is to keep the dose down to the point where your sleep isn't made worse. Over time these symptoms subside, and the dosage can be increased.

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

LITHIUM

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

(July 2013) Dr. Mark Millar, DC, has done extensive research into not-widely-published but professional studies on the role of the natural element lithium. He started out seeking an affordable way to prevent Alzheimer's disease and suicides on behalf of veterans. He found that this inexpensive element has a wide spectrum of benefits, and when taken at LOW doses is entirely safe.

His recommended product, lithium orotate, is sold at Dr. Millar's own web site:

<http://www.opsetthemfree.com>

... or, on The Power Hour's natural product mail order site:

<http://www.thepowermall.com>

Dr. Milar's brand of lithium orotate weighs 120 mg per tablet. However, it's important to note that only 5 mg of the 120 is elemental lithium. That is well below the weight of elemental lithium where safety is in question, that level being around 100 mg per day.

Lithium orotate is widely reported by Dr. Millar's clients, and The Power Hour listeners, as helping significantly with memory. It has also been linked to sleep improvement.

I have benefitted from lithium. I've also found that if I take it on an empty stomach, I get an upset stomach. Taking lithium orotate during or after a meal eliminates that problem.

At around \$20 USD per bottle of 200 tablets (2013), it is one of the lowest cost supplements and well worth considering by targets.

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

EXCESSIVE WEIGHT GAIN

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

Some targets report excessive weight gain. The doctors I listen to on the radio have explained the basic mechanism of weight gain. If your cells have the proper, bio-available forms of all necessary nutrients in your cells, food will enter the cell and be metabolized normally.

On the other hand, if your cells lack bio-available nutrients, much of the food will just bypass the cells and end up stored as fat.

Thus, even though there are genetic variations in tendency toward obesity, everyone can achieve some weight reduction by making sure your cells are supplied with as many bio-available nutrients as you can afford. "Beyond Tangy Tangerine" users have reported a significant reduction in not just weight, but appetite too. Even at the low doses I have to use because of cost, I get some appetite and weight reduction.

Again, here are a couple of (2013) sources for "Beyond Tangy Tangerine":

<http://www.powerhourteam.com> (U.S. and they ship to Canada)

<http://www.plantmins.com> (Canada - Toronto)

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

COLDS AND FLU (VIRAL ILLNESSES)

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

Based on the recommendation of doctors I have listened to, here are some natural supplements which I have found effective against colds and flu:

- vitamin C COMPLEX (multiple vitamin C FORMS in one capsule)
- olive leaf extract
- oregano oil and similar oregano preparations
- allicin, the anti-viral/bacterial ingredient in garlic (Allimax excellent but expensive. Other brands may work, but will have to be tested by users.)
- vitamin D
- zinc
- elderberry (ordinary colds and flu, yes, but extreme cases no, if you are young, because extreme "bio-weapon level" flu can cause over-reaction of the immune system which can cause fluid to fill the lungs; use the other items above for extreme flu)
- high quality silver misted up into your sinuses using a compressor-driven nebulizer can help; the same nebulizer can be used with a solution of sea salt in water

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

ANTI-BIOTIC RESISTANT NECROTIZING FASCIITIS

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

Necrotizing fasciitis is the modern-day "flesh eating" disease which appears to have been developed by overuse of antibiotics.

- RAW honey, particularly MANUKA honey, from New Zealand; available in some health stores, one source of information at <http://manukahealth.co.nz>; an alternative to try would be raw honey from a local bee keeper; commercial honey not useful; raw honey can be used both topically on lesions, and internally
- Allimax (high potency allicin extracted from garlic)
- silver can be tried, best brand is Silver 100 from <http://www.nutrimedical.com>, a timed-release ionic form, far less product than colloidal is needed

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

CANCER

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

Cancer, according to some of the doctors I listen to, is a malfunction of the immune system and can be triggered by overload of environmental toxins, some of which are artificial, such as the spraying of toxic chemicals under "geo-engineering" programs, toxic adjuvants in vaccines, pthalates in plastics, and many other current-day sources.

Consequently, say some of the doctors, anything which can purge the body of toxins can help prevent, and possibly suppress active cancer. POSSIBLY, NO GUARANTEES.

The process of ridding the body of toxins is called "chelation."

One chelation product recommended by Dr. Bill Deagle, www.nutrimedical.com, is "Chelor Max". Taking it at an affordable dose may be worthwhile.

Another very promising product is curcumin, which is the active ingredient of turmeric spice. In ordinary form, curcumin and turmeric have very limited ability to penetrate the cells due to low solubility in water. One product which adds bioprin to the curcumin is "Cell Defense" sold by Dr. Bill Deagle at www.nutrimedical.com (2013)

Another product which approaches the solubility problem differently is nano-particle curcumin from <http://www.aor.ca> (2012)

Black pepper taken with curcumin or turmeric is said to help with solubility.

There are natural method cancer clinics where patients are fed large quantities of blenderized vegetables. Unfortunately, genetically modified produce is in the food supply system, but this is a form of support worth trying.

Lemon juice has been reported as very effective as a natural substitute for chemotherapy.

Keeping your body's pH high (higher = more alkaline, less acidic) has been reported as a helpful means of suppressing cancer. One widely touted product to do that is "Plasma pH" by www.Alkavision.com, Kalamazoo, Michigan. Lemon juice also stimulates higher pH even though it is acidic, (surprisingly,) report some of the doctors.

If CHEMOTHERAPY is contemplated or in use, the Japanese mix coriolus mushroom extract into the chemo solutions. Coriolus mushrooms are reported to keep a chemo patient's immune system working and can substantially improve the chemo experience.

Here is a former chemo patient's testimonial regarding use of coriolus mushroom during chemo:

<http://www.randomcollection.info/kma-on-chemo.mp3>

One purchase source of coriolus mushroom, one which a friend of mine who is a naturopathic cancer doctor, is shown here (2012 info):

<http://www.randomcollection.info/coriolus-mushroom.pdf>

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

DIABETES

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

Kardovite, available at many health stores, has been recommended as a way to promote perfusion (circulation of blood in the smallest blood vessels), something very important to diabetics. (Kardovite has also been recommended for blood circulation support in macular degeneration of the eye.)

Good quality magnesium (citrate or chelate, not oxide) is another mineral which promotes good circulation.

Purslane products, as from Belcheff Farms, <http://www.naturalplantation.com>, are said to help with the effects of diabetes.

Coconut oil, which has a wide range of health benefits, has been recommended for diabetics. Note that not all brands are good, and you can't easily tell just by looking at the brand. Here are four brands which come well recommended:

- Nutiva
- Omega Nutrition
- Purium "Organic Tropic" (coconut oil)
- Wilderness Family brand

Dr. Sherry Rogers, MD, says that pthalates from plastic play a role in diabetes. She offers these supplements as helping to reduce the impact of pthalates:

- chromium
- vanadium
- manganese

Dr. Sherry Rogers also recommends ***R*** lipoic acid for diabetics. NOT "alpha lipoic acid."

Joyce Riley, RN, recommends the supplement spirulina and ginger for diabetics.

Remember, Eleanor White is NOT a doctor, and I am sharing what I've heard from doctors on the radio. Readers should do their own research.

DENTAL HEALTH

Dental illness can be extremely disabling and extremely expensive. And targets often report teeth cracking up. I've had a lot of that. Teeth broken right off at the gum line.

Some years ago on The Power Hour, an American Patriot Radio show, I heard Joyce Riley, RN, interview a chemist who had dental problems, and made a hobby of delving into the actual chemical reactions responsible for tooth decay. The chemist's conclusion: Tooth decay can be eliminated by getting the glycerine residue left by conventional toothpaste on the teeth. This sticky layer provides cover for decay bacteria, and keeps their enamel-destroying excretions against the enamel.

His solution: After brushing with toothpaste, which is beneficial due to the fine grit content, brush with soap. Ivory soap has virtually no taste, by the way, as long as you don't get it way far back in your throat.

I tried this method, and in spite of the massive damage in my mouth, have had zero cavities for 11 years at time of writing. I also finish with a 1:4 solution of ordinary drug store hydrogen peroxide, diluted with water.

This remedy saved me thousands of dollars, based on previous experience. And the same hydrogen peroxide seems to help with some sore throats, as a gargle.

7. Exercise Helps a Lot

Exercise has been one of my most helpful coping methods. Not only does it promote general health, even in the face of health-damaging attacks, but the more exercise I'm able to do in a day, the more and better quality sleep I'm able to get. And as targets can tell you, sleep disruption/deprivation is a major attack type.

Personally I prefer walking as my main means of exercise, because it's a great way to get outdoors.

The perps do set up harassment skits as I walk outdoors, but they are restrained by their need for secrecy so that they can't harass a target every foot of the way without beginning to appear obvious.

Carrying one of today's compact digital memory camcorders definitely discourages perping outdoors. Not perfect, but the perps are sensitive to handing us easy evidence.

8. Wildlife Interaction - Inexpensive and Rewarding

I also find that while walking, being prepared with treats to toss to wildlife makes for a really fine bonus to the exercise gained. Wild animals and birds make exercising a whole lot more

appealing. A few tips on tossing treats to wildlife:

- Essay on making friends with squirrels
<http://www.randomcollection.info/sqfriends.pdf>
- Essay on interacting with crows
<http://www.randomcollection.info/crowchron.pdf>
- Essay on rescuing stranded earthworms . . .
<http://www.randomcollection.info/ewrescue.pdf>
- Roasted peanuts are pretty well a universally appreciated wildlife food, from squirrels and raccoons, down to the tiny chickadee. They must be roasted to protect the health of the wildlife. Feed squirrels or chipmunks near bushes or at tree trunks to give them a quick escape if they become threatened. Choose not salted peanuts.
- Birds appreciate peanuts out of the shell, naturally, since they have a lot of difficulty getting into a peanut shell. They must be roasted to protect the health of the wildlife.
- I recommend not leaving animal food around, but rather, dispense it on request from the animals. You don't want to leave too much of a mess, and also, excessive feeding can induce overpopulation. Overpopulated animals would suffer when you stop.
- All wildlife needs water. They really appreciate water, which can be left in tip-resistant dishes, or cups fastened to bush or tree trunks, ideally changed daily. Squirrels may not drink much, but like us they need regular water. Animals and birds can foul water, so frequent changing of the water is important. Hiding the dishes, which can be dark green or brown plastic flower pot saucers, helps avoid vandalism. (Do not use metal dishes in cold weather - they endanger the tongues and lips of the animals.)
- Water is particularly important in cooler weather when there is no snow or ice available. Most people don't think that many animals have a very difficult time finding water in winter when the ground is bare, but they do. Animals appreciate liquid water, and hot tap water can be poured into the dishes in winter to give a few hours' of liquid before it turns to ice. However, animals are willing to scrape a frozen dish with their teeth to get water that way, so don't worry about the water freezing. Squirrels love ice cubes, and will take them up into the trees to munch on.

There is an image available at this link:

<http://www.randomcollection.info/water4wildlife.gif> ... which can be used as flyers or posters to advocate for providing badly needed water for wildlife in your area. Here below (next page) is an image of that flyer/poster:

REMEMBER ...

**AS YOU DRINK THAT WATER, OUR
BEAUTIFUL WILDLIFE COMPANIONS
NEED IT TOO! AND IN CITIES, IT IS
VERY HARD FOR THEM TO FIND!**



**WEATHER HAS BECOME INCREASINGLY
DRY SINCE THE LATE 1990s. **DEW**
HAS ALMOST DISAPPEARED. PLEASE
CONSIDER SETTING OUT WATER DISHES
TO PREVENT THE SUFFERING AND
DEATH OF OUR BEAUTIFUL WILDLIFE.**

**PLEASE CONSIDER DOING THIS IN COOL
BUT DRY WEATHER AS WELL ... WINTER
CAN BE MERCILESSLY DRY, AND THERE
ARE NO LAWN SPRINKLERS! WILDLIFE
WILL EAT ICE GLADLY!**

THEY WILL APPRECIATE IT!

- Bread and crackers are not a good idea unless the animals have abundant clean water available, or, there is plenty of snow available.

It's a good idea to locate one or more local wildlife rehabbers, in case you come across an animal or bird in serious distress, or, an orphaned baby. They are often licenced by the state or province, and their contact info may be available from your local department or ministry of natural resources, humane society, or veterinarian. Keep a list of their telephone numbers handy if you visit wildlife frequently.

Contact the local rehabbers and ask them for tips on how and when to transport animals in distress. (I use a nylon mesh laundry bag, and wool gloves. Doing this, one has to gently move the bag now and then if the animal sets about chewing its way out. Soft, soothing talk to an animal you are transporting definitely makes them more comfortable. I just keep repeating "It's OK honey," and most animals I've transported genuinely relax.)

9. Sleep Tips

Here are some things that help me either get more sleep, or, when forced awake by the perpetrators' technology, help make enduring the wakeful periods more comfortable:

- Realize that as long as one spends several hours in a relaxed pose, ideally in the dark, one can still function. It's not a great life, but I held a job for two decades like that.
- Get as much exercise, especially long walks outdoors, as possible
- Keep the bedroom as cool as you can take it, even if you need to wear a wool cap to keep your head warm
- I find having a fan on low speed blowing across my bare feet in cold weather, and bare legs in warm weather, does help me get better sleep.
- The product "Calmind" from: <http://www.nutrimedical.com/> has produced encouraging results for some targets taken at bedtime. As it is expensive, experimenting with lower than recommended doses is encouraged. Hangover has not been reported.
- One 3 mg cap of melatonin at maybe 11 pm, and sometimes a second one in the wee hours (but no later than, say, 3 am, or it can make you groggy the next day) Note: Try to avoid taking things which can make you drowsy too much past midnight, if you have to work the next day. Melatonin is typically mild so I would take it as late as 3 am. That is a personal judgment call.
- A good quality magnesium supplement, one that is labelled "chelated" taken at bed time can help

- A generic allergy tablet, which can be had for ~\$15 for 100 (basically antihistamine) can help too, especially if the perps use itching to keep you from sleeping (generic name: diphenhydramine hydrochloride) Note: Try to avoid taking things which can make you drowsy too much past midnight, if you have to work the next day. That is a personal judgment call.
- I find that “foam cylinder” style ear plugs can help when the perpetrators use projected noises to keep me awake
- A commercially available white noise machine can help.

ITCHING:

Since itching can be a major sleep destroyer, let me add my tips for handling perp itching attacks:

I find that ordinary itching medication does help, however, the perp itching can be so constant that it's hard to afford enough to keep it under control if you totally depend on it.

Sometimes simple isopropyl alcohol helps. A small spray bottle can make it easy to carry and apply. Mixing a crushed aspirin tablet with half water and half isopropyl alcohol can be a little more effective than isopropyl alcohol alone.

There's also the problem of having it rub off on your clothing and bedding, so it doesn't stay put all that long. And of course in public and on the job, slathering yourself with goo can make you look odd, and maybe smell medicine-y.

I use Dr. Scholl's corn removal abrasers which are like cheese graters, garlic graters, hair brushes which I've cut the bristle length by half of the original length, and the edge of a steak knife dragged across the skin at right angles to the skin. I scrape down to produce just enough pain so it at least partly masks the itching. Spraying alcohol increases the pain so you can mask it more effectively where needed.

Sometimes the scraped areas bleed a little, but I'd rather bleed a little and avoid the itching.

If you are working and they have large areas of your body absolutely on fire with itching, I take either non-prescription Tylenol, or in extreme cases, Tylenol 3 to relieve the itching at critical times like important work or trying to sleep. I did find a doc willing to prescribe Tylenol 3 in small quantities for this, as sleep is very important. I only take maybe 1/3 of a tablet at each incident to keep my usage rate low and not develop a tolerance for the drug.

Gold Bond lotion (large orange pump bottle) does help me at times, but is too expensive to use in large quantity.

I have lots of the above itch reliever tools lying around and carried with me at all times.

When my feet were under extreme attack, I wore heavy duty open sandals, even while at work, and even outside in winter. (I didn't find winter a problem doing this.) It was too hard to get into my shoes or boots every few minutes.

I carry a butter knife with me when I'm out walking, which allows me to use the tip to scratch some areas of my ankles and feet without having to unlace my boots.

I wear 3M brand extra coarse non-metallic paint removal scrubbers in my underwear everywhere I go. Wearing a bra comes in handy for that. I use those pads AFTER I've "broken them in" by sleeping on top of them in bed for a while - they are too scratchy to be used in new condition like that.

In bed, I have many of those pads and I keep tucking them in places where the perps are itch-attacking me at night.

I also have a 1/4" wooden dowel with the eye end of a sewing needle projecting out of it, the rest of the needle being glued into the wood. That can be handy to penetrate clothing to get at an itch spot while out in public without making too big a fuss.

10. Endless Churning

One of the most persistent and difficult-to-shake problems is the compulsive mentally "churning" of questions about OS/EH over day and night, to the extent that time and strength that might be used for enjoying life's simpler, scaled-down pleasures is gone. "Churning" thoughts is also a characteristic of some mental illnesses.

Targets will benefit from controlling the amount of time and strength spent churning the issues. Like dieting and stopping smoking, it's not necessarily easy but it is worth putting some effort into limiting the amount of mental churning you give to questions related to OS/EH crimes.

Some examples of the most commonly churned questions:

- Why did they choose me?
- How are they attacking me? (Churning the technology)
- Who is responsible for the attacks?

They are very important to any person under attack, and it is an important coping skill to accept that by and large, most of us do not know the answers to those questions. I recommend taking the time you spend asking those questions and putting it on other, healthier activities.

11. Ignoring Perpetrator Attacks

We can not “just ignore” the perpetrator attacks. They are too numerous and repetitive, and have been selected because they are hard to ignore. We are going to be ticked off after each attack. That is unavoidable.

But we can gradually train ourselves to spend as little time possible dwelling on the annoyance or anger. If you only spend a few minutes in a ticked off state after an attack, you are doing well.

12. The Strong Likelihood of Decoying

One important coping strategy is to keep yourself aware that some acts of harassment, including both organized stalking and the advanced technology attacks, are likely to involve decoying.

As a 29-year target of OS/EH at time of writing, and as someone who has been hearing stories from other targets for 13 years, one pattern is very clear: The perpetrators consistently try to coax targets into blaming either the wrong technology, or the wrong people, or both. This is a sub-task of their attempting to get targets to discredit themselves by making nonsensical or unsupportable claims to the public, and especially officials.

For example: You are getting heavy electronic harassment, but it stops when the neighbours next door move away.

In the world of organized stalking and electronic harassment, that the neighbour was the source of your electronic harassment is only a possibility. In the world of OS/EH, it is equally likely that your perps stopped some of your attacks to make you think the departed neighbours were responsible. Their long term goal would be to convince you that you had the ability to identify the true source of your attacks. The perps would hope that in a later situation, your confidence in your ability to identify the true source would cause you to complain to police about an innocent neighbour. The OS/EH perps are highly sophisticated, never forget that. They are not just thugs operating at the high school prank level, even if many of their operations resemble that.

I have had types of noise boom through the ceiling of my apartment with the sounds of heavy iron automotive engine parts, say, dropping on a heavy wood plank floor. Yet the ceiling was heavy 8-inch reinforced concrete, observed during the building's construction. I have heard loud bird noises emanating from bare trees with no birds, or large, windowless solid masonry walls. Clearly, the perps are capable of generating noise which seems to come from a neighbour's home or apartment, but in fact is artificially generated.

I have learned that this type of decoying is a recurring form of harassment, and that if I do refer to such activity to others, I must use the speaking style and demeanour used by professionals during public speaking, and use qualifiers such as “seems” or “appears to.”

Another form of decoying is setting up targets to cause them to complain loudly by “accidentally” showing them “equipment” which the target assumes is responsible for their harassment. One target “freaked out” over heavy metal rod bent in a “U” shape and welded to the sides of trailer hitches in his area. Because of a resemblance to the “trombone” shaped older TV antennas, he assumed these trailer hitches were antennas, the source of his harassment, while driving.

Other targets have found TV cables, old TV flat “twinlead” cable, the standoff insulators used to fasten the “twinlead” cable, and many other utility fittings and pieces of equipment and become absolutely sure those were responsible for their harassment.

All indications are that today's electronic harassment is carried out by very sophisticated signals, beyond those taught in school. My advice to targets who become convinced that a piece of equipment they find in their vicinity is to simply ask around and find out what it is, withOUT suggesting it is some sort of harassment device. In most cases that will put the target's mind at ease.

Targets can also take close up photos, and post them to the photo section of the forums, and ask if anyone knows what the item in the photo actually is. If you do that, be sure to read “Gathering Evidence: Photographic” in this booklet, for tips on how to make an evidence photo post-able/email-able.

It is very important that targets understand that everything they see and hear relating to OS/EH might be decoying, and that due caution is always necessary in drawing conclusions.

13. Shielding

Shielding is one of the first concerns which appear on a target's radar screen once they realize they are being electronically attacked. The problem is that to date, there is no known shielding method, including “jammer” devices, which completely stops one or more of the attack types, detects one or more of the attack types convincingly, or works for everyone who tries such methods.

More than that, I've heard from perhaps 40 to 50 targets over my 13 years on line who receive attack types involving mechanical vibration of both body parts and inanimate objects, which cannot be done using any technology, electromagnetic or acoustic, taught in today's schools, under the conditions experienced. Right up front, the perps clearly have classified (secret) technology.

The truthful statement answering the question “How are they doing that to us?” is that we do not know.

Interestingly, the many sufferers of what started years ago as the “Taos Hum,” a constant sound like “an idling diesel engine,” sometimes experience vibration too. While I do not recommend talking about vibration to non-targets, if it should slip out, OS/EH targets can mention the “Taos Hum” sufferers' vibration experiences as well.

We do know of some proven-beyond-doubt, demonstrated-as-workable, and available-to-anyone-with-the-cash, through-wall weapons which can replicate some of what happens to us, but not everything. Those weapons are summarized in this e-booklet:

<http://www.stopos.info>

While those proven technologies are great for educating the public about electronic harassment, they all use as-taught-in-school technology and can not perform all of the attack types we experience.

What all this means in practical terms is, while some types of shielding do work part of the time, and for some targets who try the various methods, it is unrealistic to expect that spending a lot of money on shielding experiments, (or detection experiments,) is likely to result in assured success. The bottom line rule of thumb for experiments is: Don't spend money you can't afford to lose.

A companion "e-handbook" to this one, which describes shielding experiments in more detail is at this link:

<http://www.randomcollection.info/oscd.pdf>

Interestingly, shielding materials which do not stop electromagnetic, or EM signals have at least reduced the intensity of electronic attacks in some cases. (One way to test the EM shielding ability of a material is to wrap a transistor radio in it and see if the radio stops playing.)

Some materials which normally (with special case exceptions) pass EM signals are rubber, blue gel "freezer packs" (unfrozen,) leather, and wet towels. Yet such materials have provided at least partial success for some targets.

The lesson is, shielding is a wide open question, and as long as targets don't spend money they can't afford to lose, experiments may well turn up useful shielding techniques.

Sheet metal and/or metal screen, including commercially made "Faraday cages" have been tried with the same mixed results. Including one reconstructed top grade EM shielded hospital MRI room.

Some experimenters, myself included, have had temporary success with many folded over layers (to say, half an inch thickness) of aluminum foil held against the head.

A number of targets, including myself, have sensed, at least once in a while, that their electronic attacks come from a specific direction. Some targets are totally convinced. However, knowing how the perps like us to complain about and blame innocent neighbours, I regard my instances of directional sensing as probable decoying.

I did not take the bait, didn't complain, and the apparent directional attacks have ceased since

then, and that was several years ago.

For coping, I advise not making complaints about a neighbour based on sensing an attack coming from their direction. The perps would clearly like to see us all locked up in a mental institution where they could torture us around the clock and no one would pay attention. I say be extremely careful with complaints, so as to avoid that.

14. Defending Against False Diagnosis of Mental Illness (SEE ALSO SECTION 30)

There is a good chance that most targets will encounter charges that they are mentally ill. When these charges come from family members, police, or doctors, the target can find themselves facing incarceration in mental hospital, or, being forced to take dangerous and debilitating psychoactive drugs in the community.

There are some things which can be done to avoid this. Summarized, they include:

- Restrict What You Say to Professionals (a section in this booklet)
- Restrict what you say to everyone, especially family
- Always speak to officials about OS/EH as a member of an in-person group
- Have stalking statistics and/or proven technology information printed and ready
- Call around local crisis support organizations to find an OS-aware staffer
- Locate a lawyer with mental health defence experience (who takes legal aid)
- If already in the psychiatric system, gradually appear to agree with them and get out

When I say “Always speak to officials about OS/EH in an in-person group” that especially includes doctors and police. Part of this point “Call around local crisis support organizations to find an OS-aware staffer” is to attempt to have such a staffer accompany you in any really critical meetings with doctors or police. It may be possible to have a particularly conservative, sane-sounding target accompany you if you can't get the crisis support staffer to go with you, but an organized-stalking-aware crisis support staffer is the best.

Sorry to have to say this, but not every target is going to present a credible appearance, so take time and care to find out how a potential escort to critical meetings will present themselves and answer questions. Only invite someone you have known and interacted with for some time.

Interestingly, rape crisis centers, sometimes called sexual assault centers, which can either be government or private agencies, have proven to have staffers who know what OS is. Even though you are not complaining about sexual assault, include them on your list of agencies to call looking for an OS-aware staffer. My experience with the Toronto rape center was that they were quite willing to talk to men - men aren't regarded as “the dreaded enemy” by the staff. CATCH met in their offices and men were welcome to attend. (They no longer take calls relating to OS/EH, FYI, because they have no targets to refer callers to.)

When calling, state your purpose right up front, that you are looking for a staffer who is aware

of organized or group stalking. If you get a blank, try a different day or time when you are likely to get a different staffer on line. This repeated calling is how a target in Toronto was able to locate an OS-aware staffer in a supervisory position, who made the CATCH group possible. That group no longer operates, but in the two years it was active, a number of staff members who had been familiar with OS were located.

To locate a lawyer with mental health defence experience, I succeeded using the yellow pages. The law society's lawyer referral service may or may not be helpful, but they are worth a try. Actually contacting any lawyer's secretary may produce leads.

Once you locate such a lawyer, prepare a ONE PAGE, carefully prepared, sane-sounding description of your situation. Try hard for one page, though you may need two. You might even consider asking for comments on your proposed page on the forums to get it as good as it can be. This page is like a resume.

Make sure there is a comment on your page saying what you want the lawyer to do.

In my case, it was simply to be ready to defend me against false mental illness charges because I had decided to go into the street picketing to expose OS/EH. If you are already in the mental health system, provide contact information on your page.

I recommend not more than one Internet web link, if any on that page.

Not as part of your page, but printed out and ready for backup if you find you need it during your conversation with the lawyer, I recommend you print out and have ready a photocopy of this e-booklet written as a brief overview of the OS/EH crime picture for the public:

<http://www.stopos.info>

That short document gives you quick access to both the government stalking statistics and the proven through-wall technologies, summarized for quick reading. If the lawyer shows interest in those things, you have them handy. You may also want to leave a copy of that e-booklet with the lawyer, but be sure you tell the lawyer you are not requesting them to read the booklet, or you may receive a bill for a couple of hundred dollars. (If you can afford that, it might be a good idea, though.)

Once that preparatory work has been done, make an appointment. Most lawyers will give you one free 30-minute consult to see if your needs match their offered services.

If you are in the mental health system, that may require some actual work and how to pay for that work must be discussed. Legal aid may not cover what you need.

If you are just setting yourself up with a lawyer who is willing to defend you in case you get falsely diagnosed in the future, what you are mainly doing is providing him a one-page summary to go in a file. That's the best that a free 30-minute consult can get you.

I lucked out when I went to see my mental health defence experience lawyer. She already

knew all about OS/EH, because she had acted as a defence attorney for a perpetrator. Naturally she could give no details, but she did say he was a government employee who wanted to get out of doing OS/EH work. He was falsely convicted of a crime and placed in the Ontario Hospital for the Criminally Insane, and it took her 4 years to get him out.

Total secrecy was the price of getting him out and she is not willing to even repeat this publicly. She is now retired.

Targets must not assume they are going to do as well, but it does help with confidence when you find a non-target official who knows about OS/EH, even if they aren't willing to go public.

This may not be for everyone, but I did one thing on the recommendation of this lawyer: I went for a private psychiatric examination, with a psychiatrist that the lawyer knew was fair and honest. The result: The psychiatrist found no signs of mental illness.

Unfortunately, the perps got after this psychiatrist and she no longer takes OS/EH target patients. But it is possible to find honest psychiatrists, and asking a mental health defence lawyer may be a way to do that. Doing that could help if a target is being pressured to see a psychiatrist, but is still free to choose one. Not guaranteed, but worth a try.

If you are stuck in a mental hospital, you may find that the doctor(s) will insist that you admit you are imagining the harassment before they will begin the process of letting you out. My recommendation is to very slowly appear to agree with them. Very slowly is critically important because going too fast will make it look as if you are faking it.

Some ways you can appear to "be recovering" are gradually read newspapers or watch news on TV, and make short comments occasionally to staff, showing you are aware of and interested in news stories. Show concern for your health, your diet, drink plenty of water, try hard to sleep or at least lie still through the night. Be sure to quietly keep yourself aware of things like the date and who is your country's leader. Failing to know those things is used by psychiatrists to diagnose you as mentally ill.

Don't force staff to inject you; take the damn pills and resolve never to go near a psychiatrist again once you are free.

Once you get out, go to a library (med school libraries are best) or research on line all the meds you are on. Find out what their side effects are. Then gradually, and I mean gradually as in "over several months," taper off. Never stop completely, always keep a trace of the meds in your bloodstream until you are finally taken off them. You may want to emulate the side effects until you are taken off the meds.

To any member of the public who reads this and objects to my advice, I say if you don't like my advice, put the blame on the justice systems of the world who won't even take written complaints about organized stalking and electronic harassment, in most cases. The official crime statistics show OS is now being handled in some places at a rate of one case in eight. Once the justice system starts doing their sworn and paid jobs, instead of pretending OS/EH doesn't happen, we will then no longer need to resort to such tactics.

And by the way, SINGLE stalker targets have also been ridiculed and falsely diagnosed as mentally ill, so OS/EH targets are not unique in this respect.

15. Forming OS/EH Target Communes

Frequently, targets express the wish to form a commune, so targets can watch out and witness for one another. This is an excellent idea, but it needs to be tempered by the realities targets of OS/EH face.

First, unlike, say, a religious community, targets' organizations are subject to infiltration by perpetrators. I don't personally believe infiltrators are a huge problem, or that "there is an infiltrator behind every garbage can." But it is possible, and anything as new and potentially powerful as an OS/EH target commune is likely to draw special attention from the perps.

A more common problem is that to live in intimate living quarters where privacy is likely to be less available than, say, a home or apartment, by adult strangers of widely different personalities, does hold the possibility of very uncomfortable conflicts. Will housekeeping duties be shared equitably? How will missing or damaged personal property play out? What about noise? What happens when members don't or can't pay their full share of expenses?

My suggestion would be for targets seriously considering a commune would be to first move into close proximity in the same town or city, in regular, private homes or apartments. Get to know one another well in that setting. Give it at least a year that way.

In that setting, there are still going to be opportunities to witness and support one another, without the problems of adults who are initially strangers living under the same roof.

Sharing living quarters has been tried, and the results have not been all negative, but there have been enough difficulties to make full communal living something that needs much thought and planning before taking that leap.

16. Implants

In terms of coping, the possibility of implants - for monitoring, tracking, control and pain induction - deserves special mention. One of the concerns most frequently churned (excessively worried about) is the question as to whether a target is implanted.

Many targets assume they are implanted because they don't know of any other technology which can track and hurt them everywhere - even in underground tunnels or caverns. It is logical to suspect implants. But coping is affected by the all-consuming worry, and temptation to shout to the world that you have implants.

This temptation can lead to asking a doctor if he/she will remove one's presumed implants. Doing so places targets in serious danger of being forced into the mental health system,

which multiplies the target's problems greatly.

In my experience discussing OS/EH with the non-target public, discussing the possibility that ordinary people who are “nobodies” have been involuntarily implanted does produce the “You are a wacko” response in some cases. That may change now that RFID chips are being forced into pets, however, there's a big difference between chipping pets, and people having implants forced into them covertly for tracking, control, or inducing pain.

It may well be that nano-scale implants play a part in OS/EH, or, implants made of biological material which don't show on medical scans. At this moment, we have no evidence that such things are in use and can produce the effects we experience. And can produce the effects we experience.

At this point in time, we have just two people who are proven to have been involuntarily implanted - Robert Naeslund and David Larson. Their implants were visible on medical scans. It's not clear David Larson is actually an OS/EH target. Compare that with the several thousand OS/EH targets who keep in touch via the Internet.

At this point in time we know that devices which can perform some of the attacks we experience, silently, through walls, have been in existence, not classified secret, and available to anyone with the cash for up to five decades. Such technologies do not require that the target is implanted. It is likely there are additional classified secret technologies which do not require implants.

I suggest, based on the above, that targets should not assume, or tell the world that they have implants, without some sort of medical scan evidence, and/or, unusual lumps or unexplained wounds, or missing time experiences. And even there, avoid stating you are implanted as a fact without a doctor's diagnosis to back you up, is my suggestion.

Assuming you are implanted will produce huge amounts of worry and stress, which can be avoided unless you have really convincing evidence that you may have implants. A better way to cope is to just keep it on your “mental back burner” as one possibility, and put your time and strength into more useful things.

If you find yourself needing to comment on implants, you can always say “Because I am tracked and attacked everywhere, I believe I MAY have implants.”

Along the line of attempts to detect radio signals from possible implants, you may want to listen to these audio and video recordings by [ICAACT.org](http://www.randomcollection.info/rcp.htm#ICAACT):

<http://www.randomcollection.info/rcp.htm#ICAACT>

17. Satellites

Because targets are tracked and electronically attacked everywhere, many assume they are being targeted by satellite. The temptation to shout to the world that you are tracked and

attacked by satellites is very strong, just as with the temptation to shout that you are implanted.

We do not know what role, if any, satellites may play in our harassment.

We do know that conventional, as-taught-in-school technologies can not create the attack effects we experience from satellite distances. The conventional as-taught-in-school technologies which can perform through wall attacks are all short range technologies. I am not saying here satellites are not involved, I am saying we do not know.

Since we do not know, successful coping means not telling non-targets you are attacked, as a fact, from satellites. Claiming you are attacked by satellites can easily discredit you.

If you find yourself needing to mention satellites, it is very simple to avoid discrediting yourself by saying something like "I am tracked and attacked everywhere, and I think I MAY be under satellite surveillance."

18. Mind Reading

OS/EH targets are divided on whether mind reading actually happens. My 29-year experience tells me it exists. Picking up and converting nerve activity at the vocal cords has been demonstrated as able to electronically hear things said silently to self, at close range:

<http://www.randomcollection.info/subvocdemo.htm>

(Some insist that what targets believe is mind reading is actually thought insertion.)

Mind reading is a potential disaster in terms of coping. It can make targets feel totally helpless, and that there is no hope of meaningful opposition to the perpetrators because they know all our plans.

I can share with you how I look at mind reading.

For me, knowing our plans does not disable us, because the perps depend on total secrecy. If they start demonstrating, on a significant scale, that they can read our thoughts, they will have blown the cover they need to keep operating.

Additionally, we are totally in the right in this situation, and they are total criminals. They are the ones who have to stay secret, to "walk on eggs," not us.

Finally, I don't really mind the perps reading my thoughts, because although it's unlikely, it just might be that this unusual way to communicate with them will convince them that we are not the criminals they've been told we are, and that our righteous thoughts may sow some discontent in their ranks. Bottom line is, I don't worry at all about my thoughts being read. I know we are in the right and that we will eventually win this.

I don't know if other targets can adopt that I-don't-care attitude, but I can tell you that for coping, it is a huge relief for me!

By the way, I urge not speaking about our mind reading experiences to non-targets!

19. Classified Technology and Coping

It is clear, from attack effects like remotely projected mechanical vibration of body parts and inanimate objects, and the sheer flawless performance of the attack technologies, that the perps possess classified (secret) technologies, advanced beyond those taught in school. (Interestingly, the many sufferers of what started years ago as the "Taos Hum," a constant sound like "an idling diesel engine," sometimes experience vibration too.)

For coping, this can easily produce hopelessness and despair. However, for me, discovering the existence of such advanced technologies became a welcome means of shedding a huge pile of anxiety.

IF only conventional technologies were in use, that would mean that we must work ourselves "to death," and spend every penny we have experimenting.

Once the advanced-beyond-as-taught-in-school technologies made themselves unavoidably known to me in the early 1990s, I relaxed. I realized that struggling to explain them or construct a countermeasure was so far beyond my ability, that I no longer had to churn myself day and night trying to do that. Instead, I could turn my energy over to activism and other things, like getting outdoors and enjoying at least some of my life.

I'm not saying experimenting is wrong or we shouldn't do it. I'm just saying is that self-forced spending of all our money, time, hope and strength is unlikely to get us to where we can "figure out" the technology. Therefore, I'm going to turn my attention to other things, like activism, which I know I can do. We do not need to explain all the technology to expose these crimes. We already have enough information to persuade an open-minded person that a serious crime is taking place.

Hopefully, other targets can use this line of thought to find some relief.

20. "The Phone Call"

Repeatedly heard in target reports is the sharp change in behaviour of professionals, clerks in commercial or government settings, and even just friendly people, when they get "the phone call."

A target will be receiving normal professional level attention from professionals or clerks, and friendly conversation with people they meet, and all of a sudden, the phone rings. When the person taking the call returns, they suddenly begin very negative behaviour towards the target. This can include family members of the target.

The person who took the call suddenly “doesn't have time right now” to complete whatever interaction with the target was to happen.

Targets rarely find out what the call was about, but it does indeed look like something negative about the target was conveyed. One guess would be someone saying they are law enforcement, and that the target is under surveillance, a suspect of a serious crime, and that the interaction should stop right now. Again, that is a guess, but that is how many of those whose behaviour changes seem to behave.

With professionals particularly, and with some clerks who handle very necessary services, this can be a significant problem. Some targets who have medical experience of some type report that they receive clearly faulty diagnoses from doctors. Often, these are of the type where a condition the target feels certain they have a medical condition needing attention and the doctor insists everything is OK.

In my case, having been a target for 29 years, I have had massive chronic fatigue, muscle and joint pain, and a great deal of psychological stress (particularly before I knew this was a crime with a name) and every single medical lab test is perfect. Everything tested for is precisely in the center of the normal range. This, while I had such heavy fatigue I had to find a hiding place and lie down on the floor for 30 minutes at a time at work just to keep going.

I simply don't believe all my lab tests were perfectly normal.

Just one case, I had collapsed on my living room floor, and when I regained some strength went to emergency. I could hardly sit up in the chair - I went by taxi. In that case, the ER doc did show me my potassium was way high. But he said there was nothing wrong. I have no idea what such a lab report should have meant, but I mention it as some reason to suspect that some doctors may well have had “the phone call,” followed by ignoring physical symptoms. (Odds are that they don't ignore any reasons to diagnose you as mentally ill, however.)

It may not always be possible to anticipate encounters with professionals who may have received “the phone call,” however, there are some things I can think of to offset the huge advantage they have over a target.

With police, be sure to type up, and carefully review and edit your report until it is as clean and factual as you can make it before you deal with them, if possible. If you can't do that on your first encounter, you might be able to do that on subsequent encounters if they are required. As one target put it, be very matter of fact, and expect professional level service from police.

With police, it may be worthwhile to research any laws which are part of your encounter with them. Make it a point to ask which laws are being referenced and write them down right as you are talking to police if possible.

With doctors, likewise, research any symptoms you might complain about, any illnesses you

think you might have, and any medications you are on. Type up some sensible questions to ask the doctor. If certain lab tests are recommended in literature you research, ask if those lab tests have been done or if the doctor thinks the lab test should be done.

If you are on medication and you find negative side effects are possible, type up your information source and if the side effects are like your symptoms, ask if there is an alternative medication without those side effects.

One example of serious side effects from very popular medication is the very serious disruption of cognitive abilities from “Lipitor” and other “statin” anti-cholesterol drugs. There are books by MD doctors which shout about this known side effect, and the books recommend patients refuse these widely prescribed meds. If you, as a target, find yourself on any medication with such serious side effects, some research into that medication is important.

The overall point is, research and prepare what you will say to professionals, so that even if they get “the phone call” they will find it much more difficult to scam you.

And as stated before, always try to have someone friendly with you during high-stakes encounters with professionals. That can be another target, if you know the other target well and they have shown they can maintain conservative, credible appearance and speech.

21. “You Don't Have Any Evidence” (SEE ALSO SECTION 30)

Targets who attempt to discuss OS/EH with non-targets, including doctors and police, will often be rebuffed with the statement “You don't have any evidence.” This section is about how to stand firm in the face of such a rebuff.

In my opinion, we do not have enough evidence to take these criminals to court. However, we do, in my opinion, have enough evidence that we can still defend ourselves against that rebuff well enough that we don't need to walk away with our tails between our legs.

The evidence we do have at least shows that the crime we experience is not only possible but quite likely, to someone who is at least neutral. Here are some of the best points of evidence I have successfully used to at least stand firm in conversations with those denying we have evidence:

- We have official statistics showing group stalking happens at a rate of about one stalking case in eight in the U.S., Canada and the United Kingdom, and some recognition by the psychiatric community that organized stalking happens, posted here:

<http://www.stopos.info> (Section on statistics near the front)

- We can show that national-level government-instigated organized stalking happened in the 1960s under the FBI's COINTELPRO operations. While this doesn't prove

COINTELPRO-like operations are happening today, it makes it quite likely, given the endless stream of personal testimonials describing COINTELPRO-like attacks.

<http://www.cointel.org> (Paul Wolf's collection of COINTELPRO documents)

<http://www.randomcollection.info/cointeldocs.htm> (My backup copies)

- We can show that silent, through-wall electronic technologies which can do some of the things which targets experience are not only available to the public, but have been for up to 5 decades. As long as you don't make claims of attacks beyond what those technologies can do, you can stand firm against charges such weapons are impossible.

<http://www.stopos.info> (Section on electronic weapons)

- We do have some physical sabotage to show, and we have cumulative reports of tangible things like feces left in wastebaskets, cigarette butts and pennies left around - repeatedly. We have reports of, say, property fences being sabotaged. Or mail being scattered and opened. These things are physical evidence and would be significant in investigations of other crimes.

We have a few videos of organized stalkers in action.

- We have personal testimony. Most is not suitable for providing the non-target public and officials, because many targets have been too busy surviving to work on good information handling techniques - something which is not their fault. However, if your back is to the wall, it can be said that personal testimony is something the courts place a high value on, and targets are qualified to be witnesses or jury members, even targets without PhD or MD degrees. In fact, some courtroom evidence must be backed by a witness or it's not accepted.

There is nothing to be ashamed about regards personal testimony, and ours is evidence. If personal testimony is not evidence, then all court cases are null and void immediately. As long as the discussion is about personal testimony in general, as opposed to some of the discrediting thing targets have said.

Important: It is critically important that targets don't get the idea that because we can stand firm in the face of charges of having no evidence, that we can forge ahead and sue someone. At this point in time, we do not have evidence to that level. What we have is evidence. It only becomes "proof" if a court or official accepts it. And experience to date is, our evidence hasn't reached that level.

See also the Appendices at the end of this booklet for our best stalking evidence and our best e-weapons evidence, summarized.

22. Your Social Life

There's not a whole lot to say about your having a social life. You have just two choices:

1. Enjoy relationships with friends, family, and cordiality with strangers, or,
2. Talk about organized stalking and electronic harassment.

That choice seems very cruel and unfair, but that is the situation as it actually is. Just as people really don't like hearing about painful topics, they don't like hearing about OS/EH on average.

I follow option 1, and enjoy excellent relationships. I do not talk about OS/EH. I don't need to, as I do my talking about OS/EH by way of activism, to others. Others meaning those with whom I don't intend to have an ongoing social relationship with.

If you choose to do activism, then there are principles of OS/EH-related persuasive communications which should be followed, and they are in these booklets:

<http://www.randomcollection.info/osconv.pdf>
<http://www.randomcollection.info/osih.pdf>

If you try to do activism with friends, family and co-workers, until the world knows what OS/EH is, you will almost certainly “blow it.” Your call.

If you should want to TEST a non-target's readiness to hear about OS/EH, the following “test spiel” is taken from that information handling booklet above:

“Remember when stalking laws came into effect in the early 1990s? It took years before police and the courts began to consistently offer help to targets of single stalkers. Some single stalker targets still are denied serious attention and help, according to message boards about stalking by single stalkers.

“Well, since that time, some stalking targets have discovered that they are actually being stalked by groups. By 2006, increasingly detailed crime statistics began to show that one stalking case out of every eight cases involves stalking by groups.

“However, many targets of organized groups of stalkers are still being ignored by police, and even told organized stalking doesn't happen. This, in spite of their own statistics showing otherwise. This is why I am networking with other organized stalking targets to work towards exposing, and eventually stopping, this second form of stalking.”

At this point, if the non-target expresses no interest in knowing more, I JUST STOP talking about the issue. I've accomplished step one, making my listener minimally aware.

But I do not recommend using that test spiel with anyone you want a continuing good

relationship with.

Some "30 second spiels," designed to just "break the ice" on the OS/EH issue without having the listener immediately assume you are crazy are found in this companion "e-handbook":

<http://www.randomcollection.info/osih.pdf>

SALVAGE YOUR FRIENDSHIPS

Here below is an email I sent out in response to a target reporting that his friends have been converted to perpetrators. Attempting to salvage friendships, and that includes determining if they are perping you consciously versus possibly being controlled, is definitely worth the effort. Here are my suggestions to the poster:

In the world of organized stalking, one of the most discouraging forms of assault is when former friends, and sometimes family, are influenced (electronically? or with lies?) to participate in the target's harassment.

This is shattering to the target, as one by one, all support systems are knocked away by the unending harassment campaign. Even good friends.

Just today, a target who is experiencing many former friends being turned against him asked about it. One thing he asked was, can people be made to say things (electronically.) Here below is my answer, and advice for how to cope with this situation:

If it's only a said type of harassment - I'd advise keeping at least a mental record of what is said by your friend, better yet a written log, for a while.

What you DON'T want to do is accuse your former friend of harassing you - that would be a PERFECT victory for the perps.

I'd advise just relaxing, and letting the record of things said happen over time, and always checking, silently, for obvious pleasure that you are being made uncomfortable.

I'd advise carefully, patiently, watching for, in a laid back way, an incident which so clearly makes you uncomfortable that no one - not even the friend - can deny it. This incident should be after you have a good log of things said (or done) to judge from.

Then ask in a patient, friendly way, "Do you realize that makes me really uncomfortable," or "... feel bad?" Friendly way is the key.

You don't want to blow a friendship if it can be salvaged.

The reason I'm advising this soft-peddalling is that I have had local perps who consistently have invaded my space, done all sorts of things that would suit the perps to a tee, and yet, once I struck up a friendly conversation with them, these perp events stopped, and they became friendly.

One key method to bring this result about is to be very ready to listen carefully to something THEY find troubling, and discuss it intelligently, maybe making a helpful suggestion.

One fellow who was making moves to make it difficult for me in the laundry room, as it turned out, had advanced multiple sclerosis, and didn't have a long time to live. I offered him the information that one doctor treated MS patients successfully with whatever medicine is used for brucellosis.

He said he was resigned to dying, and wasn't interested, but that ended his harassing me on the spot.

The result of this technique has been amazing for me, and in your case, you might salvage some friendships that way, and even end their possibly unwitting perp behaviour.

Eleanor White

23. Mask Your Voice to Skull

Voice to skull (V2S or V2K) transmissions to targets have driven them close to suicide, and possibly over the edge. There is no longer any need for voice to skull to be unavoidable. While you can't stop it, you can mask it, using the audio tracks recorded in the MP3 files at this link:

<http://www.randomcollection.info/antiv2s.htm>

Follow the instructions there. This technique was developed by former U.S. Army intelligence officer Julianne McKinney and caused a significant drop in her V2S attacks. Presumably, her perpetrators realized that when V2S is masked, it's devastating effect is moderated.

Julianne's personal method is not to use mixed voices, but to use several radios in her home at high volume, even put physically against the walls to the walls amplify the sound even more. The mixed voices adaptation was my idea so as to make the technique portable.

One could not use multiple radios blasting in contact with the walls in an apartment, of course.

These audio files are in MP3 format so targets can download them and transfer them to an MP3 player for use out in the community or even at work.

24. Sabotage in the Workplace

Sabotage in the workplace, I suggest, is best handled by never making a direct accusation of any co-worker, if possible. The perpetrators want to foment conflict between the target and co-workers which, they hope, will lead to the target being out of work, and destruction of the target's good reputation.

Just as moving doesn't stop OS/EH harassment, neither does changing workplaces. Sometimes conditions can improve, but leaving a job voluntarily should not be done willingly with the idea conditions are guaranteed to improve.

As any good worker does, put much more effort into checking and re-checking your work than you might be inclined to do as a non-target. Keep a notebook, and make written notes of your assignments as soon as possible after receiving them, so you can check the fine points before turning the work in.

It's important to write up notes about each sabotage incident as soon as you can, and keep them on file. If possible on a computer, and keep yourself a disc copy of the file as well, in case the computer is hacked. These reports aren't for immediately confronting anyone, they are background information you can show at the right time when a sabotage campaign may come to a head. Don't be seen taking too much work time doing this.

When a job has been completed satisfactorily, it's a good idea to not let the work stay around, especially overnight, before showing it to, or turning it in to your supervisor. If the supervisor isn't available, perhaps ask a co-worker "Does this look right?" or some innocuous question to get them to witness that the work was done properly.

It's important to not overdo asking co-workers to look at your finished work, or that can be construed as faulty on the job performance itself. Save that for the more critical assignments.

If possible, take important work, at least a backup copy if it's computer work, home overnight. Then copy your backup copy over the one on the at-work machine before doing anything further the next day. Work on computers is smart to back up to disc anyway, even if there is a network backup each night.

If circumstances force you to delay turning the work in, and you lose custody, and the supervisor discovers sabotage, I would say "I don't know how that happened - when I put the work away, it wasn't like that." I suggest trying very hard to avoid claiming sabotage - better if you can, keep it something you ostensibly just "wonder about."

Depending on the situation, you might ask your supervisor for ideas on how to avoid damage such as that just discovered by the supervisor.

A small digital camera with close up capability to photograph sabotage is a good thing to have at work. Just take the picture, and I would personally not mind if others saw me doing this, and don't explain yourself unless asked. If asked, just say you are "concerned about the quality of my work" or "concerned about company property." Keep the focus on successfully accomplishing the company's mission, or, the quality of your job performance - and away from direct talk about sabotage.

A tip on damage photos - avoid flash if possible. Flash often washes out all detail. With a digital camera, the brightness and contrast can be adjusted later.

I'm suggesting it is possible to convey the message that there is sabotage happening, and even apply subtle pressure on your supervisor, without being confrontational.

If you discover your personal property disturbed, you can kind of exclaim out loud that "Hm. My bag wasn't like this when I left it there." But don't go further, into explicit suggestions of sabotage. By using non-accusatory statements, which can be verified by other observers, you can apply pressure in a subtle way that doesn't give your perps reason to get you fired.

25. "Broken" Equipment

Perpetrators have a technology which can remotely hold a piece of electrical or mechanical equipment in a "broken" state. For extended periods.

Yet, and this has happened to me a few times, if the "broken" equipment is given away, it suddenly starts working perfectly for the lucky recipient.

This was dramatically demonstrated for me when I attempted to program in-plant pagers for key staff members at work. The procedure was simple, and I faithfully followed the steps. Not once did any of the pagers I programmed work.

So I asked a manager to program his own pager. He did, and the pager worked perfectly. For test, he handed it back to me, and I programmed it and it failed. We each did this a few times, and every single time, his programming worked, and mine didn't, even though clearly I was doing the exact same steps.

This is not fiction, it was clearly demonstrated and believed by that manager.

The lesson is, if you have a "broken" pieces of equipment, and are forced to replace them, just put your "broken" item away. It may be that after weeks or months, it will work again, and may serve you as a backup item later on.

26. How the Perps Get You to Discredit Yourself

Over and over, as new targets make their networking appearances on the forums, it is clear that many targets don't understand why perpetrators say the things they do, or create the bizarre harassment effects they do. Perps speak to some targets by way of voice to skull, to others by way of staged conversations close to the target in public places, or at work. Perps "accidentally" show the target "equipment" being carried in to the next door home. Perps create noises, say, of camera shutters clicking, in the ceiling of the target's home. Or perps project noises which sound like a neighbour is harassing the target, which may be amplified real noises from the neighbours, or faked noises not originating with the neighbours.

(The perps amplify annoying noises a lot - both indoors and outdoors.)

It is extremely important that new targets learn as quickly as possible:

- Everything heard by voice to skull, or overheard from staged conversations must be treated as LIES.
- The perpetrators can project sounds remotely, through walls, such that they can emanate from any point, including mid-air.

Failure to grasp and accept those things will keep the target in terrible distress, even to the point of being suicidal. Some suicidal targets believe the lies. Some targets are convinced that the projected "camera shutter noise" proves there is a physical camera installed up there in the ceiling.

About the lies, some perpetrators tell the target they are the police, or an agency like the FBI or CIA. In fact, we have no way of knowing how true that may be. But in terms of coping, all such statements delivered anywhere but right inside an official office building, must be treated as lies. Start with the assumption perp statements are lies. If you find independent and absolutely publicly verifiable proof a statement is true, only at that time should you accept such statements. By publicly verifiable, I mean anyone can look up the official source of the statement, and confirm it.

Anyone who invades someone's life, without some official confirmation like an actual physical arrest, on public record, is a criminal, and their word has zero credibility. Remember that PI <http://www.randomcollection.info/lawson.htm> found that fake criminal records and fake police badges are a routine part of OS/EH perpetrator operations.

The "accidental" showing of equipment in or going in or out of a neighbour's place, likewise needs to be assumed bogus without some independent confirmation which public officials would accept. If you don't have official confirmation, no matter how "real" your equipment sighting seems, or how "real" the sounds you are hearing from your walls seem, for the sake of your mental health you must treat such things as decoying.

Don't assume your walls contain equipment without actually sighting it, and making photos,

and having the equipment looked at by someone capable of identifying it. (Don't leave it with anyone - keep it in your custody at all times. Don't speculate to the technician - just ask them what this thing is. See the appendices on "Gathering Evidence" below for more details.)

Real people have killed themselves over the harassment, so understanding perp tactics is not a trivial matter.

It's also important to realize that these diverse acts of harassment all have a common theme: To get you to complain to police, doctors, and family about things that can later be shown as false. They want YOU put in mental hospital, target! And they want YOU to do that to yourself! (And they often succeed!)

By getting you to complain about things that are not what you assume they are, you can actually put yourself in mental hospital. So ignore perp statements, and special effects, unless you have proof which would be accepted by officials. Period.

Then, get on with trying to do some small scale fulfilling and pleasant things with your life. You don't have the same opportunities as a non-target, but that doesn't mean you can't find some things in life which you enjoy.

27. Telling Your Family (SEE ALSO SECTION 30)

By the time a target reads this, chances are they have already told their family about their being an OS/EH target. However, just in case you haven't, I'd recommend avoiding telling your family if possible.

The reason to avoid this is that unlike someone in the street or even a friend, family can not simply ignore attacks on one of their members and maintain self-respect. You can be confident that the last thing anyone, including family members, want to become involved in is something akin to defending a person with an organized crime "hit contract" on them.

Defence mechanism psychology will cause 99.9% of target family members to react by insisting what you describe is impossible, and you're just imagining it. When you press the issue anyway, you are likely to reach a point where they will try to force you into the psychiatric system. That eliminates their worry, and they can justify it as "getting you the help you need."

There are a literal handful of family members who have come around to believing the target, and in a smaller number of cases, this is because they have witnessed the harassment. But you cannot count on that.

My family (parents) are deceased, but if I were going to approach the subject, I would start by pretending to be "amazed" at something you found on the Internet, and show them a printed article, or better yet, a published book you "found" or "was given."

Then say something like "Do you think this could REALLY be happening?"

That will show you whether going further is wise.

I think my favourite book on the organized stalking side is "My Life Changed Forever" by Elizabeth Sullivan.

<http://www.randomcollection.info/mlcf.htm>

I don't know of any credible books about through-wall assault technology which are simple enough to be grasped by unaware family in a short attention span.

For the electronic side, I'd recommend printing out just the Electronic Weapons chapter of:

<http://www.stopos.info>

For a general web site, covering both OS and EH, my choice is:

<http://www.catchcanada.net> (NOT CURRENTLY AVAILABLE)

That catchcanada web site achieved credibility with a psychiatrist who was treating a Toronto OS/EH target - it convinced the shrink there "must be something to" the OS/EH crime. Ditto with that target's family. The original catchcanad.net site is down and it is uncertain when it will again be operative. I have saved, with the owner's permission, a copy of the last available site at this link:

<http://www.randomcollection.info/catchcanada>

All above relates to the initial discussion with family. To avoid having family trying to force you into the psychiatric system, be prepared to drop the subject and not raise it again.

There will be a time when this is talked about freely, but we aren't there yet.

And *only* if your family expresses genuine interest would I recommend telling them you hear voices. Saying you hear voices is a *major* credibility trap, in my opinion.

There are plenty of non-voice symptoms you can refer to - if you're not getting them, there are plenty of places you can read up on what others experience. And of course, through wall radar can cause all sorts of mischief, and everybody knows it exists. Read the chapter on electronic weapons in the osatv.pdf booklet mentioned above, to get an idea of the non-voice effects which can be caused by proven through-wall weapons.

I recommend staying with effects which can be caused by the proven technologies. Plain old microwave can generate quite a few disabling things. It can be pulsed to force you awake nights, or force excessive drowsiness daytime, for example.

Because so very few targets have solid evidence of implants, and only two have had them

removed and verified, I recommend not claiming you are implanted when talking with family.

Again - if your family starts getting edgy, I recommend you drop the subject for a good long time.

IF YOUR FAMILY HAS ALREADY BEEN TOLD

If your family has already been told, you have an uphill climb. But a few targets have made it up to where their family members believe and support them.

If I were in that position, I would promise to stop talking about OS/EH if they would let me give them a single book on the topic which they would promise to hold but not necessarily read. I believe that eventually they would read the book if they had it in their possession.

I would, at time of writing, offer them either Elizabeth Sullivan's book "My Life Changed Forever," linked above, or a printed out copy of my e-booklet "Organized Stalking."

If my "Organized Stalking" booklet is your choice, there are two versions, and which you choose would depend on your story:

<http://www.stopos.info/os.pdf> Covers both OS and EH
<http://www.stopos.info/os2.pdf> Covers OS only, no electronics

** You may also modify or request a modified version from me, if something in there doesn't fit well with the story you have told. Some people are uncomfortable with my hypothesized "why" answers, for example. I included those comments because it is the #1 question targets are asked by non-targets. My answers are my guesses, and they are labelled as guesses.

28. Coping With Dissolution of Memory

This is a reply to someone asking about dissolution of memory on the job, but it applies everywhere too:

"Personally, I think it's more a question of setting up memory-assist PROCEDURES than shielding.

"Take copious notes, and stick them in places where you absolutely cannot ignore them. That's the main way I dealt with electronic memory dissolution on the job. I also carried a small notebook for things I needed to remember but where sticking notes wasn't possible.

"Another thing is that just like airline pilots' "cockpit calls," which are vocal scripts cockpit crew members are required to say as they go through their checklist routines, remind yourself out loud.

"Saying out loud, for me, works far better than saying something silently.

“If you have time on the job, keeping a diary is possibly worth while, if you need to refer to things you did some time ago, identify memos received, and so forth.”

Note: See also the LITHIUM section of the Health and Nutrition section.

29. Unwitting Perpetrators

Observations of many targets over the past couple of decades indicate that there are members of the community who perform acts of apparent harassment, but do so without being aware their behaviour is harassing anyone.

On rare occasions, targets have had social interaction with such unwitting perps and found no further actions that are harassment, and no trace of motive to harass.

It is guesswork, of course, but since remote electronic influence is do-able to a primitive degree with the proven electronic weapons, chances are that the more advanced and as-yet-classified secret technologies are capable of silently influencing people, and very likely animals too, based on observed animal behaviour by targets.

What this means for coping is that it is very wise to avoid making accusations of deliberate harassment for people seldom seen. Targets do have repeat harassers, and harassers who display facial and body language expressing satisfaction that the target has been annoyed and inconvenienced.

But there are many seen-only-once people who do things that seem to be harassment routines which are unmistakeably deliberate. Best coping advice is to ignore all you can, and avoid making accusations where intent to harass isn't obvious. Once you get the reputation as a “crank” or “complainer,” it's very hard to lose it, and such a reputation can be used to force you into the mental health system.

Friends can become unwitting perpetrators. For more on that, see the “Your Social Life” section, above.

30. Flyer and Video: Police Acknowledge “Gang” Stalking (Emergency Use?)

On January 29, 2011, Lt. Larry Richard of the Santa Cruz, California police department made the first known public acknowledgement on KION-TV that “gang” stalking is not only an actual crime, but that his department was working on a case of “gang” stalking. (“Organized” or “group” stalking is a better term.)

This video, and/or a video or audio recording of Lt. Richard's statement, may be very helpful if you find yourself talking to hostile people – family, police, doctors – who can cause you grief and can force you into the psychiatric system. The best advice is to not talk to family, police or doctors about organized stalking and electronic harassment, especially alone. It is safer but not entirely safe to do so in a group, ideally with at least one target and at least one non-

target such as a crisis support worker who knows what organized stalking and electronic harassment are.

This video or audio recording, or printed flyer, should not be depended on as a guarantee you will not be forced into the psychiatric system. However, together with your maintaining a calm manner, and not making sensational claims without evidence, it should help.

A video MP3 player is excellent, and an audio MP3 player can play the audio track. The printed flyer can be readily photocopied and a copy carried with you.

The “printed flyer” image is included in this booklet below, and here are links to various versions:

Video, for viewing in Windows:

<http://www.randomcollection.info/gangstalkingsantacruzca.wmv>

Video, for carrying in video MP3 players (also for Mac computers):

<http://www.randomcollection.info/gangstalkingsantacruzca.mp4>

Video, for possible uploading to youtube accounts:

<http://www.randomcollection.info/gangstalkingsantacruzca.flv>

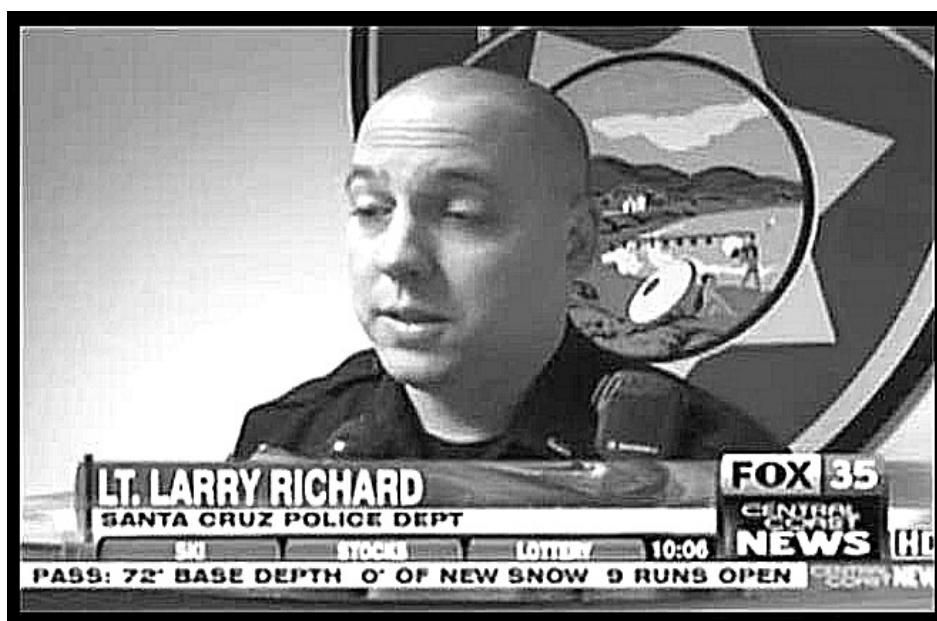
Audio only, for audio-only MP3 players:

<http://www.randomcollection.info/gangstalkingsantacruzca.mp3>

Flyer, giving a quote, an image, and where to view:

<http://www.randomcollection.info/gangstalkingsantacruzca.pdf>

**** The flyer image is repeated on the following page, BUT USE THE LINK ABOVE TO PRINT FROM, because the image below has been reduced to fit the page format of this booklet:**



<http://www.kionrightnow.com/Global/story.asp?S=13931348>

Gang Stalking, "Bullying on Steroids"

Posted: Jan 29, 2011 1:56 AM EST Updated: Jan 29, 2011 4:10 PM EST

Submitted by Candice Nguyen, Central Coast News

[Excerpt]

Santa Cruz Police Lieutenant Larry Richard said police are becoming more aware of gang stalking because of cyber bullying.

Richard said gang stalking is nothing new, but new technology is making it more common.

"Gang stalkers themselves have elevated themselves to technology so this is something that's been going on before Facebook and Twitter. They just now have gone into those areas," Lt. Richard said.



Watch the video at:

<http://www.randomcollection.info/gangstalkingsantacruzca.wmv>

<http://www.randomcollection.info/gangstalkingsantacruzca.mp4>

A1. Gathering Evidence: General

Carefully gathering evidence is a way to cope. It is key to remember that evidence that looks very convincing to you is probably not going to appear very convincing to non-targets, especially family members who believe you are crazy, or officials like police and doctors. One major skill in gathering evidence is restraining your belief that your evidence is going to “shake the world” and win your freedom.

Experience is that while gathering evidence is important, non-targets will actually try hard to discredit it, because bystanders really don't want it to be true that OS/EH exists, and because officials are consistently unwilling to work seriously on the crime of OS/EH. So we gather evidence, display it, and keep backup copies where possible, anticipating a day when OS/EH has become public knowledge. This is an important part of coping, even though the full value of our evidence will be in the future.

Some comments on gathering evidence follow.

A2. Gathering Evidence: Photographic

When perpetrators physically damage your property in some way that is clearly not natural, such as sawing through a piece of furniture, that is a terrific opportunity to photograph and post the evidence.

The problem is that some cameras don't have closeup capability, at least the lower priced cameras. There is a way around that. You can tape an eyeglass lens directly over the camera's fixed lens. Ideally, the eyeglass will be something like 2x (2.00 power) or more.

When you do that, your viewfinder will give too wide a view, but that's OK - just be sure the damage, such as the sawed end of a furniture leg, right at the center of the photo. If you don't have glasses handy, some relatively inexpensive reading glasses are available at pharmacies. Choose 2.00 to 2.50 power. You can remove the lens from the frame to make it more convenient to tape over the camera's lens.

FLASH is BAD for getting clear closeups. You'll usually get bright white, totally washing out all detail.

The best light for closeups is near a window, or outdoors, on a bright day but NOT IN DIRECT SUNLIGHT - same problem as with flash - you'll usually get everything too bright. Household electric lamps are OK - just don't get them really close or you can wash out the details of the damage.

Position the cut/torn or otherwise damaged object so shadows make the damage more obvious. If holes are involved, put something of contrasting colour behind the holes to make them stand out.

If the size of the object or damage isn't obvious, consider placing a ruler in the image.

When you are holding the camera, remember without flash, a camera needs to be held steadier than usual. If you have a tripod, use it, but if not, move some piece of furniture near the item to be photographed so you can steady your arms and camera on it.

Take SEVERAL photos at different distances. A digital camera will give you an on-screen preview but even there, a couple of different distances will ensure you get at least one good photo. With a 2x or more powerful lens taped over your camera's lens, you should be able to get somewhere from 16" close, and perhaps down to 10" or so.

When you post the photo on a web site, or send it to someone for posting, please be sure to supply the date and some sort of identification, even if you want to keep your identity anonymous. A date on a photo and even a false name are far better than nothing.

Also, supply a sentence or two about what happened before you discovered the damage. Such as: "I came home from work and found this ... " etc. Your caption or descriptive text is extremely important, because most photos taken by targets do not appear to be criminal activity to the average non-target. Remember, it's about how they (non-targets) see your work, and not how you see it.

If you digitize (scan) a photo to be posted, please learn how to do these three things to the photo before sending it (check your scanner's help screens):

- CROP off the excess unused space - a scanner normally produces an 8.5" x 11" image which is HUGE (Save the photo.)
- Reduce the BITS PER PIXEL, also called number of colours. Many scanners scan at 24 bits per pixel, when all that's needed are 8 bits per pixel (256 colours) (Save the photo.)
- IF the size of the image is wider than a screen, which can be as small as 800 pixels wide, RESIZE (sometimes called resample) the image so that the image fits within one browser screen. I normally choose 750 pixels as my maximum width for perp damage photos, to give a small allowance at the margins, and to avoid the vertical scroll bar. (Save the photo.)

Just scanning and sending a digitized photo without doing the above things can mean you are sending a one MEGabyte file, for each photo, which is way too big to be sent by email to people who have email size problems or limited disk space. Some people use emailers based on their PC as opposed to web mail, and they can have size concerns because every email received is stored on their own disk space. (The advantage of using an emailer on your PC is that it makes backing up possible and there is less chance for emails disappearing.)

A3. Gathering Evidence: Videos

Videos can be excellent for showing the public organized stalking is a real crime. However, in most cases, videos taken by targets are not convincing enough to break through the

credibility barrier. This is not the fault of target videographers - it is because the OS/EH perpetrators deliberately set up their harassment to look like ordinary everyday annoyances which non-targets experience now and then.

When taking the original footage, or when preparing a video for posting, the target needs to provide narration which explains that while the scene may look normal, it's not normal for this to happen "every day" or "all the time." Emphasize frequency of occurrence.

Here are two good organized stalking videos with good narration:

<http://www.randomcollection.info/videos.htm>

<http://www.randomcollection.info/osvideos.htm>

CAUTION: Over the past couple of years, U.S. police and security guards have been instructed to treat making videos or even taking still photos as possible "terrorist" activity.

One target was arrested and convicted of taking pictures from public property, which is legal, when in fact, she only took footage from her own home. The police lied in court to get her convicted of something which is actually legal.

This means care must be taken in taking of videos, especially in the U.S., but it is likely that such false arrest can happen anywhere in the current world. Today's small digital camcorders can be concealed, and that may be one way to handle the false arrest problem.

A4. Gathering Evidence: Suspected Surveillance Devices

It is extremely important that targets train themselves to regard "suspicious devices" in their area as suspected, until and unless someone qualified and willing to put their name on their analysis confirms a discovered device is actually for covert surveillance or electronic attack.

This is the same credibility requirement as not making a statement as fact without evidence which will convince officials. In making statements to others, and that includes other targets, it is essential that we avoid unsupportable claims of fact.

- If a target believes they have found a surveillance device installed in their home, car, or personal property, see the section "Gathering Evidence: Photographic" then:
- Find and place near the device an object of familiar size. Can be a clearly legible ruler, or a coin, or similar well-known object.
- Take several closeup photos of the item in place. Back up the photos by posting them to a forum, web site or blog, and CD or DVD.

If a bump needs to be portrayed, consider placing a lamp at a low angle, to produce a shadow. This technique is also important if you are trying to photograph a suspected implant.

in your body.

Then remove the device if you can, and take additional closeup photos at different angles.

Post and back up your photos to the web before the next step.

Locate someone who has substantial training and experience in electronics, and arrange for analysis. If you are asking a non-target technician, do not say you are a target of OS/EH - that can be as discrediting as saying that, alone, to police or doctors. Just say you want to know what this object is.

Type up a report of what the qualified individual says about the device. Add that individual's report, keeping their identity confidential, to your posting.

What else may be done about your find depends on the qualified report.

A5. Gathering Evidence: Detection of Signals

It is one thing to detect strange signals. It is far more difficult to prove that the signals you find have something to do with harassment. Merely finding signals on "government frequencies" proves nothing useful, because so many government radio sources are in operation everywhere, all the time.

And, here is what makes convincing/foolproof detection highly problematical. This statement is from the "Shielding" section of my e-booklet titled "[Coping](#)":

"I've heard from perhaps 40 to 50 targets over my 13 years on line who receive attack types involving mechanical vibration of both body parts and inanimate objects, which cannot be done using any technology, electromagnetic or acoustic, taught in today's schools, under the conditions experienced. Right up front, the perps clearly have classified (secret) technology.

"Interestingly, the many sufferers of what started years ago as the "Taos Hum," a constant sound like "an idling diesel engine," sometimes experience vibration too. While I do not recommend talking about vibration to non-targets, if it should slip out, OS/EH targets can mention the "Taos Hum" sufferers' vibration experiences as well."

This means that commercially available detection equipment is unlikely to convincingly detect at least the more advanced perpetrator attack signals. What that means in practical terms for targets is, use substantial amounts of caution in spending money on detection equipment or services.

Yes, some targets do indeed detect unusual electromagnetic signals in the vicinity of targets' homes, or even bodies. So there may be something useful in doing affordable detection experiments using conventional equipment and services. But targets must not get the idea that with an expensive spectrum analyzer, or a high priced electronic-harassment-aware private investigator, convincing proof will be the result. We are up against classified (secret) technology in an unknown percentage of targeting cases.

Let me define “convincing.” For OUR purposes, OS/EH targets, “convincing” means “will convince a public official that our detected signals prove harassment.”

We can find plenty of “unusual EM signals,” - I've done that myself - but showing them to police just got me silence or questions like “So? How does that prove you are being harassed?” Just finding, say, a signal on a “government frequency” doesn't prove anything. There is lots of government radio activity going on all the time.

Now having said all that, let me say that I definitely favour those targets who have a comfortable income hiring electronic-harassment-aware private investigators to attempt to detect and report on anomalous signals in their vicinity. Emphasis on comfortable income.

The reason is that the current-day electronic harassment technology is classified, so we do not know what it is, or isn't. It's a wide open question. And just as many scientific discoveries came about by accident, learning the true nature of present-day EH technology may also yield to an accidental discovery.

Also importantly, even if all a target can do is show a report by a qualified investigator which demonstrates very anomalous EM signals (or acoustic signals) in the target's home or vicinity, that is a stepping stone to a day when officials will take our complaints seriously. My request to targets who can afford that is to work out a contract with the investigator where the full report content can be made public, and posted on the web. That may require obscuring some of the identifying info, but as long as the un-obscured source document is in the target's possession, that is still beneficial.

My personal opinion is that so far, the only guaranteed-to-work detector for advanced perp attack signals is the target's body. (Plants cared for by the target may work too, though no extensive experimentation has been done along that line.)

I believe that a wearable recording electroencephalograph which can hold a full night's data, together with a written, audio, or camcorder log in which each attack is described along with the time, could be used to form a persuasive report. By comparing recorded EEG traces both during the logged attacks, and between attacks, I believe it can be shown that something very unusual is going on in that target's life. Best would be for a doctor to run the experiment, but even a well written report by itself could be persuasive.

Not guaranteed, but persuasive none the less.

Bottom line - detection experiments are potentially useful but are not guaranteed at this point to convincingly prove harassment.

A10. Group Stalking Statistics

While public officials continue to deny that organized stalking happens, official statistics indicate that multiple stalker cases are being handled by the justice system. For example:

**** A U.S. Department of Justice special report**, January 2009, NCJ 224527, titled Stalking Victimization in the United States, which is available at this link (as of January 2009):

<http://www.randomcollection.info/svus.pdf>

... reported the following statistics showing the occurrence of multiple stalking cases within the total of all U.S. recorded stalking cases in the 2005-2006 time range:

* 11% of victims said they had been stalked for 5 years or more.

[Eleanor White commenting: "5 years or more" is very characteristic of organized stalking, which usually never stops, because the justice systems refuse to acknowledge this crime and there is no pressing reason for the stalking groups to stop.]

An average of 10.6 percent of some 4.6 million stalking and harassment victims don't know the stalkers, since they're complete strangers.

[Eleanor White commenting: Almost all organized stalking is carried out by strangers, or people the target may know by sight but has never interacted with. The "4.6 million" figure above includes both stalking and harassment victims.]

Appendix table 3. Number of stalking offenders perceived by victim:

One 62.1%
Two 18.2%
Three or more 13.1%
Number unknown 6.5%
Total Number of victims 3,398,630

[Eleanor White comment: Adding three or more to number unknown, gives 19.6%. That could suggest something like half a million U.S. stalking victims may be organized stalking targets.]

**** From Statistics Canada:** The following statistic covers all reports to police relating to infractions of Canada's "Criminal Harassment" law, which covers stalking. Statistics Canada, the federal agency which maintains statistics for all areas of Canadian life, including policing. The following statement was in response to Eleanor White's request for a checkoff item on Canada's Uniform Crime Reporting (UCR) system denoting harassment reports involving simultaneous multiple harassers (Chief, Policing Services Program responding):

"Thank you for e-mail of Jan. 17. There is no need to add a new field to the national Uniform Crime Reporting (UCR) survey to collect information on multiple harassers, as a field already exists for the identification of multiple accused persons for all criminal incidents reported to police. As an example, of the 10,756 incidents of criminal harassment reported to police in 2006, 1,429 of these (or 13%) involved more than one accused."

That is one criminal harassment report in eight, a very significant percentage. While not all of these would strictly fall under the organized stalking category, this rate of simultaneous multiple harassment reports at least hints that organized stalking may not be as rare as the general public seems to think.

**** A report on stalking posted by the American Journal of Psychiatry** on their web site, journal reference 158:795-798, May 2001, states ... 6 out of 201 (3%) respondents reported multiple stalkers... Compare that with the 13% in criminal harassment cases above, reported by Statistics Canada, and clearly, stalking by multiple stalkers is a very real crime, acknowledged by mainstream professionals.

Note carefully: There is such a thing as stalking by PROXY, in which a single stalker, motivated by amorous interest or mental illness, enlists helpers. Organized stalking is NOT stalking by proxy, but rather is stalking by a group totally independent of whomever originally submitted the target's name to the stalking group. The stalking group typically has no knowledge of why the target's name was submitted, and instead is given a lie, often that the target is a pedophile, to motivate the group stalking effort.

Link to the AJP article: <http://tinyurl.com/3fa3yw>

**** Article: "The Course and Nature of Stalking: A Victim Perspective",** Authors: Sheridan, Davies, Boon

Source: Howard Journal of Criminal Justice, Volume 40, Number 3, August 2001 , pp. 215-234(20)

In 5% of the cases (5/95), there was more than one stalker. pp.219

"In 5 cases perpetrators were part of a group..", pp.219

"... [40%] of victims (38) said that friends and or family of their stalker had also been involved in their harassment... This is a surprising find as the popular view of a stalker is of a lone and secretive individual." pp.222 [COMMENT: This suggests that the above "5%" cases may have been groups other than family or friends, which is suggestive of organized stalking as opposed to simple proxy stalking. Organized stalking involves groups which are networked everywhere, while proxy stalking has a single stalker who has a very personal focus on the target. Organized stalking groups also work on more than one target, unlike proxy stalking.]

Typical of organized stalking: "In 15% of cases, the victim could provide no possible reason for their harassment" pp.226

**** Statistics from the book Mobbing: Emotional Abuse in the American Workplace** show that in Sweden, about 3.5% of the working population is subject to mobbing, which is

organized stalking in the workplace. 3.5% of working people is roughly 1 person in a hundred total, and is in line with the organized stalking survey above.

**** Statistics from the U.S. Centers for Disease Control** concerning harassment and stalking cases give an overall figure for the U.S. of 4.5 people per 100 as having been harassed or stalked at one time. Our informal survey's result of about one person per 100 being targeted by organized stalking fits well within that 4.5 per 100 figure. (Source, ABC News)

**** Statistics from the British (government) Home Office** state that 1,900,000 people in the United Kingdom were victims of stalking or harassment at any one time as of the year 2001. That is about 3 people per hundred. Here again, the organized stalking survey's 1 person in a hundred is not out of line. Most interesting is that roughly 45% of the stalking victims are MEN! That suggests a very different picture from the conventional view of stalking victims being mostly women, and may well point toward the type of stalking described in this booklet. (Graph below shows all harassment offences, not specifically stalking.)



Here's another British stalking statistic:

Home Office Research Study 210 (1998 data):

THE OFFENDERS

The majority (79%) of incidents involved only one perpetrator.

[...]

Strangers were responsible in 34 per cent of incidents.

Those statistics are strongly suggestive of organized stalking, 79% involved one perpetrator means 21% involved more than one perpetrator. And stalking by strangers is the usual situation with organized stalkers. Even if only 5% of stalking cases are organized, 5% of a million cases could mean 50,000 organized stalking cases in the United Kingdom alone.

**** How common is the organized stalker personality type?**

For people who have trouble believing that stalkers can be as cunning and nasty as reports from organized stalking targets indicate, a psychiatrist, below, refers to one statistic indicating that as many as one stalker in just eight fits the observed personality of organized group stalkers:

Excerpt from book STALKING, by Debra A. Pinals, MD, Group for the Advancement of Psychiatry, Committee on Psychiatry and Law. Published by Oxford University Press US, 2007. ISBN 0195189841, 9780195189841, 260 pages

Page 42:

CLINICAL ASPECTS OF STALKING

"Finally the fourth type of stalking in the Sheridan and Boon (2002) taxonomy, sadistic stalking, comprised 12.9% of their sample. This construct looked at the victim in particular, identifying the victim as someone worth "spoiling" (Sheridan & Boon, 2002), and as someone who would not understand why they were targeted.

"The target and stalker began as low-level acquaintances, but eventually the stalker's motive is to frighten or demoralize the victim. For example, the stalker might reorder or remove private papers, or leave notes inside the victim's car, leaving the victim with some evidence that the stalker has had contact with their personal property.

"As the behavior progresses, the stalkers attempt to take full control of the victims' lives. Their behavior may include implied threats (e.g. pictures of tombstones) and sexual communications that intimidate or humiliate but would avoid directly pointing to the perpetrator.

"There may be reprieves from the behavior, which may later resume after a hiatus. These types of stalkers may work hard to defy police."

A11. Chapter 4 (OSATV): Through-Wall Electronic Weapons

Private investigator David Lawson presented us a thorough look at organized stalking by human beings in the community of the target. Most targets who have been targets for several years also experience a very invasive, inescapable form of harassment by through-wall electronic technology. (In virtually all cases to date, organized stalking appears to be a life sentence.)

In this chapter we will present some silent, through-wall, virtually zero trace evidence electronic technologies which can be used to literally destroy any quality of life a target may hope to have, **in the privacy of the target's home.**

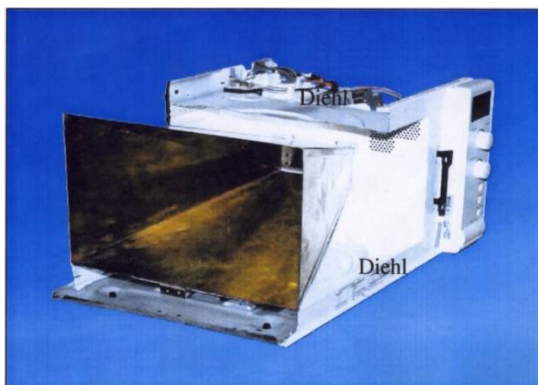
Surprisingly, those technologies are not government secrets, and have been available to anyone with upper middle class income for one to five **decades!** Again, decades! The reason, reader, you may not be aware of them is that they were developed for legitimate uses, and some have not been widely publicized. And you, reader, have one of them right now in your home.

These technologies use the ability of radio signals to penetrate non-conducting walls, and use frequencies and modulation ("signal shaping") methods, which produce effects which are useful for covert harassment.

Here is the list through-wall harassment technologies currently available:

Weaponized microwave oven

A simple microwave oven, door removed, with the door interlock switch bypassed, and held against the bedroom wall of a target in an apartment building or semi-detached house. This device can cause a variety of disabling medical symptoms.



Some of the symptoms of microwave exposure are:

Asthma, cataracts, headaches, memory loss, early Alzheimer's, bad dreams, depression, fatigue, concentration loss, appetite loss, heart and blood pressure problems, and cancer.

Targets do report those symptoms, however, doctors almost never admit to patients that electronic harassment is even possible, never mind actually happening.

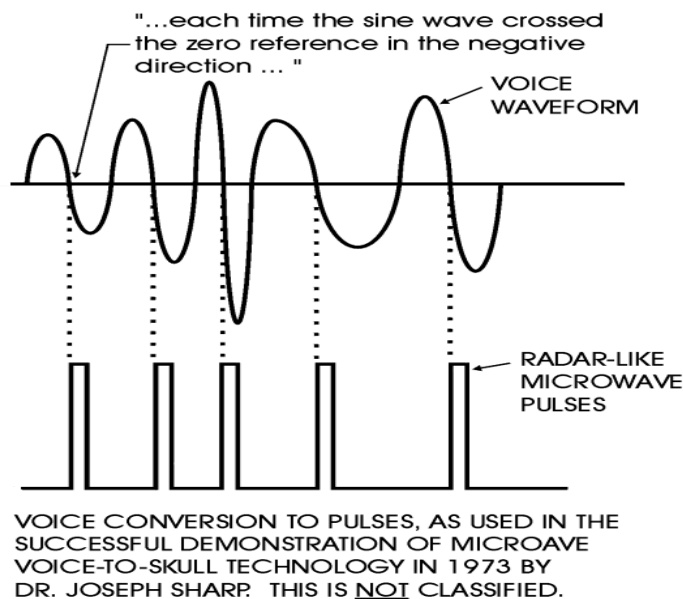
Voice to Skull

Joseph Sharp's voice to skull success, performed with Dr. James C. Lin's pulsed microwave transmitter, and publicly announced in 1974 at the University of Utah, at a seminar presented to the faculties of engineering and psychology.

That seminar, and the operating principle of Sharp's successful experiment, were described in the March 1975 "American Psychologist" journal. The operating principle, which has been improved upon in the more than three decades since Sharp's success, is based on the fact that one microwave radar pulse of medium to high power can produce an audible click in the hearing sense of a person in line with the signal. That effect has been called "radar hearing" since World War II.

Dr. Joseph Sharp used a computer to cause one microwave radar-like pulse to be transmitted every time a speaker's voice wave form swung from high to low, as illustrated below:

The result was that when Joseph Sharp sat in line with a microwave transmitter transmitting pulses as shown above, he could hear a "robotic" voice speaking the numerals 0 to 9. He did not carry the experiment further, at least according to available records. Sharp's experiment took place in 1973, and although the potential for microwave radiation to cause cancer wasn't as widely known, it may be that radiation danger is the reason this technology has not, at least publicly, been developed further.



Research into radar hearing by Dr. Allen Frey in the 1960s established that roughly three-tenths of a watt per square centimeter of skull surface is required to generate the clicks from which the voice is synthesized. Synthesis of voice from clicks is a primitive form of "digital audio."

For some years in the 1990s and early 2000s, the United States Army recognized "voice to skull" technology, which they abbreviated as "V2K," in their on line thesaurus. For reasons unknown, the Army removed that thesaurus entry circa 2007.

Some references to developing more advanced types of voice to skull can be found among patents, and rare United States Air Force references to the technology in the late 1990s forward.

Voice to skull (V2S/V2K), a commercial version dubbed MEDUSA - "Mob Excess Deterrent Using Silent Audio", was proposed for commercial development for military and police use, per ABC news in summer 2008.

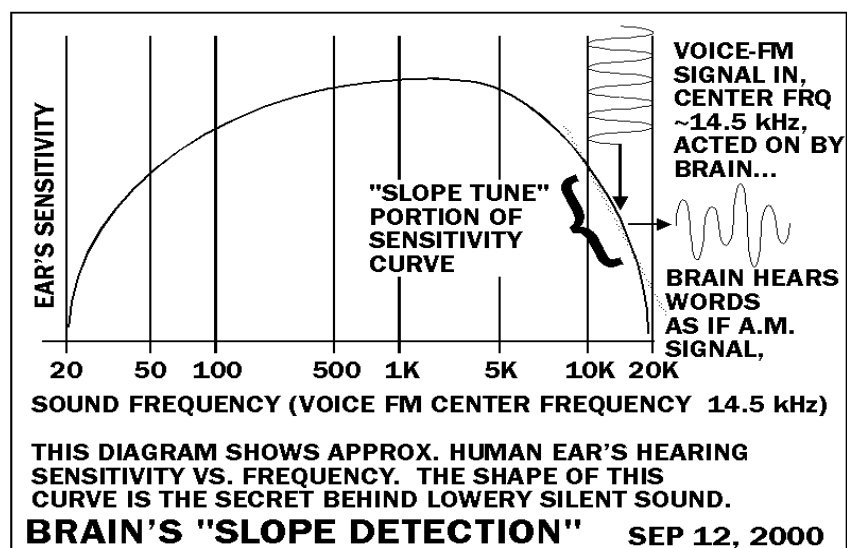
Targets report invasive sound transmissions of good fidelity at various times of day. Voices saying profane and disparaging things are common. False sounds of telephones ringing, pagers beeping, alarm clocks going off, knocking on the target's door, and other sounds have been reported. The fidelity of these transmissions indicates improvement over the method demonstrated by Dr. Joseph Sharp.

Silent Sound

Oliver Lowery's silent sound, U.S. patent 5,159,703, is the current method for "subliminal sound." "Silent Sound" replaced "time slice" subliminal sound, in which small slices of a subliminal message were inserted into an audio stream, such as at a movie or on TV, to influence the listener. Silent Sound is mixed with audio in places like department store Muzak systems to discourage shoplifting.

Although enhancements have been developed, at its simplest, a Silent Sound voice encoder takes a spoken message, and uses a circuit similar to a telephone voice changer to raise the frequency of the voice up near (but not exceeding) the upper limit of human hearing. The listener hears a fluctuating high-pitched tone, and any words cannot be discerned, consciously.

However, the brain can subconsciously decode the words. The brain takes advantage of the fact near the upper limit of hearing, the sensitivity to frequencies drops off. The sensitivity curve is sloped downwards in the Silent Sound frequency range, roughly 14,000 to 16,000 Hertz (cycles per second.) For readers with knowledge of radio detector circuits, recovering audio from a frequency modulated (FM) converted voice signal is done using "slope tuning." A concept diagram of how this works with Silent Sound is shown here:



How the brain decodes FM-encoded voice

"Silent Sound" is not a through-wall device by itself. However, when Silent Sound is transmitted to a target by way of a voice to skull through-wall transmitter, if the target is susceptible to hypnosis (many people are), the target's thought processes and personality could be severely disrupted over time, and the target would have no idea why this was happening, as the sound is essentially silent. The target may hear a high pitched tone or hiss, but no words. The target would be much less able to resist hypnotic suggestions than with audible speech.

It should be noted that many targets report hearing frequent or constant high-pitched tones or hissing.

"Silent Sound" subliminal hypnotic suggestion can also be piggybacked on to a target's cable TV or radio listening, as well as transmitted on a voice to skull signal.

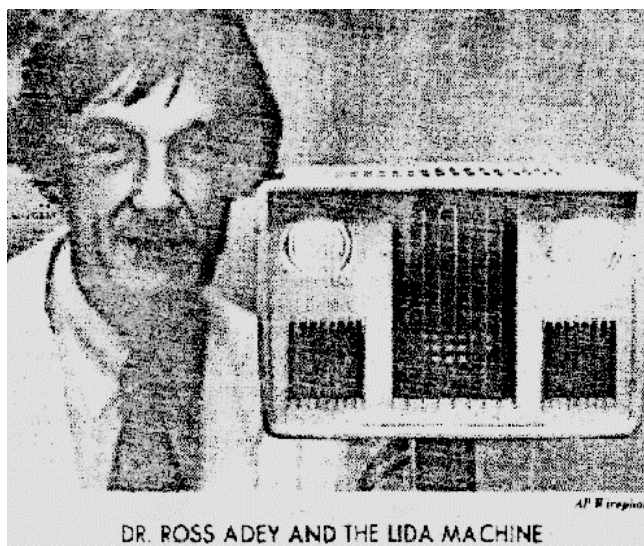
The LIDA Machine

An old medical device, the Russian LIDA machine, a pulsed 40 watt, 40 MHz radio transmitter, which can be used to make a target exhausted on the job when pulsing at the rate consistent with sleep, and with a pulse rate increase, DEPRIVE a target of sleep too.

This device is a radio transmitter version of other types of trance induction devices, such as a swinging watch, or pulsing lights, or pulsing sound. Trance induction works using any low speed, regular stimulus. Even slowly swinging in a hammock or rocking in a rocking chair can induce sleep.

But if someone comes along and suddenly rocks a snoozing person's rocking chair at a high rock rate, that person is going to be forced awake. Same with a slowly beeping tone changing to a rapidly beeping tone. Alarm clocks use rapid beeps, for example.

The LIDA was originally designed as a drugless sedation machine. It was featured in a 1985 edition of a CNN "Special Report." An Associated Press photo of a LIDA machine, with one of the scientists who studied it, Dr. Ross Adey, is here:



The original LIDA machine uses not only a pulsing radio signal, but pulsing lights, sound and even radiant heat as well. It was designed to be used near the patient. The earliest report of the LIDA being in use I'm aware of is the report of a Korean prisoner of war who saw one in operation at a prison camp. That's half a century ago in terms of a radio harassment technology, which is quite simple, having been available for half a century.

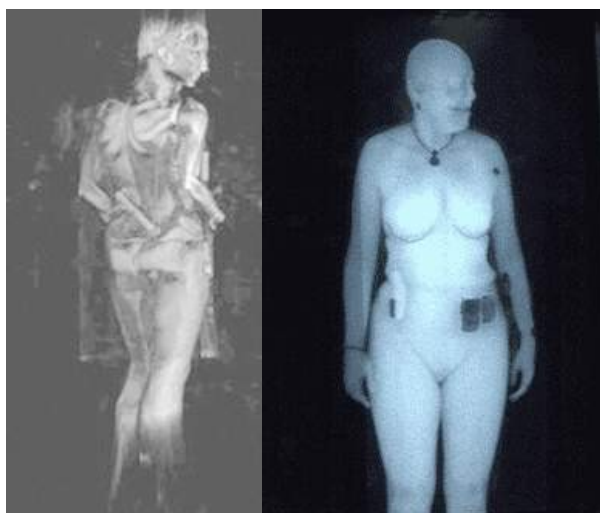
(Note: Dr. Ross Adey and Dr. Eldon Byrd were scientists who studied the LIDA machine for possible weapons potential. There is no evidence that Dr. Adey or Dr. Byrd were ever associated with unethical activity.)

Organized stalking targets report overwhelming fatigue on the job at times. I'm retired now, but I was hit so hard with some sort of fatigue that I would have to find a room at work and lie down for as long as 30 minutes to just carry on. Concurrent with this, doctors could find no disease which could explain these very sudden, drop-you-in-your-tracks attacks.

Organized stalking targets also report extreme trouble sleeping, describing the sensation as "being injected with caffeine." I have experienced that too.

Through-Wall Radar

Through clothing (and through non-conductive wall) RADAR, widely used at airports and by police to look through clothing for hidden weapons. The harassment potential of this technology in the hands of organized stalking gangs is obvious.



Through wall/clothing radar images

The same security scanning radar used at airports, and now coming into use by police, can also view a target through a non-conductive wall. In the late 1990s, I pretended to be willing and able to buy such a unit, and was told by a salesman for the Millivision company, then making this equipment, no longer in business, that if I had the cash, then around \$100,000, I could have the equipment. I stated plainly that I was a private individual with no ties to law enforcement.

Many targets report being "followed" in their apartments by rapping noises from an adjacent apartment, particularly the one below. As the target walks about, rapping noise which sounds as if the occupant of the adjacent apartment is doing "work" on something, will move as the target moves. This may go on for say, 15 minutes. It does seem as if someone has through-wall radar and is "enjoying" its use.

Once in a while, a target will experience a few weeks where every time they sit on the toilet, the water in the bathroom below theirs will be turned on at the exact time the target starts to urinate, and the water is turned off when the target's urine stream stops. Even throughout the night.

Those through-wall harassment technologies can all be proven to exist.

EPIC

There are some as yet to be demonstrated technologies as well, which are interesting in terms of harassment potential. One, code named EPIC, was announced on Fox News as under development by Houston, Texas firm Invocon, with funding by the U.S. Marine Corps.

EPIC, it is claimed, has the potential to disrupt the inner ear with an electromagnetic signal, through walls. Targets report disrupted balance, sometimes as they try to do delicate work, or work with the potential to spill things, which does happen regularly.

Implants

There has long been a suspicion by organized stalking targets that their disruptive effects may be due to implants in the body. There is very limited evidence that a handful of targets may be implanted, but by and large, targets do not report unexplained wounds, missing time, or medical scans with artificial objects which don't have a legitimate medical purpose. At time of writing, there are two targets who have had monitoring/tracking/control implants diagnosed by doctors and removed. Two out of thousands.

There are several who have medical scans which they claim show non-therapeutic, non-medical objects in their bodies. Without a professional diagnosis, I'm unwilling to claim those undiagnosed scans represent monitoring/tracking/control implants, though under the MKULTRA "mind control" crimes carried out in the 1950s-1970s by CIA contractors and affiliates, there was some implantation of the involuntary experimentees.

For today's organized stalking targets, the question of implants, possibly nano (microscopic) sized, or even made of biological material, is wide open. My advice to organized stalking targets is to avoid compulsive worry that they are implanted without a high quality medical scan, at least. Because there are through-wall harassment technologies which do not require implants and which have been available for decades, implants should not be assumed, in my view.

Some promising experimentation has been done using bug detectors to search for implant signals at this web site:

<http://www.icaact.org>

NOTE: Very important - the presence of anomalous signals at points on a target's body does not necessarily prove implants. Only doctor diagnosed and removed objects are sufficient to prove implants. The above group is to be commended for being very cautious in their claims resulting from their experiments.

Classified Technologies

It should be noted that while the five proven to exist, proven to work, through wall harassment technologies can severely disrupt a target's quality of life, they are easy to detect if a target has the right test equipment, and can be shielded against. Today's targets find that good quality shielding against electromagnetic signals does work now and then, temporarily, or partially, or, not for all who try shielding.

By contrast, materials that do not block electromagnetic (radio) signals do sometimes provide some relief. Examples are leather, rubber, and the common blue gel freezer ice packs.

The fidelity of today's through-wall sound projection weapons ("voice to skull") is much higher than Dr. Joseph Sharp's pulsed microwave method could produce.

Clearly, from the target's experiences, there is equipment in use now that is advanced beyond the proven technologies discussed here. This makes it much more difficult for targets to credibly prove the electronic harassment phase of the organized stalking crime.

A12. Earning Attention Span Success Story

A target, who has been a member of a church for a couple of decades, reports that they (anonymity requested) have gradually reached a point where the subject of organized stalking can be discussed, without negative repercussions, with the pastor and among the other members of the church. Here are some observations as to how the target has conducted themselves in the church which have led up to this favourable result:

1. Attend church regularly -- all events, including Bible readings and social circles, not just Sunday services.
2. Participate actively, giving special consideration to other (elderly and infirm) members of the congregation who might need particular forms of assistance.
3. Establish your credibility as a good, stable, civilized, trustworthy person and a true believer, which takes time.
4. Be a good listener, which means subordinating your personal problems to matters which are of far greater interest to other members of the congregation. You'd be surprised how many other members of the congregation may want to discuss the (bizarre) problems they've been experiencing in their lives.
5. Develop a warm, meaningful, trusting relationship with the church pastor and elders. This, too, takes time.
6. Over time, test the waters to see what approach can be best used in surfacing the topics of organized stalking and electronic harassment.
7. Stay understated and avoid portraying yourself in "rabid" terms as being a victim of a vast conspiracy.
8. Don't quit because of a few obstructions thrown in your path.

ACTIVISM HISTORY

ACTIVISM EVENTS IN THE FIGHT TO EXPOSE AND STOP THE CRIME OF ORGANIZED STALKING AND ELECTRONIC HARASSMENT



Eleanor White and others who contribute information

**** NOT COPYRIGHTED ****

This is a work in progress. Material will be added and changed as new information becomes available. Check the date/time stamp beside the page numbers to see if your copy is current.

Purpose of This Booklet

New targets of organized stalking and electronic harassment (OS/EH) are making themselves known all the time. Each new target goes through the usual learning curve period.

A great deal of activism to expose OS/EH , and this includes books, videos and legal initiatives, has taken place starting with the activism to expose government activist harassment and “mind control” programs in the 1970s. There are many web sites providing details of these initiatives, but they are scattered and a new target, or even an interested journalist, is likely to have difficulty getting a complete picture of what has been tried to date.

Not knowing what has been tried results in suggestions by the new targets who believe their idea hasn't been tried. Hopefully, this listing will quickly inform new targets what our activism history is, so their innovative efforts are better informed.

This booklet is not to provide exceptional detail, but instead is a list of activism initiatives known to me (Eleanor White) to date. In the beginning, this booklet will simply name the initiatives and some of the participants. Over time I hope to add more detail, but at least this booklet will give new targets and journalists an overview.

Note: I don't personally endorse the credibility of every activism initiative listed here, however, I am listing those initiatives which appear to have been significant. I do maintain a web site listing credibility ratings for various initiatives:

<http://www.randomcollection.info/creviews>

ALSO NOTE: There are many individual OS/EH activists who work quietly all the time, looking for, and taking advantage of, opportunities to educate the public. Their efforts may not result in clearly identifiable activism milestones such as listed below, but readers should understand that most OS/EH targets do some sort of activism on an ongoing basis.

List of Sections

1. Time Line of Significant Initiatives
2. Problems Observed With Some Initiatives

1. Time Line of Significant Initiatives

Human Radiation Experiment Hearings (19??)

<http://www.randomcollection.info/hradexco.htm>

Radiation hearings transcript

<http://www.randomcollection.info/achradex.htm>

Additional human radiation hearings documentation

* The below video "[acheslet.wmv](#)" includes testimony regarding the human radiation experiment hearings

* Julianne McKinney and Harlan Girard worked face to face with the radiation experiment hearing officials attempting to get the scope of the hearings to cover non-ionizing radiation. Non-ionizing radiation, electromagnetic radiation of lower frequency than xrays and radioactive disintegration products, can generate some of the electronic harassment effects targets of organized stalking and electronic harassment experience.

Unfortunately, Julianne and Harlan were not able to get the officials to consider crimes involving non-ionizing radiation.

MKULTRA-Era Involuntary Experimentation Hearings (1970s)

<http://www.randomcollection.info/mind-mk.htm>

MKULTRA era article in the Napa Sentinel newspaper (1991)

<http://www.randomcollection.info/acheslet.wmv>

Video "letter" to President Clinton and Canadian PM Jean Chretien (1997) which was a plea for government attention to both MKULTRA era survivors and OS/EH as well, a project of the Advisory Committee for Human Experimentation Survivors - Mind Control (ACHES-MC.) Note: ACHES-MC's web site is no longer active.

COINTELPRO Activist Harassment Hearings (1970s)

<http://www.cointel.org>

Paul Wolf's archive of official COINTELPRO hearing documents

<http://www.randomcollection.info/cointeldocs.htm>

Eleanor White's backup copies of the COINTELPRO documents

CNN's 1985 "Special Assignment" documentary with strong hints of the electronic harassment phase of the OS/EH crimes

<http://www.randomcollection.info/cnn1985.rm> (Real Player version)
<http://www.randomcollection.info/cnn1985.wmv> (Windows Media Player version)

Robert Naeslund (Sweden,) implant removal (1983)

<http://www.randomcollection.info/mcf/v/naesdoc.htm>
Robert's account of his efforts to get his implant removed

Julianne McKinney, Director, Electronic Surveillance Project (Early 1990s - present)
Association of National Security Alumni (that specific project is no longer active)

<http://www.randomcollection.info/microwav.htm>
Julianne's landmark article about her investigation into OS/EH, which "woke up" a great many people who were targets but had no idea their harassment was a highly organized program with probable roots in government black operations

Harlan Girard, Managing Director, (Early 1990s - present) International Committee on Offensive Microwave Weapons

<http://www.icomw.com>
Harlan Girard's current web site

Cheryl Welsh, JD (doctor of law,) Owner of the "Mind Justice" web site, and initiator of a number of activism initiatives (mid-1990s - present.) Cheryl earlier founded CAHRA (Citizens Against Human Rights Abuse,) now replaced by Mind Justice.

Cheryl's work includes exceptionally high quality literature research both U.S. and foreign, with emphasis on mind control and involuntary human experimentation. As a lawyer, she writes authoritatively on relevant law.

<http://mindjustice.org>

Activism projects (sampling):

Time Line [of EM technology]: <http://mindjustice.org/timeline.htm>

U.S. Human Rights Abuse Report (1998): <http://mindjustice.org/7.htm>

Electromagnetic and Neurological Technologies (2000):

<http://mindjustice.org/campframeset.htm>

The Mind Control Debate is Over. What Next? (2008):

<http://mindjustice.org/debateover.htm>

Bulletin of the Atomic Scientists (2009): <http://mindjustice.org/legalhuman.htm>

History Channel (2009): <http://tinyurl.com/nfwpd7>

Ed Light - Ed created the "Mind Control Forum" web site in the mid-1990s, but has been harassed to the point where he had to give up ownership of the web site to Vicky Kindhart. (2???)

<http://www.randomcollection.info/mcf>

The "MCF" web site is the largest repository of OS/EH target testimonials, and also has considerable historical material about other abuse crimes, such as ritual abuse, Satanic ritual abuse, and the MKULTRA era mind control experiments.

Brian Wronge, implant court case (1993, still not resolved.) Brian Wronge had official recognition of implantation but doctors refuse to remove the implants. Articles appeared:

The City Sun Newspaper, Brooklyn, NY, December 1993:

Article text: <http://www.randomcollection.info/wronge1.htm>

Article text: <http://www.randomcollection.info/wronge2.htm>

Alex Constantine, a prolific writer regarding government misdeeds, published his book Psychic Dictatorship in the U.S.A. in September, 1995. In that book he describes both MKULTRA-type and electromagnetic "mind control" activity. I (Eleanor White) have not heard of any new initiatives in the OS/EH arena by Alex since the turn of the 21st century. Because of his high profile identification with what many call "conspiracy theories," my opinion is his work is probably best left to historical perspective and not used for activism.

Dr. Nick Begich, (doctor of complementary medicine,) enters the arena of possible electromagnetic crimes with his book Angels Don't Play this HAARP in September 1995. Since then he has lectured and appeared on radio and in TV documentaries which touch EM crimes (tangentially,) and his most complete collection of research material in this arena is (Eleanor White's opinion):

Controlling the Human Mind, review at:
<http://www.randomcollection.info/controlmind.htm>

Article, Some Aspects of Anti Personnel Electromagnetic Weapons, (February 1996,) by David Guyatt. Synopsis Prepared for the International Committee of the Red Cross Symposium "THE MEDICAL PROFESSION AND THE EFFECTS OF WEAPONS." One copy is posted at (google title for others):

<http://www.randomcollection.info/mcf/anti-personal-electromagnet-weapons.htm>

Kathleen Sullivan, MKULTRA survivor, began networking with OS/EH targets circa 1997 (at least as I, Eleanor White, am aware.) Her main interest has been healing abuse survivors, including survivors of the government-sponsored MKULTRA era crimes. In recent years we haven't heard a much from Kathleen but here are two items of note:

North American Freedom Foundation: NOT ACTIVE AT THIS TIME
Kathleen's book Unshackled: <http://www.randomcollection.info/unshackled.htm>

Judy Wall, editor, Resonance, the newsletter of the Bioelectromagnetic Special Interest Group, (late 1990s - early 2000s, she has not been heard from since)

EM Weapons Timeline: <http://www.randomcollection.info/jwalltil.htm>
Aerial Mind Control article: <http://www.randomcollection.info/commsolo.htm>

Dr. Rauni Leena Kilde, MD (~1997-present), former chief medical officer for Northern Finland and president of nursing school. We first saw Dr. Kilde in a 1997 British documentary on electronic weapons and mind control. (Her interests include areas such as the paranormal and UFOs and as a result we don't publicize her work which includes such material, but her matter of fact declarations on TV and radio that what we call electronic harassment and mind control are happening as fact were much appreciated.)

Microwave Mind Control: <http://www.randomcollection.htm/kilde1.htm>

Sacramento, California state capitol rallies (1997 - ~1999) following names are not a complete list of participants:

Tim Donoghue (falsely imprisoned as a result)
Rod Orr
Mary Ann Stratton
Mike Duffy

David Larson, implant removal and court case (1997)

Larson's original report: <http://www.randomcollection.info/lrr.pdf>
Larson's web site: <http://www.larsonmedia.net>

S.M.A.R.T. abuse conferences, research, and other activities (1998 - present) This very active anti-abuse activism and support group hosts annual midsummer conferences. Detailed information is available at this web site:

<http://ritualabuse.us>

These conferences are of most interest to OS/EH targets who are also survivors of other types of abuse. (Some MKULTRA survivors have become OS/EH targets too.)

Carol Rutz, MKULTRA survivor (as child), publishes book A Nation Betrayed (July 2001), with her torture experiences and considerable research into the MKULTRA era government crimes

Book Review: <http://www.randomcollection.info/nabetray.htm>

"Space Preservation Act of 2001", HR 2977, October 2, 2001, submitted to the U.S. House of Representatives by Ohio representative Dennis Kucinich. The technologies included for banning were:

- (i) electronic, psychotronic, or information weapons;
- (ii) chemtrails;
- (iii) high altitude ultra low frequency weapons systems;
- (iv) plasma, electromagnetic, sonic, or ultrasonic weapons;
- (v) laser weapons systems;
- (vi) strategic, theater, tactical, or extraterrestrial weapons; and
- (vii) chemical, biological, environmental, climate, or tectonic weapons.

There are many controversial weapons listed in the bill, and this resulted in the bill being withdrawn and a replacement bill (HR 3616) was submitted instead.

Carole Smith's article (circa 2003) in the Journal of Psycho-Social Studies titled On the Need for New Criteria of Diagnosis of Psychosis in the Light of Mind Invasive Technology:

http://www.btinternet.com/~psycho_social/Vol3/JPSS-CS2.html (original)

<http://www.randomcollection.info/newcriteria.html> (backup copy)

Washington DC rally, October 7-8, 2005:

<http://www.randomcollection.info/show5.mp3> A report on the rally by Norma Lawrence, founder of Citizens Against Technological and Community-based Harassment, Toronto, Ontario, Canada, 2004-2006.

Appearances by OS/EH targets on Patriot Radio, (Approximately 2003 - 2007, with very occasional appearances since.)

<http://www.raven1.net/ravindex.htm>

** NO LONGER AVAILABLE **

Audio clips of some of the appearances are indexed there.

Norma Lawrence, founder of CATCH (Citizens Against Technological and Community-based Harassment) (2004 - 2006.) While the original CATCH group, which was based in Toronto, Ontario, is no longer active, the CATCH web site continues to be updated and is an excellent resource. Live presentations on OS/EH were given to crisis support organizations.

<http://www.randomcollection.info/catchcanada> SAVED COPY - NOT ACTIVE

"U.S. Electromagnetic Weapons and Human Rights", (December 2006) a Project Censored report by (professor) Peter Phillips, Lew Brown, and Bridget Thornton, Sonoma State University:

<http://www.projectcensored.org/assets-managed/pdf/ElectromagneticWeapons.pdf>

(Original report)

<http://www.randomcollection.info/emwepsprojcensored.pdf> (backup copy)

Derrick Robinson, founder of FFCHS (Freedom From Covert Harassment and Surveillance) (2006 - present.) Derrick's organization and web site are currently (Sept 2009) the hub for North American networking. Derrick initiated telephone conference call networking and now there are conference calls nightly, with access information on the web site.

Organization's web site: <http://www.freedomfchs.com>

John Allman, founder of Citizens Against Mental Slavery (19???.) John operates a comprehensive networking effort for British OS/EH targets, and has run for British Parliament, attended rallies in the United States, and presented a paper at the [5th European Symposium on Non-Lethal Weapons, Ettlingen, 11 May 2009](#). John also liases with European OS/EH targets.

Web site: <http://www.slavery.org.uk>

Collection of scientific articles: <http://www.slavery.org.uk/science.htm>

Civil rights rally, Houston, 30 July 2004: <http://www.slavery.org.uk/Houston.htm>

"Labour Party Conference, Brighton, 26-30 September 2004":

<http://www.slavery.org.uk/Fahrenheit212.htm>

Washington DC private meeting with Senators and public rally - 7-8 October 2005:

<http://www.slavery.org.uk/washington.htm>

Picketing at 2007 NLW symposium: <http://www.slavery.org.uk/ettlingen.jpg>

Noted author Gloria Naylor's book about OS/EH, titled "1996" (2005)

Book review: <http://www.randomcollection.info/1996review.htm>

Song by "Kuango" titled "T.I." (2006)

Interview (scroll to special #20): <http://www.randomcollection.info/show20.mp3>

Her web site as of September 2009:

<http://www.soundclick.com/bands/default.cfm?bandID=746342>

Cynthia McKinney served in the U.S. House of Representatives from 1993 to 2003, and from 2005 to 2007, representing Georgia's 4th Congressional District. During the George Walker Bush regime, she called for reopening of the Congressional hearings on COINTELPRO.

Elizabeth Sullivan's book *My Life Changed Forever* (2008) This book is an excellent report on the author's organized stalking experiences.

Review: <http://www.randomcollection.info/mlcf.htm>

James Walbert's court protection order against one of his harassers, including a mention of electronic harassment (December 2008.)

Scans of court documents: <http://www.randomcollection.info/walbert.htm>

Elizabeth Adams' TV show "America Needs to Know" (2008+) which included OS/EH targets

<http://www.organizedcrimewaves.com>

<http://www.nationalcaresociety.org>

ocwinfo@yahoogroups.com

America Needs To Know

Help TV

For reference [excerpted from an October 2009 email bulletin]: "Elizabeth is producing a television show entitled "America Needs to Know" which began broadcasting as one hour episodes on Berkeley community television in July. She is scheduling ongoing taping sessions for TIs to tell their stories. Dress professionally. We don't have to worry if we make a mistake because these are not live but just tapings and Elizabeth will edit them down into one-hour episodes, editing out any mistakes or non-credible sounding stuff. Still we should focus on sounding credible throughout so Elizabeth has as much material to work with as possible. Since we don't have any experts on this technology we're just going to discuss our personal experiences as victims. We'll appear on her show and discuss our targeting much as we do at the support meetings, on the conference calls, etc. You can choose whether or not you want to be on camera. Those who want to go public will be seated in front of the camera and those who wish to remain anonymous will be seated behind the camera."

Billboard campaigns, starting late 2010 and continuing:

FFCHS billboard – first one in Los Angeles (January 2011):



Kenneth Rhoades billboard – Wisconsin (late 2010)



** A billboard with similar design has been put up in Florida in early 2011.

This billboard went up September 26, 2012, on route I-75, 9 miles north of Ocala Florida. 24 ft by 60 ft, 80,000 vehicles per day



Public Hearing: The Presidential Commission for the Study of Bioethical Issues

The St. Regis Washington, DC
923 16th and K Streets, N.W.
Washington, DC 20006
February 28 - March 1, 2011

Roughly 20 organized stalking/electronic harassment targets managed to garner almost all of the two-minute speaking slots on the final session of these hearings, which lasted ~50 minutes. The original video was available at the link below on March 2, 2011:

<http://tinyurl.com/4ka566y>

OR ...

<http://www.tvworldwide.com/events/bioethics/110228/default.cfm?id=13288&type=flv&test=0&live=0>

All the speakers sounded good, and Dr. John Hall helped by making his credentials available to back up the OS/EH targets' stories.

Backup copy links:

<http://www.randomcollection.info/bioethicshearingmar0111.wmv>
Video, 148 megs

<http://www.randomcollection.info/bioethicshearingmar0111.mp3>
Sound Track Only

Bob S's (last name withheld on request) initiative to get a new COINTELPRO hearing by the U.S. Congress.

Since roughly ~2006, Bob S, a retired California attorney, has maintained an email discussion group in which he has outlined his plan to bring about a new COINTELPRO hearing. His method includes these elements:

- Gathering testimonials from participating targets, with wording which labels their experiences as "COINTELPRO operations."
- Requiring all targets, even those who do not participate in his initiative, to cease calling activity which fits current legal definitions of "stalking," as "stalking." Requiring all targets to begin calling their experiences "COINTELPRO operations" instead, in an effort to convince the public that targets are currently being harassed under the auspices of a government program like COINTELPRO.

- Using a petition template provided by Bob S to request a new U.S. Congressional hearing.

Bob S also offers guidance for those targets attempting to get the U.S. Bioethics Commission (see item above) to take their claims seriously.

As of date of writing (August 15, 2011,) the Bob S program continues, with one of the most prominent public expressions being this web site, originated March 1, 2011:

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

This web site's owner posts this text on the site:

“This website is meant to inform the public about human experimentation without advance, informed consent by the victims and is part of the outreach activities of Electro Well, Inc., a 501 (c) 3 nonprofit.”

Bug detector experiments on targets and non-targets

In 2012, California target Jesse Beltran, along with Lars Drudgaard from Denmark, established the International Center Against Abuse of Covert Technologies (ICAACT), with their main web site at:

<http://www.icaact.org>

In this effort, wide band bug detectors have been used to locate anomalous RF signals appearing to emanate from specific points on targets' bodies. They have also found that some, but not all, non-targets also show anomalous RF signals.

ICAACT hopes to arrange medical scans and removals, then analysis of, any anomalous objects found by the scans. As of July 2013, this hasn't been done.

Another independent experimenter, Cliff Huylebroeck from Belgium, achieved similar results.

2. Problems Observed With Some Initiatives

This section is to mention some problems observed with some of the historical activism initiatives. This section is not an exhaustive discussion of what makes for good activism. I have another booklet posted titled Information Handling, in which I go into detail on my own ideas for good activism, using widely recognized principles of persuasive communications. That booklet is available at this link:

<http://www.randomcollection.info/osih.pdf>

Note: Because I point out problems with past initiatives, I am not saying don't keep trying. I'm just passing along what history has shown us as problems, so future activists can work on ways to overcome such problems.

Email campaigns:

Politicians have stated outright that emails are the weakest form of communications. They say that when volume gets higher than they can handle, emails get deleted. Because it is so easy to send emails, naturally officials will have high volumes of them, and your requests for attention will stand out the least.

Hard copy letters, on a single page, are the most likely to get attention, they say. Faxes aren't too bad and can be sent from your PC.

During my first few years online, I sent out over 10,000 emails by rough but reasonably accurate count. I might have received a few dozen replies, most of them telling me I was crazy, or demanding to be taken off my email list.

Sometime in the early 2000s, a group calling itself the "MC Mailteam," filled with the "we've got to do something" spirit, began sending long, many-page emails screaming about torture, with a great deal of text in upper case lettering. They occasionally send these emails even now, to just about every government and private organization on the planet.

Other than a few courteous acknowledgements of receipt of emails, I'm not aware of this frantic activity bringing about any progress towards exposing the crime of OS/EH.

Bottom line - mass email campaigns to date seem to be a waste of time. If you're going to communicate cold with any organization or official, I urge you to at least scan the principles outlined here: <http://www.randomcollection.info/osih.pdf>

Petitions:

There are numerous electronic petitions posted on web sites set up for that purpose.

The problem with petitions is, unless there is a plan where the petition is printed out and physically delivered to an official whose duties actually allow the official to help, these are a waste of time.

Officials don't spend time looking for extra work, browsing petition sites to see if there are any that he/she can help with. In fact, most members of the public don't browse petition sites either.

My recommendation is that if you plan a petition, do nothing until you have established a way to physically transport the signatures to an official with relevant duties.

Handing out flyers:

I'm really in favour of flyers. However, when I went through over 3 years of street picketing and handing out flyers, I found that describing the full ugly truth about OS/EH caused an immediate apparent disconnect with the public. Once I reduced the flyers to just the organized stalking side of the crime, without mentioning exotic electronic weaponry, the passers-by became more interested.

Nobody suddenly wanted to go to war on our behalf, but they at least had some interest in the topic. Reducing the percentage of full truth told, and mentioning the more familiar stalking phase of the crime, helped noticeably.

In-person presentations:

I did just one of these on my own to an OS-friendly sexual assault support organization. But I accepted a right-after-lunch time slot. Bad idea. The audience could barely stay awake. I suspect the perps helped this somnolence along, but I'd recommend trying to negotiate away from that particular time slot.

Note: Norma Lawrence's CATCH organization, of which I was a member, made do with very short presentations, typically 15-20 minutes maximum, with a few minutes for questions and answers. For now, I would be careful to pare down to a 15 minute presentation, and time yourself to be sure you can fit in to that time block. You can ad lib up to a total time of half an hour. Rehearsal is essential.

Further information:

I found that loading a listener or reader down with a long list of web sites caused an apparent disconnect. I'd recommend just a single web site link if possible.

Request your listener/reader do something:

I found that in order to maintain interest, a request to do something specific was necessary. Even something simple like “tell your friends” made a difference.

I have also found that unless you tie your request to the mission statement of an organization or official you are approaching, you probably won't even get a reply. You need to find your recipient's mission statement and put a sentence in your material or verbal spiel showing how their mission statement is relevant to OS/EH.

Court cases:

There have been court cases dismissed as frivolous.

Consistently, targets have assumed that because what they describe “could only be done by government,” their stories alone will be accepted as grounds for suing government. That has not worked, and isn't likely to.

Court is for cases where an identifiable perpetrator has done you measurable damage. If you can't show both, history shows going to court is a waste of your money.

James Walbert succeeded in getting a court order because he was able to identify a perpetrator by name, for example. Just saying you want to sue the CIA hasn't worked.

To date (December 2011) no participant in a court case has provided me with writeups describing their court actions. However, I maintain an e-booklet with such attempts to take OS/EH to court as I'm aware of, at this link:

<http://www.randomcollection.info/oslc.pdf>

CONVERSING WITH NON-TARGETS ABOUT OS/EH



HARNESSING THE POWER OF AN EDUCATED PUBLIC

Eleanor White

WORK IN PROGRESS - updates happening from time to time. Check the page number and date/time stamp.

**** NOT FOR GIVING TO NON-TARGETS ****

While educating the public about organized stalking and electronic harassment is a laudable activity, there is nothing in this book which would help a member of the public become educated about OS/EH. This book is strictly to help targets with their conversation skills on this topic. For an e-booklet written specifically for the public, see: <http://www.stopos.info>

LIST OF SECTIONS

1. Purpose of This Booklet
2. What Do We Want From a Conversation?
3. How Can We Know How Non-Targets' Minds Actually Work?
4. General Conversational Techniques
5. Specific Classes of Listeners
6. A Basic Talking Points List
7. Contributions From Other Targets

OTHER INFORMATIONAL OS/EH BOOKLETS:

<http://www.randomcollection.info/booklets.htm>

This e-booklet was originally created in January 2013

DISCLAIMER

This booklet contains the advice of Eleanor White and other targets who submit suggestions regarding conversation techniques. These suggestions are based on experience, however, there is no way contributors to this booklet can guarantee success in persuading any given non-target to believe what targets tell them.

1. Purpose of This Booklet

This booklet is to provide tips for targets of organized stalking and electronic harassment (OS/EH) on how to converse with non-targets about this crime.

Until the public becomes educated about this crime, targets will often be met with skepticism and are sometimes accused of being mentally ill. Non-targets judge us based on what we say, and that is why this booklet is needed, to provide targets with information from experienced targets on what has worked well in conversation, versus what has not worked well.

Contributions from other targets are welcome. These contributions should be focussed on helping others learn how to converse and be taken seriously. Examples of actual verbal exchanges which worked well, and which did not work well, will be very helpful.

Contributions may be anything from a single paragraph to a full article taking several pages. Typing in a simple email or in a simple text editor like Windows Notepad or Wordpad is fine - I will do the final formatting when I insert your contribution in this document.

2. What Do We Want From a Conversation?

THE BIGGEST BARRIER TO A SUCCESSFUL CONVERSATION ABOUT OS/EH IS INFORMATION OVERLOAD.

For purposes of this booklet, our goal is to convey information about OS/EH to non-targets, and, when the conversation ends, have the non-target at least wonder if the crime we were describing is real.

We would all like our non-target listener to believe us 100%, but until the public is educated, that is not a realistic goal, in my opinion and experience. If my listener walks away not sure if OS/EH is for real, that is a genuine accomplishment, at this time in history.

When a listener walks away not sure if OS/EH is real, I call that individual a "half-believer."

How does a target create a half believer?

By offering only one or two nuggets of the least-unfamiliar information about OS/EH, then STOPPING RIGHT THERE. Walk away, or stop talking about OS/EH at that point, and you

have a good chance of creating a half-believer.

See, if you force too much information into your listener's attention span, you FORCE them to decide if you are describing a real crime, or if you are a nut case. DON'T FORCE THE LISTENER TO MAKE THAT DECISION is my advice.

This probably doesn't have a satisfying feeling for the average target, who desperately wants justice and an end to this crime as soon as possible, but I suggest creating half-believers is a realistic goal for a FIRST CONTACT conversation with an unaware member of the public.

In the now half-century since the OS/EH crimes began, targets have repeatedly taken the approach that "I'm going to tell the public what I know to be true and I don't care if they believe me or not." Consistently, that has resulted in not being believed, and often, targets have been forced into the psychiatric system, eliminating further chances of being believed.

I'm making a point here that it is time to end what hasn't worked for decades, and start using conversational techniques which are based on how non-targets' minds actually work, as opposed to what we all want to do, that being scream about our pain from the rooftops.

When targets calm down and apply people and communications skills, a few of us have succeeded in small scale education of some non-targets. Even a few doctors have at least acknowledged that OS/EH is possible, albeit privately. The goal of this booklet is to help many more accomplish that kind of small scale success, because numbers count in the effort to educate the public.

Here, in another booklet, is a public education method which uses top-notch conversational skills and worked really well until personal considerations required the end of this activity:

<http://www.randomcollection.info/osgroups.pdf>

3. How Can We Know How Non-Targets' Minds Actually Work?

We can't accurately predict how any particular non-target will react to our attempts to educate them. However, here in the second decade of the 21st century, enough targets have had enough experience that one important way to get some idea of how non-targets' minds work is to listen to the experiences of other targets.

Another way to get an idea of how non-targets' minds work is to imagine yourself before you became a target, and how you would react to hearing about OS/EH.

A third way might be to read books and articles on communications skills, including advertising. Educating the public, under present circumstances, is a lot like advertising.

Some portions of psychology books and articles may provide clues, as may self-help information sources.

And of course, as you start a conversation with a non-target, being calm and observant can let you know how well you're doing. This is very important since each non-target has their own personality and set of beliefs, so observation is essential.

Simply spending a bit of your time pondering how non-targets probably think can also be helpful, and will help you keep the need for conversational skill in mind.

4. General Conversational Techniques

By experience, I've learned that the best conversational techniques are often the very OPPOSITE of what we targets instinctively want to do. Learning to go against your instincts is a big part of conversing well on this bizarre topic.

IT TAKES MULTIPLE ENCOUNTERS

It is hard for newer targets to accept, but educating non-targets requires multiple encounters with sources of OS/EH information. OS/EH is huge, complex, and unfamiliar to non-targets, and we targets must accept the need for multiple encounters as we plan our conversations.

This means that conversations you strike up with non-targets, particularly those you aren't likely to meet again, should be planned as small steps in the education process. This feels frustrating and un-satisfying, however this is how people learn and assimilate information.

For strangers, it is very likely they will only become educated after further encounters, other than with yourself. This isn't as discouraging as it sounds, as we have had a few media appearances to act as "encounters other than yourself." Such as Jesse Ventura's show, and Lt. Larry Richard's TV statement about an organized stalking case.

For conversations, this means we must not try to do the entire education job in our one encounter. Reminding yourself of that will help you prepare better conversations.

"FIRST CONTACT"

In this booklet, you will see the term "first contact." That refers to conversations with non-targets who know nothing about OS/EH. This term would apply to people you know, but with whom you have never spoken about OS/EH.

These conversations are usually brief, and require the greatest care to avoid triggering denial in your listener.

REHEARSE REHEARSE REHEARSE

Spend some idle time thinking about various challenges you could encounter in conversations

with non-targets, and put together and REHEARSE what you feel are your best responses. Rehearsing is critical to the performing arts and is just as critical to success in conversing about OS/EH with non-targets!

One handy way to rehearse is to stand in front of a mirror and try to convince yourself of the OS/EH truth you're working with. You can quickly see the picture the public will see when you deliver your spiel.

REPORT CONVERSATION RESULTS TO OTHER TARGETS

Few targets take the trouble to report how conversations with non-targets went, on forums.

Taking the trouble to outline how a conversation went, approximately what was said, and how well the conversation turned out, (including when it went badly,) is very important to help us build up a knowledge base of what works well and what doesn't.

RESIST TELLING YOUR PERSONAL STORY

We targets urgently want the world to know our personal stories. However, my experience shows that telling one's personal story is one of the worst conversational topics - doing so invites your listener to consider you mentally ill.

To include some personal testimony, carefully choose brief anecdotes which are from OTHER targets, and contain activities at least somewhat familiar to the public. If technology is involved, be sure the technology is among the proven technologies. Both carefully chosen personal anecdotes and proven technologies are listed in this booklet:

<http://www.stopos.info>

If asked about your personal story, follow all the best conversational principles carefully, because one's personal story is the riskiest part of the OS/EH topic. Be brief, choose those aspects of your story most familiar to non-targets.

YOU GET 30 SECONDS

I have extensive street experience conversing with first contact non-targets. Most of the time, I got about 30 seconds' worth of attention span before my listener said bye-bye. As you think about your own conversational points, keep that 30 second time limit in mind, when conversing with unaware strangers.

SEPARATE OPINION FROM FACT

From experience, nothing undermines one's credibility more quickly than telling a non-target something as if it were a fact, where you can't invite their attention to a backup document

which will satisfy officials of the truth of your statement. I have another booklet designed to help targets handle the huge volume of information posted on the Internet about OS/EH, and sort out how useful the information is:

<http://www.randomcollection.info/osih.pdf>

That's a big document, but I'll mention one point here regarding the very large web sites and very long articles which targets will find on the Internet. No web site can be given a blanket 100% pass. In order to determine what is fact and what is opinion, every statement on a huge web site or large article has to be evaluated separately.

That sounds like a lot of work but it's not, really. Usually, there are only certain key points which a visitor to such sites or articles might actually use in conversation. It is only necessary to research those few key statements.

How to research those key statements? Search for a statement in a mainstream document, so well established that OFFICIALS will accept the statement as true. Once you find such a document, refer to that document, and not the web site, in conversation. Web sites, particularly by targets, have little to no persuasive value in conversations.

Again, SEPARATE each statement on a web site or in an article, and seek mainstream documentation. If you find it, you can say it as fact in a conversation. Otherwise, the information has to be offered as an opinion, theory, guess or speculation in conversation.

My experience is that conversations go best when a bare minimum of theories are offered. And labelling information as theories or opinions, or saying "I don't know" are ways which convey your honesty to a listener.

Newer targets may wonder where factual information, which works best in conversation, might be collected. My effort to collect factual material for conversational use is the booklet available on this site, which is available in several languages:

<http://www.stopos.info>

CHOOSE INFORMATION SOURCES CAREFULLY

I have a page giving credibility reviews of a sampling of web pages and articles at this link:

<http://www.randomcollection.info/creviews>

The reviews cover some OK information, and some defective information. There are far more pages of information on the Internet, however the page above gives a good sampling, and you can see how and why I have rated each information item there. This sampling is intended to show targets how to do their own rating.

LEARN WHEN TO STOP

Targets naturally want as many non-targets as possible to hear their story, and hopefully to become eager to learn all about OS/EH, and do all they can to help end this crime.

I certainly want that, but in my 3 decades+ as a target, I've learned that simply does not happen. If a listener does take us seriously, they would, understandably, believe that helping us is approximately like being asked to help someone who has a Mafia hit contract on them. Not an inviting prospect for a non-target.

A very important part of successfully conversing about OS/EH is to observe the listener carefully, and STOP the conversation when it's obvious the listener is uneasy. If you break off soon enough, even though it doesn't feel satisfying to you, you stand a much better chance of having your listener walk away wondering if OS/EH is real. And that is the practical goal of conversing with non-targets, until a future time when the public becomes aware of this crime.

Bluntly, "Know when to talk, and when to shut up!"

MAKE LIKE YOU AREN'T A TARGET

This is for strangers and other listeners where you want to test their reaction to OS/EH without identifying yourself as a target. In this technique, you open the conversation simply expressing amazement at, say, "something you saw on the Internet last night."

This way you assume no risk at all of being seen as crazy.

If attention span allows, you can wonder out loud if "that [target's] story is real." If your listener says they are certain "that [target's] story" is nuts and that target needs to see a psychiatrist, you can briefly mention a well-chosen nugget like "Well, in the U.S., Canada, and Great Britain, I've read that one stalking complaint in eight involves three or more stalkers, so I kind of wondered if "that [target's] story" might be true.

Or perhaps Lt. Larry Richard's statement on TV:

<http://www.randomcollection.info/gangstalkingsantacruzca.wmv>

By carefully selecting one or two of the best factual items, and pretending to partly go along with the skepticism of your listener, you might bring them to where they at least consider the factual nuggets you mention.

KEEP THE TERMS AS FAMILIAR AS POSSIBLE

This is particularly important when conversing with a stranger. Most strangers are completely unaware of the OS/EH crimes. You know yourself that you are more likely to listen to issues which are familiar to you.

With an unaware non-target, I found much better attention span when I started the conversation about "organized stalking," and said nothing about electronic harassment until the very end, and then only a very short word or two about EH. Sometimes I would not mention EH at all - you have to try to sense whether your listener might be someone who can handle hearing about EH.

"Mind control," or "brain" anything, were among the very worst terms to use with an unaware non-target, in my experience, particularly in first contact situations.

A long list of my recommendations on terminology is part of this booklet:

<http://www.randomcollection.info/osih.pdf>

USE "WEAKER" TERMS WITH THE UNAWARE

With unaware non-targets, I have found that jarring them into denial with extreme terms like "torture" often ends the conversation right there.

Targets are tempted to call EH "electronic torture."

Here's the problem with "torture." We are free to travel anywhere, to hold jobs, to have homes and apartments. We have very limited marks and scars, and those we do have could be from other causes. Non-targets simply can't conceive of someone who is perfectly free, in their sight, being a torture victim. The solution is to not use "torture."

This is why I use the term "electronic harassment." Harassment is weaker than torture. And, everyone has experienced some sort of harassment, so it is a familiar term.

Remember, we want to hold the attention of our listener, and using weaker terms helps with that, even though it is the opposite of what targets would really like to do.

AVOID REFERENCES TO MENTAL ILLNESS

Conversing about OS/EH always risks having the target deemed to be mentally ill. Speak always about this CRIME. Being a target of CRIME has nothing at all to do with mental illness. Don't raise the mental illness issue, or even hint at it.

Having said that, it's a good idea to be prepared, should your listener ask if targets are mentally ill.

Should that happen, you can say, and this is true, that some targets - we don't have a specific number, but I have heard from maybe 20 - have been given a clean bill of mental health. Myself included. Reference Lt. Larry Richard's statement on TV:

<http://www.randomcollection.info/gangstalkingsantacruzca.wmv>

I recommend researching ideas for dealing with questions about mental illness. There are some suggestions in this booklet:

<http://www.randomcollection.info/oscope.pdf>

AVOID BLAMING SPECIFIC TECHNOLOGIES AS A FACT

At this point in the history of OS/EH, we really can't prove which technologies are in use on us. Consequently, I urge you to avoid making such claims in conversation.

You can offer factual information about the several technologies we can prove exist, and work, and have been available to anyone with the cash for decades, as long as we don't insist those proven technologies are actually being used on us.

Just describing those proven technologies can make for an interesting conversation, and can help towards having your listener take you seriously.

The proven technologies are briefly explained here, in terms that anyone can understand:

<http://www.stopos.info>

I urge you to avoid mentioning voice to skull at all, unless you know the listener well. Hearing voices is almost always assumed as mental illness.

AVOID BLAMING A SPECIFIC ORGANIZATION

At this stage of our efforts to expose and stop these crimes, we have yet to be able to point to any specific organization, government, corporate, private, and assert that they have been proven to be carrying out our harassment. The FBI carried out COINTELPRO, and the CIA carried out MKULTRA, however those facts do not prove that either of those agencies are carrying out OS/EH today.

Yes, we targets know that government is a very likely major player, whether or not government is the main perpetrator. It is very tempting to blame them. But conversationally, I recommend not committing to blaming them as fact.

I have often said something like this: "We targets have not been able to prove conclusively that any particular government agency or private organization is behind organized stalking. We do know, however, all levels of government seamlessly deny that stalking by more than one person ever happens. Of course, their own statistics show they handle one stalking complaint out of every eight, involving three or more stalkers. And at least one police department acknowledged organized stalking on TV."

That statement is as far as I will go, as I don't have evidence to say anything more. I have observed what seems like reactions acknowledging that I am being honest, and I consider that a big plus.

EXPLAINING THE DIFFERENCE BETWEEN OS AND "LIFE'S NORMAL BAD BREAKS"

Many who first learn about the crime of organized stalking point out that what targets report happens to many people, and are "just life's normal bad breaks." Targets will tell you that yes, most of the methods of harassment are indeed taken from "life's normal bad breaks," and are used for harassment to make targets' reports sound unbelievable. To be deniable, in other words.

But there are two key features, which non-targets are not able to observe, which mark the very sharp difference between organized stalking activity and life's normal bad breaks:

TIMING. Organized stalking acts are often timed so they happen at times of maximum inconvenience to the target. Deliberate noise, or electronic sleep disruption just at the point where the target goes to bed, for example. Firing up a leaf blower just as a target settles in to a lawn chair, when there are no leaves to blow. And doing these things every time, not just occasionally. Non-targets may see an occasional example of these acts, but without seeing them all in a continuous, day-in, day-out train, will not appreciate the impact of this crime.

FREQUENCY. Life's normal bad breaks only happen occasionally. Organized stalking acts happen several times a day, in the community, at work, while driving, in stores, at home, and during sleep hours. Non-targets don't see this train of events.

"YOU'VE BEEN DOING THAT FOR YEARS AND IT HASN'T WORKED"

I often hear the argument, when I post about allowing non-targets to learn at their own, (naturally slow) pace, (as opposed to pushing the full truth at them,) that "Your [Eleanor White's] method hasn't worked."

This is absolutely false. Once my activism mentor, Norma Cross, got through my thick skull, during the CATCH experience, about how non-targets actually assimilate information, I began using the conversational techniques in this booklet. These "slow and steady wins the race" methods have worked very well.

But because I am only a single individual, and because perhaps only a dozen or so targets use these same methods at time of writing, we haven't seen any large scale upwelling of public awareness.

That is not because tailoring your conversation to how the mind of the non-target public works is ineffective, rather, it's just that so few have used that method.

So to these critics I say that for practical purposes, putting effort into tailoring what we say to what the public is ready to hear hasn't actually been tried at all. This booklet is, hopefully, one

small step towards a large scale and fair trial of this conversational method.

**ACTIVISM IS ALL ABOUT TELLING THE
TRUTH TO THE PUBLIC. WHY THE HECK
ARE YOU TELLING US TO BE SILENT?**

First, out of all the classes of listeners listed in the Specific Classes of Listeners section, I recommend not talking about OS/EH with family members, police, and doctors, particularly when you are alone. There are many people with whom to converse about OS/EH other than those three groups.

Second, I am urging targets to converse using those selected aspects of this crime which have been shown to be the most likely to not push your listener into denial. Urging that is NOT telling you to be silent. Instead, it's saying use what works best.

Thirdly, I know many targets have talked, and will talk, to family, police, and doctors about OS/EH. The recommendations in this booklet can probably help you stay out of trouble even if you do decide to converse with those three groups.

Bottom line: I have NOT, AND NEVER HAVE told targets to "be silent."

5. Specific Classes of Listeners

Obviously, the general conversational techniques listed above need to be modified for the many different classes of listeners targets encounter. Other major factors relating to what you say are how much your listener already knows about OS/EH, and if they know about OS/EH, the listener's opinion about it.

In this section, I will list some of the most common classes of listeners, and give suggestions appropriate for each class.

STRANGERS

Strangers must be treated as unaware first-contact non-targets, unless you find a rare individual who already knows about OS/EH. The first-contact conversational principles in the section "General Conversational Techniques" must be applied carefully. Expect a short encounter.

Strangers are ideal for the "make like you aren't a target" principle.

FAMILY

Family members whom you have not already discussed OS/EH with are very risky. Family members have been known to force targets into the psychiatric system, believing they "are doing the best thing" for you, the target.

Not raising the OS/EH issue at all with family members is the safest course of action.

If you feel compelled to talk to family members about OS/EH, then I recommend testing their reaction before identifying yourself as a target. The "make like you aren't a target" principle is good for that purpose.

If you have already mentioned OS/EH to family members, and they aren't convinced, pushing them to hear more can cause them to try to push you into the psychiatric system, and/or break off their relationship with you. Many targets have to choose to be silent about OS/EH in exchange for a continued relationship with family. Although that is hard to do, maintaining good relations with family is almost always preferable to becoming a family outcast.

In some cases, targets have used faulty information with family, and using better quality information later has helped. For the reasons above, doing that requires thought and care. My choice of best information for family members is:

<http://www.stopos.info>

FRIENDS

Having friends is very valuable for targets, and personally, I am willing to pay the price of silence about OS/EH in exchange for continued friendship.

If you choose to discuss OS/EH with friends, be very observant of the point at which their body language shows they've heard enough. Resist the temptation to keep giving them web sites to look at. My experience is that most non-targets regard being told to go look up web sites as the proverbial "pain in the bum."

Be ready with good quality information, but don't be pushy with it.

Another note - be aware that the perps can put you in situations where they can make it appear a friend is taking part. Be very slow to assume that. Keep good notes over time, and consider tactfully asking about a single incident, but only after quite a bit of observation and note-taking. Don't let the perps decoy you into losing friends.

CO-WORKERS

Co-workers are a captive audience, and to maintain good workplace relationships, be especially light in pressuring them to talk about OS/EH.

Of course, co-workers sometimes become well-known over time, so for long time co-workers, you can probably safely judge who may be open to hearing about OS/EH. I hate to sound like a broken record, but here, too, is a situation where testing a co-worker's open-ness using the "make like you aren't a target" principle is an excellent idea.

Resist the temptation to complain to management about on-the-job harassment is my advice. It is much better to casually show a manager a problem created by workplace perps, and just wonder out loud how that could have happened, and then drop the issue at that point. Be patient, and over time, let the manager conclude that something is out of place.

Managers may or may not be in on the harassment. If you suspect they are in on it, then that, too, is a situation where you want to be squeaky clean and avoid complaining. Just objectively describe harassment situations, and go no further. Don't give a perp-manager the excuse to fire or otherwise create problems for you.

Keep excellent notes, of course. Even if you leave that workplace voluntarily, those notes can be used to explain to another employer why you left, if that becomes an issue. I recommend not offering your notes to a new employer unless the new employer raises the issue first.

The term "mobbing" can be used when discussing on-the-job harassment, as that term has been recognized by some academics as a real type of workplace situation. If you need backup for that term, the book titled "Mobbing" is reviewed here:

PEOPLE YOU SEE REPEATEDLY

This applies to anyone - family, friends, acquaintances, people working in stores and offices you visit, members of your church or club - anyone you are assured of seeing repeatedly.

Because you are assured of seeing them again and again, I recommend taking advantage of that to give very small tidbits of information, then letting time do the work of letting those tidbits take root. Because my goal is educating them, I want to be especially careful to avoid making them uncomfortable by pushing more OS/EH information at them than they are ready to hear.

Often, a few months will pass between tidbits.

Again - this is a classic case of where resisting your instincts is important. You want to gush the full story all over them, but by experience, that is the exact opposite of what works best.

POLICE

When you go to police about OS/EH crimes against you, it is very important to restrict your complaint to some act for which you have undeniable physical evidence, such as damage, or if theft, of a really big-ticket item such as police normally act on. Confine what you say to them to a strictly objective description of what happened.

Say NOTHING, is my advice, relating to OS/EH in any way.

Numerous reports from targets have shown that police are often prepared in advance to try to twist targets' OS/EH complaints into a case where they deem the target is mentally unstable. The new psychiatrists' "bible," the DSM-V, is reported to include a vastly expanded number of so-called "diseases" with which you can be forced into psychiatric treatment.

By the way, sometimes police have used the excuse "You are complaining just to get attention." A variation on that is if you show the police perp sabotage, "You did that yourself just to get attention." That is something you should have a response ready for if you do decide to contact the police.

That is a difficult challenge to overcome. You might matter-of-factly say, "No, I don't want attention" and leave it at that.

Many targets have already complained directly to police about OS/EH, some having been forced into psychiatric treatment, some not. Typically, repeated OS/EH complaints result in being repeatedly rebuffed, or threatened with psychiatric treatment.

For those targets who insist on trying to complain to police about OS/EH, my advice is to read my booklet on information handling principles before going further. That booklet should help you choose the best terminology and evidence. I don't recommend pressing police about OS/EH, but if you do that, put some effort into using only the best information.

<http://www.randomcollection.info/osih.pdf>

** With both police and doctors, if you must talk about OS/EH, I urge preparing yourself by having some support people, one with you, others at least fully briefed. Support people would include friends who are on your side and will not sell you out to they psychiatric system, crisis support workers who are on side and know about OS/EH, a lawyer who has been briefed and whose experience is in the field of mental health defence, or another target who has learned how to behave and speak credibly as a witness. This should be arranged before going to police about OS/EH.

This log of encounters with police may be of interest to targets:

<http://www.randomcollection.info/policewhoknow.txt>

DOCTORS

Almost all doctors are hair-trigger primed to classify targets who complain about OS/EH as mentally ill. Count on it.

I do not recommend talking to any doctor about OS/EH, except possibly using the "make like you aren't a target" principle, described in the General Conversational Techniques section.

** With both police and doctors, if you must talk about OS/EH, I urge preparing yourself by having some support people, one with you, others at least fully briefed. Support people would include friends who are on your side and will not sell you out to they psychiatric system, crisis support workers who are on side and know about OS/EH, a lawyer who has been briefed and whose experience is in the field of mental health defence, or another target who has learned how to behave and speak credibly as a witness. This should be arranged before going to doctors about OS/EH.

LOTS of targets have already complained to their doctor about OS/EH, and if not forced into the psychiatric system, are at least considered in need of "mental health lite" services by the family doctor. In this event, how much effort can be put into trying to persuade your doctor that OS/EH is real, without negative results, will vary a lot among different doctors.

A very small number of targets have found doctors who believe the targets are being targeted, but so far, those doctors are not willing to go on record publicly in their acknowledgement.

Here is a log of some encounters with doctors:

<http://www.randomcollection.info/docswhoknow.txt>

If you have been classified as mentally ill by your doctor, consider looking for a doctor who is prepared to give you an honest evaluation without holding your statements about OS/EH against you.

Information relating to finding an honest, unbiased doctor is included in "14. Defending Against False Diagnosis of Mental Illness" of this e-booklet:

<http://www.randomcollection.info/oscope.pdf>

LAWYERS

Conversing with lawyers, except for the free half hour offered by some, is extremely expensive. What this means is spend time getting what you want the lawyer to know and/or answer written down, and edited for clarity and brevity, before you go to talk with a lawyer.

If you are asking what the lawyer can do for you, make it plain what you want him or her to actually do for you. Have a 1- or 2-page "resume" or information sheet prepared to hand to the lawyer during the free 30 minutes, with all your contact information, a description of your situation, and exactly what services you are asking about. That free 30 minutes goes awfully fast.

Use conservative terminology recommended in the General Conversation Techniques section, and expanded on in this e-booklet:

<http://www.randomcollection.info/osih.pdf>

Targets planning on conversing with a lawyer must be aware that recently (since the year 2000) there have been lawyers who initially expressed interest in targets who want to sue someone (typically government,) accepted non-refundable payment, and ultimately decided they could not take the case.

Unless you can name a specific perpetrator, not just "the government," and prove that the specific named perpetrator is harassing you, it is virtually certain a lawyer can not launch a law suit on your behalf. My advice is to not pay good money to have a lawyer eventually tell you that.

On the other hand, targets who can afford a lawyer may want a lawyer who can defend them against false diagnosis of mental illness. A lawyer in private practice who advertises mental health experience would be the one to ask. A lawyer with experience in mental health cases, and perhaps general medical malpractice cases, is a possible source of identifying the honest psychiatrists in your area, should you be forced into the system.

But regardless of the specific need for a lawyer, lots of preparation of a concise written "resume" or information sheet is extremely important, even if you can find a legal aid lawyer. Never approach a lawyer without being fully prepared.

Most targets will need to know if a lawyer accepts legal aid.

Information relating to finding a lawyer with relevant skills is included in "14. Defending Against False Diagnosis of Mental Illness" of this e-booklet:

<http://www.randomcollection.info/oscope.pdf>

RADIO OR TV SHOW APPEARANCES

Ah! Radio or TV show appearances are where you can safely get a lot more information out than where you are walking on eggs, observing your listener, worrying about attention span.

The show host has already guaranteed you a certain amount of attention span, and has guaranteed you his or her interest during that time. But from experience, targets who have had the opportunity to appear on radio or TV shows will tell you that the time is very short. You will be interrupted by commercial breaks, comments from the host, and comments from callers on talk radio.

If you participate in a recorded TV show, you will find that only a fraction of the time you spent being recorded will make it to the final cut.

If you are nominally on for an hour, you might get 15 actual minutes to make your points.

You pretty well have to respond to the host's questions, and will not be able to just ramble for an hour.

These real-world limits on radio and TV guests mean that a great deal of preparation is very important. Type yourself a list of questions you are prepared to answer. Then type your best answer to each question. Spend time whittling down the length of each answer until you have good answers that take no longer than 15-20, seconds each. Rehearse to determine how long your answers will take to say, in un-hurried conversation, and so your answers will flow easily when you are live on air.

You will be cut off and shunted on to new questions repeatedly on a talk show, so these brief, quality answers are the way to show listeners/viewers that you know what you're talking about.

I recommend you offer, probably by email, your list of Q&A, to the host. Some hosts already know about OS/EH and may not actually need your list, but do offer. In my experience, some hosts will choose questions from the list, and others will compose their own questions on the fly.

I recommend using all due caution to restrict what you say about your personal story. Keep the anecdotes brief, and choose just those incidents which are as close to what single stalker targets experience (familiar,) or if electronic harassment, just those incidents which can be

carried out using proven technologies. As in <http://www.stopos.info>

I recommend you listen to some of the host's shows to get an idea of his/her conversational style, before going on air or on camera. Internet shows usually have archives.

When conversing during the taping of a TV appearance, remember that video editors may try to make you look off balance, so rehearse, perhaps in front of a mirror, maintaining a credible appearance at all times.

Naturally, even though on a radio or TV appearance you get to talk about a much wider range of issues than most face to face conversations, it is still important to restrict what you say to the higher quality terminology and information. Leave out the more speculative stuff, and mention a bare minimum of opinions, theories, guesses or speculation. If you do mention opinions, be sure to verbally make it plain what you are saying is an opinion.

For both targets and the media, when preparing for a media appearance in which the electronic assault weapons are to be discussed, I recommend this e-booklet designed to sort out the different available technologies and see how they differ from one another:

<http://www.randomcollection.info/oseh-techs.pdf>

Three places to look for details on what makes up higher quality terminology and information are:

<http://www.stopos.info>

<http://www.randomcollection.info/creviews>

<http://www.randomcollection.info/osih.pdf>

CRISIS SUPPORT ORGANIZATIONS

During the years 2004-2006, a small activism group in Toronto, Ontario, Citizens Against Technological and Community-based Harassment (CATCH) discovered that private crisis support organizations can help spread the word about what OS/EH is. The conversational "trick" (not in a negative sense) used by the CATCH founder was to not ask directly for help with OS/EH, but instead, ask for some coaching on how to put on a high quality presentation about OS/EH.

The network of crisis support centers in CATCH's case were rape victim support and womens' rights activism groups. Their members all feel passionately about their causes, and were very glad to share their considerable expertise with us, as they, in turn, heard our presentations and learned about OS/EH.

It was particularly gratifying to learn that some members of these crisis support groups already knew what OS/EH is, and were very supportive.

Had not personal circumstances forced CATCH to disband, this activism would have reached

beyond private crisis support centers and been able to begin to educate official groups as well.

So - what sort of conversation is appropriate for crisis support groups?

Obviously, when inquiring either by telephone or in person, the first question should be very simple, "May I speak to someone on your staff who knows what organized stalking is?" Do not, I recommend, start out telling your story, or describing what OS is. You can always explain that if asked. You want to get to those staffers who already know what OS is right up front.

The lady who located the first OS-aware staff member had to make several calls on different days to different staff members to make that important first connection.

Once you locate such a staffer, then you can ask "May we visit your offices and put on a 15-minute presentation about organized stalking, and get your comments and suggestions?"

If you can't locate a staffer who knows what OS is, you might ask if you can drop off a copy of this e-booklet:

<http://www.stopos.info>

... and ask about making a 15-minute presentation to them once they have had a chance to look over (use "look over" as opposed to "read" - sounds like less work) the booklet.

15 minutes is a good length for a presentation. It gives you time to outline the basics, and is short enough that your listeners aren't likely to get bored. In CATCH, we found that a 15 minute presentation often resulted in another 15 minutes' worth of questions and answers.

Try to avoid presenting right after lunch, by the way, when people are sleepy and attention is difficult.

Further detail on the "CATCH method" of activism is found in this booklet:

<http://www.randomcollection.info/osgroups.pdf>

6. A Basic Talking Points List

I suggest that creating a talking points list is one of the best ways you can improve your ability to communicate with any type of listener. A printed-out talking points list is essential for radio show appearances, and invitations to address a group. However, such a list can significantly improve your ability to converse with non-target individuals - in that case, the act of creating the list and rehearsing it will help even though it is not likely to be used during an actual conversation.

IMPORTANT: Any talking points list should contain the BASICS, meaning, those experiences of OS/EH targets which are the simplest. Statistics, and answers to commonly-asked questions about both the MOST BASIC stalking and electronic harassment aspects should appear on the talking points list.

This list enables you to prepare your audience or listener with information they can handle BEFORE you go off into the more exotic aspects, such as "mind control," implants, government black operations and the like. Without giving your listener a short grounding in the basic elements of this crime, you are likely to go straight into the most difficult to believe aspects, potentially ruining your interview or spiel.

BASICS FIRST, in other words.

I've prepared a talking points list for targets at the following link:

<http://www.randomcollection.info/talking-points.pdf>

** Please save it to your hard drive, and possibly USB drive and/or CD/DVD disks. We do not know what sort of plans the powers that be have for the Internet, and there have been comments by government about major changes to the Internet. Save any items you consider worth having.

7. Contributions From Other Targets

In this section, I'm including suggestions on good conversation technique from targets other than myself (Eleanor White.) Unless a target wishes to be identified by name, I list their contributions as from "Target 1," "Target 2," "Target 3," etc. In order for a contribution to be included here, the contributors have identified themselves to me privately.

TARGET 1

I believe the foremost issue about targets speaking to the public, officials, or medical people is the frame of mind and communication tone of the target.

I believe that the manner in which the target presents themselves speaks more than any choice of words.

Therefore, the questions of who speaks and when they speak makes the difference between helping and harming the cause for everyone.

It takes a long time for someone who is being electronically targeted to learn how to function through that interference and neurological manipulation. Targets of EH usually present themselves as desperate, frantic, highly emotional, emotionally and mentally unstable, unable to keep a line of thought, unable to control themselves, and unable to respectfully and calmly listen to the person they are communicating with.

They are also extremely fragmented to the point of being unable to make a single clear point.

They are like an exploding firework or a popcorn machine. Once they begin, a barrage of disjointed extreme statements come erupting out. Instead of giving someone a few drops of water to experience, they unleash a fire hose in their face. And they typically don't perceive body language or facial clues as to the reactions of the person they are speaking with (aka "speaking at").

Those who are newly or not yet adjusted to group stalking, usually present themselves as hyper-vigilant, very nervous, looking outwardly so excessively that they appear not to be able to focus on the here and now. They often seem "paranoid" by their behavior, body language, and demeanor.

My point in this is not criticism, since these have all applied to me in the past, and worse. My point is to recommend that person-to-person "activism" is not to be engaged in until a person is able to appear somewhat normal and present themselves socially acceptable to their social environment. Until the messenger does not discredit or detract from the message, that person should only be a conduit of community awareness in remote ways, such as by writing on the Internet, or by leaving literature without personal contact.

In some cases, when person-to-person "activism" goes badly, it makes the target an additional focus of negative attention from people who would otherwise not be aware of them, and is doubly self-defeating.

The bottom line that I would like to get across is that, in the real world, the quality of the messenger is far more important than whether you choose the term "organized stalking" versus another.

Please first be a stable person with somewhat of a stable existence, or at least be able to present yourself as such, before you start "person to person cold calling " in behalf of targeting education.

The bad impression you make otherwise does nothing of benefit for the cause or for the target.

Thank you.

TARGET 2

Eleanor White makes the point that, if you want, you can try to speak to real people and see where they are really at before you try to tell large groups the whole story (which we don't really know,) on the Internet, or anywhere else.

[Eleanor White commenting: I have often urged targets who express a wish to use methods of communicating with the public which have been shown as counterproductive to "Go out in the street and try that, and let us know how it worked out."]

The reason this is so important is that every time you tell someone too much, they are likely to assume you are crazy, and so is anyone else who talks the way you do. They will tell others this, if the subject ever comes up. In other words, YOU HAVE MADE IT HARDER TO END OUR ABUSE, NOT EASIER by attempting to tell non-targets the whole story.

The thing to do is just to be very practical. You want to end our abuse, and media and authorities are unwilling to help. The tactic to employ, therefore, is one that has been used effectively by many groups, admittedly not exclusively. Try to speak to people, maybe even people you meet casually, and say what you judge them to be ready for.

I suggest saying you have "seen on the Internet" that there are groups that harass others with high technology. You don't have a lot of details, but it sounds serious. If they say it sounds crazy, you pull back and laugh, saying, "Well, you know about the Internet, but it certainly sounds possible." And leave it at that.

The goal is to get lots of people wondering about the truth of the assertion and willing to support a public hearing on our issue at some time in the future -- even though they are not aware of any real proof of the assertion. And in all honesty, this is the problem, which you should wait carefully to think about before proceeding: We lack real proof, and stories on the

Internet about conspiracies are not going to earn a lot of belief.

It's all just too strange and unheard of. Remember, you wouldn't have believed in such a large, well organized conspiracy to abuse before it happened to you either. And I don't like that any more than you do -- but please don't make people think I'M crazy by saying more than non-targets are ready for!

TARGET 3

The most effective way I have found that actually intrigues people is to start with a more general discussion about some of the "projects" that the FBI, CIA and NSA have engaged in. For example the NSA monitoring and computer monitoring of emails, phone calls and credit cards.

Those are all provable, real life events of targeting of sorts.

Sometimes I start conversations about some of the kids that have committed suicide due to being stalked / bullied but what appears to me to be pedophiles.

Sometimes I will discuss community stalking and cases that involve ex-husbands, and again real life targeted stalking cases where a person has attempted to do harm to another. There are thousands of reference cases like this and many of these have become group stalking.

Again all real life undeniable, real situations.

If I still have the persons attention then I will share about the types of people that do this to others and I will share some of my story, including facts. I keep a lot of facts about my story to myself, but I do share the provable stuff, like the screws in my tires. The items left on my front porch and the stories as to why these people left these items on my porch, although some items are still not understood by me.

I share the number of break ins to my house.

I share the story about Xxxx Xxxxxx coming to my home and threatening me with a knife, again provable. And I share the fact that the police officer originally refused to take a police report, but after threatening him with his superiors, he finally did take the report.

I share the number of people worldwide that are stalked for no known reason. I share books I have read about others that have been stalked, or that have studied the phenomenon.

I try real hard to share that if they look it up on the internet, that they must be very careful because some of the sites are developed by the stalkers and are meant to make people that are stalked look crazy. I think this is important because there are so many dis-information sites. [Eleanor White commenting: There are also many sites where well-meaning targets post information as facts which are actually someone's opinion, guess, or theory.]

Sometimes it works and people respond positively ,and sometimes it does not. Most of the time if they are totally standoffish in the beginning, and do not believe the real life cases. I chalk it up to they are probably stalkers themselves, and want it kept quiet because they are in fact involved. If they do not believe facts then they are most likely not of value to my efforts anyway.

One lady I work with I know is a stalker and every time I bring anything up she attempts to shut it down. But it is because she is involved. She on one occasion was doing some head nods implying that she or someone had tainted my coffee. That is just one example of her stalking behavior.

Another lady that again, I work with, I stated that anyone that would do this to another is criminally insane. Her face turned blood red, as if she was terribly embarrassed by that statement. THAT told me a whole lot about her involvement. She however, is one of those stalkers, that wants to see the damage she does, so I share nothing with her, Absolutely nothing.

It is very hard and sometimes people just can't go there, but if they can, I take them down the path of facts and avoid some of the unbelievable until they get to know me a little better. Making what I say a little more believable.

LOCAL GROUP PRESENTATIONS

**HARNESSING THE POWER OF AN EDUCATED
PUBLIC IN THE FIGHT TO EXPOSE AND
STOP THE CRIME OF ORGANIZED STALKING
AND ELECTRONIC HARASSMENT**



Eleanor White

**** MAY BE COPIED WITHOUT PERMISSION ****

LIST OF SECTIONS

Page numbers are not given here, as this booklet will be updated frequently when new information becomes available.

1. Purpose of This Booklet
2. Outline of Steps
3. Forming a Local Group
4. Locating an OS-Aware Crisis Support Staff Member
5. Suggested Information Sources for Presentations
6. Suggestions for Organizations Which Might Be Presented To
7. Securing Outside Support

Appendix 1: The Problem With the Name “Mind Control”

Appendix 2: Locating a Potentially Helpful Lawyer

For an e-booklet on basic information handling for OS/EH targets:

<http://www.randomcollection.info/osih.pdf>

For an e-booklet on technology terms and concepts:

<http://www.randomcollection.info/ostt.pdf>

For an e-booklet on coping for OS/EH targets:

<http://www.randomcollection.info/oscope.pdf>

For an e-booklet designed to explain OS/EH to the public:

<http://www.stopos.info/os.pdf> (Both OS and EH)

<http://www.stopos.info/os2.pdf> (OS only, for special situations)

For an e-booklet outlining the history of OS/EH activism:

<http://www.randomcollection.info/osah.pdf>

1. Purpose of This Booklet

Back in 2004, Toronto target and activist Norma Cross had a stroke of genius.

Another Toronto target, Glenda, after calling many local crisis support organizations, discovered a senior administrator of one crisis support organization who already knew what organized stalking was. Norma tried the novel move of asking that crisis support organization not for direct help with organized stalking, but instead, Norma asked them for help in creating a high quality presentation to be used to ask various organizations for eventual help.

Non-government crisis support organizations can be very activist-oriented, and coaching targets in ways to do quality activism comes natural for these organizations.

The result of this idea was the Citizens Against Technological and Community-based Harassment, or "CATCH." CATCH met monthly for two years, and after developing a good presentation, was able to make presentations to other crisis support groups.

After two years, personal circumstances required Norma to disband the small CATCH group, but not before showing to those present that this is an excellent and highly do-able way to inform the public. We CATCH members did not reach the point where we were able to get invitations from official (government) agencies to speak, but had we remained active, that would have been the next step.

Some crisis support workers are "cracks in the perpetrators' armour." These workers know very well how nasty people can be, and how officials can and do abuse vulnerable crime targets in many arenas. The task of the organized stalking activist is to locate one of the crisis support workers who knows what organized stalking is all about, and assemble a small (small works much better) group of targets from whom to form a presentation team. That is the purpose of this booklet.

Furthermore, if crisis support workers have confidence in the organized stalking target group, they do have contacts among various agencies and professions who can help with garnering invitations to present.

And finally, crisis support organizations have associates, friends and family members, and each staff member can help reach out to non-targets to which targets don't have access.

The CATCH web site was posted at this link at one time:

<http://www.catchcanada.net> (NOT CURRENTLY AVAILABLE)

A SAVED BACKUP COPY is posted here:

<http://www.randomcollection.info/catchcanada/>

2. Outline of Steps

Putting on a presentation to local professional organizations is a serious project, and to many targets, who can just barely cope, it may seem like something they would never be interested in. However, once this becomes a group project, and a project where the group members clearly accept that it must be done in many steps, over time, it begins to look do-able. Here are my suggested steps, which will be explained in detail in following sections:

- Assemble a local support group. This is often done simply for networking, not activism. (TWO good communicators are enough to form an effective group!)
- Get to know one another, and observe potential for good quality writing and speaking, as well as special skills which can help with preparation of a presentation. Learn who may express interest in participating in a presentation.
- Those members who have ability and interest in making presentations should start contacting local crisis support organizations, looking for staff who already know what organized stalking is. (Knowledge of electronic harassment isn't necessary.)
- It's also not a bad idea to shop around for a lawyer with mental health defence experience, who accepts legal aid payments, and who is willing to defend group members if they become snarled in the mental health system. Use the "free 30 minute consult" for this. Prepare a one page fact sheet about your group before making contact. See Appendix 2 for notes on locating a helpful lawyer.
- When a crisis support staff member who is familiar with OS is located, ask them if your group could make a sample presentation, and, if those who attend the presentation could make critical comments so the target group can improve their presentation.
- Look for opportunities to make presentations to other crisis support organizations, particularly non-government (NGOs.) Leave evaluation forms or invite them to submit their comments about the presentations electronically.
- Once the critical comments from these organization have been addressed and necessary corrections made, ask for help from the NGOs you have presented to for help in gaining invitations from the higher stakes local organizations, both government, and professional, such as legal, medical and law enforcement organizations.

Local groups starting this type of project need to know up front that it can take a couple of years before you are going to be invited to present to the high-stakes organizations. By "high stakes" is meant police agencies, government health agencies, and the like. "Being invited" means that you have built up confidence in you, and your message, within the crisis support and other non-governmental organizations.

This is a very important type of activism, and presenting to high-stakes organizations cannot be rushed.

IMPORTANT: JUST TWO targets, who have a dedication to speaking and writing in ways which non-targets can grasp, and speaking and writing with due professional conservative technique, not overloading your listeners with too much information, are PLENTY. A group of 3 or 4 is nice, but quantity is not quality, and two qualified targets are enough.

3. Forming a Local Group

[This section contributed by another OS/EH target from first hand experience in California.]

Forming a local target group can be an enjoyable, empowering and rewording experience, while simultaneously providing an eye-opening perspective on what other targets are experiencing. Unlike the forums and conference calls, it offers the opportunity to bond with targets face-to-face in a group dynamic setting where everyone can share their experiences and coping strategies. (TWO good communicators are enough to form an effective group!)

To identify other targets in your area, peruse OS/EH web sites that list contact info of targets interested in networking, submit posts to target forums indicating you are seeking to network with other targets in your area, ask around in the conference calls to see if anyone knows of targets in your area, do internet searches for OS/EH related terms and the name of your geographic area, for example "organized stalking san francisco." You can even post ads in online classifieds such as craigslist or post flyers in your area. Once you make contact with targets in your area ask them if they know of other local targets interested in networking.

Start by getting to know the other targets in your area. This can initially be accomplished via email exchanges and phone conversations, eventually leading up to individual face-to-face meetings, possibly at a neutral location such as a restaurant.

Before holding a group meeting, first meet individually with several targets, ideally with those who will be attending the group meetings, so that you get used to communicating with targets in person. The first time a target meets another target there can be significant stresses involved -- is the other target really a perp, what will they think of me, etc. Meeting individually with targets allows you to get this tension out of the way on your part if you have not met with targets before, as well as on the part of the other targets who will be attending the group meetings.

As far as a location for group meetings, it can be an informal setting like someone's home, or a more formal venue like a conference room at a public library. Meeting in a restaurant is less than ideal as it may be noisy or some members may not feel comfortable discussing OS/EH when it could be overheard by people nearby. Meeting outdoors in a secluded area usually works out ok.

When holding group meetings there are several things you should be prepared for.

Organizing a group meeting with targets presents unique challenges not otherwise normally an issue. One target may not want to go if another target he or she dislikes will be there,

another can not come before early afternoon due to being targeted with DEWs in the mornings, yet another may want everyone at the meeting remove their cell phone batteries, etc. Like anything else you will have to find a time and place that works best for the majority of the members interested in attending the group meetings as you may not be able to accommodate everyone's needs.

Be aware that well-meaning targets may say or even promise they will come to the meeting, but then never show up. Attending one's first group meeting is something many targets will never know whether they will be up to until the day of the event.

The first time a target meets either individually or in a group setting there is usually a strong urge to talk about their targeting at length, or otherwise have their experiences validated, as this may be the first time they have ever met anyone who believes what they are saying and are able to empathize. For the first 2 or 3 group meetings expect this to be an issue, in subsequent meetings becoming less so. One strategy is, at the beginning of every meeting, to go around the room and have each participant, if they want, to spend one or two minutes discussing how their week went. However if there are more than a few attendees, this may be too time consuming if there are other issues the group needs to focus on at the meeting.

At the meeting it is usually rare but it is possible a couple of targets may get into an argument, sometimes suspecting or even accusing one or the other of being a perp. In this situation consider informing the group that unless someone explicitly admits to being a perp there is no way to know for sure if someone is indeed one, and if we let them disrupt the meeting then the perps have won. However if a target is indeed disruptive then you need to deal with that individual more directly.

Sometimes one target will dispute another target's experiences. If this occurs consider informing the group that every target's experiences are different, and just because one target is not experiencing the exact same harassment another is, that does not mean it is not happening.

And note that some targets are willing to attend group meetings but are not willing to "go public" in terms of distributing OS/EH flyers outdoors where their picture could be taken, or participating in public OS/EH presentations especially if it will be videoed, as they may want to maintain anonymity due to family or job considerations.

If meeting minutes or other local group news is distributed, especially outside the group, for example to the greater targeted community, then omit individual target names from the communication unless you know those targets do not mind their names being thus distributed.

In reference to membership lists, if the group is small and close knit, then all members may feel comfortable listing their phone numbers and/or email addresses on a sheet of paper and having it photocopied it so everyone has a copy. However over time if the group becomes larger and members come and go then privacy concerns should be observed. This means if one target asks you for another target's phone number or email address, unless if you are positive the other target would not mind, you should tell the inquiring target that you do not like to give out target contact info without checking with the other target to see if it is ok with

them, or offer to forward the inquiring target's contact info to the target being inquired of.

As the group grows you may consider creating an internet forum to make it easier for local members to keep in contact with one another, starting a weekly or monthly conference call, distributing an email newsletter, or developing a web site for the group, but of course these will require additional time and energy.

Also be prepared to spend time on fielding questions and requests from the local members and for interfacing with new targets in your area being referred to you. You may need to develop strategies for effectively managing your time, for example, limiting the time you spend on OS/EH issues to a two-hour timeframe in the evenings.

4. Locating an OS-Aware Crisis Support Staff Member

The OS/EH target who found the organized-stalking-aware crisis support staffer took about a year to do so. She basically kept calling around all the crisis lines in the Toronto, Ontario area, and eventually found a rape crisis center supervisor who knew what OS was. (Note: That rape crisis center no longer deals with OS/EH, as CATCH is no longer available to refer callers to.)

This target probably took longer to find an OS-aware staffer than necessary, because she told her story and asked if the call taker could help. It is likely that if target group members were to call around and ask the question right up front: "Who on your staff is aware of organized group stalking?" ... the OS-aware staffer(s) could be found much more quickly.

Non-government crisis support organizations are probably the most willing to hear about OS/EH even if they aren't aware of the crime, however, I would urge any local group members to spend some time learning about OS/EH information handling before making calls. That will, in my opinion, make it more likely the crisis support call taker will respond positively and try to locate OS-aware colleagues. Here is my e-booklet of suggestions for OS/EH information handling:

<http://www.randomcollection.info/osih.pdf>

You might mention that the Toronto Rape Crisis Centre did IN THE PAST host the CATCH group, should your local crisis support group want to contact them for information. I, Eleanor White, can put them in touch with the OS-aware staffer when this step is reached, but I won't provide the contact information in this booklet.

WHAT TO ASK:

Once you locate a crisis support staff member who is OS-aware, ask if your group can put on a sample presentation for their membership, and it would be just fine if you put on your first presentation to just the one OS-aware staffer. You will be asking for their critique of your presentation, comments as to what they found interesting and engaging, and what they found turned off their interest.

Making presentations is a repetitive cycle - you make one, fix it according to comments received, and make another one, and so on. In this cycle, you start with the organizations most likely to be OS/EH friendly (the crisis support organizations) and gradually work your way up to the tough ones, police and doctors.

5. Suggested Information Sources for Presentations

Here are some suggestions for places to look for material to form your presentation:

<http://www.stopos.info/os.pdf>

The above e-booklet contains material which is written specifically for reading by the non-target public. Our best current factual evidence, such as group stalking statistics and the long-time proven to exist and work electronic weapons are included. David Lawson's report is included. A number of OS/EH target personal experiences are included. May be copied without permission - use anything you like.

That booklet is available in several languages, go to the main site for those versions.

<http://www.stopos.info/os2.pdf> ... is a version with NO electronic harassment material, for special occasions where that is desirable.

NOTE: These booklets may be downloaded, given out publicly on CD, or printed and handed out as hard copies, withOUT permission. If money is to be asked, please, to encourage widespread dissemination, limit the money to your exact CD or printed copy costs.

If someone MODIFIES the e-booklets, even a single word, then please remove Eleanor White's name and place your name on the modified version as the author.

<http://www.randomcollection.info/creviews>

This above site is my activism materials credibility review system. I don't claim to be the ultimate authority in this regard, but credibility is crucial, and there are no other places I'm aware of at time of writing where you can see the credibility of commonly referenced sources displayed and explained. I recommend any material you plan to use should be checked to see if there is a review posted there.

<http://www.randomcollection.info/osih.pdf>

The above e-booklet contains my suggestions on how to present information so as to be credible to non-targets.

<http://www.catchcanada.net> (NOT CURRENTLY AVAILABLE)

<http://www.randomcollection.info/catchcanada/> (LAST SAVED COPY)

The above site is a copy of the original CATCH (Citizens Against Technological and Community-based Harassment) web site. The CATCH presentations used material similar to that posted there. There is currently no CATCH organization, and there is currently no official CATCH web site posted.

<http://www.randomcollection.info/flyer1.pdf>

The above flyer is very similar to the original CATCH flyer, designed for a single fold. The text is very close, but referring to CATCH itself should not be done, since the CATCH organization is no longer an active group.

<http://www.randomcollection.info/osvideos.htm>

The above link takes you to two organized stalking videos.

The first is the original CATCH founder's video of organized stalkers who had set up outside her home, anticipating she would drive off. Instead, she paused and took the video, and provides commentary about the activity recorded. Narrated. (Note: the CATCH founder's video is copyrighted.)

The second is footage from an exterior security camera at the house of a target in Florida. Narrated.

These videos might be useful at a presentation, played on a laptop computer.

<http://www.cointel.org>

(Paul Wolf's original)

<http://www.randomcollection.info/cointeldocs.htm>

(Eleanor White's backup)

The above links take you to original COINTELPRO documents. I recommend going very light on lengthy, non-easy-reading documents like those, but at the same time, a couple of pages of official text used as part of your handout package can be very persuasive. COINTELPRO was the 1960s FBI program of organized stalking of activists, particularly anti-Viet Nam war activists, and clearly shows that organized stalking has been proven to happen in fairly recent times.

<http://www.randomcollection.info/stats.htm>

The above page contains just the organized stalking statistics, separated on their own page for convenience.

<http://www.randomcollection.info/proventechs.pdf>

The above page contains just the information about the proven-to-exist e-weapons which can produce some of the attacks we experience, silently, through walls. Separated on their own page for convenience.

<http://www.randomcollection.info/lawson.htm>

The above page contains quotes from private investigator David Lawson's 12-year investigation of organized stalking groups by infiltration. NOTE: Lawson's observations are excellent, but Lawson's conclusions as to who is responsible are way off base in my (Eleanor White's) opinion. That means that Lawson's work is best used in the form of carefully chosen excerpts.

Do not print out and make public the above lawson.htm document in its entirety. The pages of this e-booklet: <http://www.stopos.info/os.pdf> ... relating to Lawson's investigation are all paraphrases, not quotes, and may be printed and distributed publicly.

<http://www.randomcollection.info/mlcf.htm>

The above page is my book review of Elizabeth Sullivan's personal testimonial describing her organized stalking experiences. I give her book top marks. Because holding up a physical book during an activism spiel has proven highly persuasive, I recommend this one for your consideration.

<http://globalresearch.ca/articles/ElectromagWeapons.pdf> (Original)

<http://www.randomcollection.info/phillipseweapons.pdf> (Eleanor White backup)

Article, US Electromagnetic Weapons and Human Rights by professor Peter Phillips of Project Censored Media Freedom Foundation. This is a rather long, dense, but very authoritative article which would best be selectively quoted, rather than reading long passages of it. It doesn't cover organized stalking, but does show that there are real concerns about the total lack of controls on the use of electronic anti-personnel weapons.

<http://www.randomcollection.info/catchcanada/videos.htm>

Backup copies of the CATCH presentation videos, showing the presentations by CATCH founder Norma Cross which went over well with local crisis support organizations. (CATCH videos are copyrighted.)

6. Suggestions for Organizations Which Might Be Presented To

Here are some suggestions for attempting to present to, after a number of presentations to local crisis support organizations:

Nursing organizations
Doctors' organizations
Psychologist organizations
Social worker organizations
Police unions
Police social clubs
Press (news gatherers) clubs
Service clubs (Freemasons, Moose, Elks, Rotarians, etc.)
Community patrol groups (Neighbourhood Watch, Citizens on Patrol, Block Parents)
Churches and religious groups
Ethnic minority organizations
Alcoholics Anonymous and/or Narcotics Anonymous
Local university departments and/or student clubs

7. Securing Outside Support

One of the best outside support people to have ready is a lawyer with mental health defence experience. In practical terms, this support person would be willing to defend group members against false charges of mental illness, for legal aid rates.

In most jurisdictions today, lawyers list their areas of specialty. A lawyer may not explicitly list "mental health defence," but instead, may advertise "medical malpractice." The office of a lawyer who handles medical malpractice may be able to connect you with a mental health defence lawyer if they don't handle that.

To gain support, approach such a lawyer during the usual "free 30 minute" discussion, and leave a single-page description of your group and what you are doing in terms of activism. Again, SINGLE page. It may take time to whittle the story down to a single page but it can be done. One page is all you can get looked at seriously in a free 30 minute meeting.

At such a meeting, the activism group can get a sense of how well suited the lawyer is to the task of support during a later difficult encounter with authorities.

Lawyers will charge for reading material submitted later, so planning your single page is quite important unless you can pay them for services beyond emergency support paid for by legal aid. They may also require a retainer.

===== END OF CURRENT REVISION - Appendix below =====

Appendix 1: The Problem With the Name "Mind Control"

NEVER NEVER NEVER use the term "mind control" for FIRST contact with the public! WAIT until and unless the member of the public has expressed *genuine* interest in learning more about OS/EH! Use of "mind control" with uninformed non-targets can and will destroy your credibility!

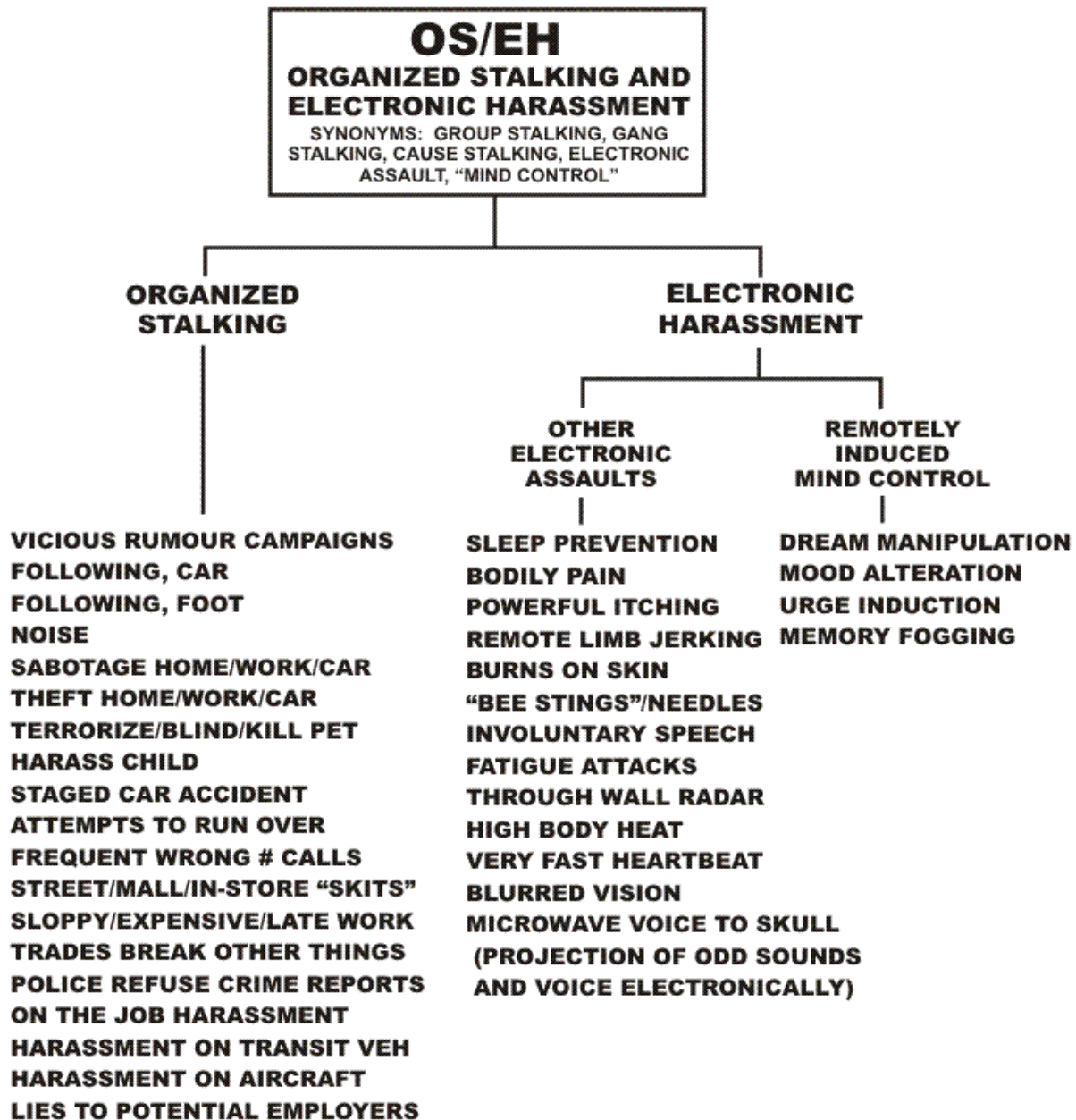
Historically, because many targets of organized stalking and electronic harassment have reacted most strongly to that portion of the OS/EH crime which can be called "mind control," in the 1990s this crime acquired "mind control" as its semi-official name.

This historic name for the OS/EH crime is both confusing and discrediting when spoken or written to non-target members of the public. This is confirmed by actual face-to-face experience. It often produces the "you are a wacko" response from the public, and gives the listener or reader the excuse to ignore the message.

Because of the considerable amount of information about OS/EH on the web which uses the older "mind control" name, the diagram below has been created to assist new OS/EH targets, particularly those inclined to discuss this crime with non-targets, see that indeed there is some "mind control" activity involved, but "mind control" is only a portion of the full crime.

A chart explaining how "mind control" fits in with the rest of the crime is on the following page:

“MIND CONTROL” IS ACTUALLY ONLY ONE SPECIFIC PART OF THE FULL CRIME:



Appendix 2: Locating a Potentially Helpful Lawyer

Since officials consistently label us as mentally ill, it is a good idea to locate a lawyer with experience in that area.

To locate a lawyer with mental health defence experience, I succeeded using the yellow pages. The law society's lawyer referral service may or may not be helpful, but they are worth a try. Actually contacting any lawyer's secretary may produce leads.

Once you locate such a lawyer, prepare a ONE PAGE, carefully prepared, sane-sounding description of your situation. Try hard for one page, though you may need two. You might even consider asking for comments on your proposed page on the forums to get it as good as it can be. This page is like a resume.

Make sure there is a comment on your page saying what you want the lawyer to do.

In my case, it was simply to be ready to defend me against false mental illness charges because I had decided to go into the street picketing to expose OS/EH. If you are already in the mental health system, provide contact information on your page.

I recommend not more than one Internet web link, if any on that page.

Not as part of your page, but printed out and ready for backup if you find you need it during your conversation with the lawyer, I recommend you print out and have ready a photocopy of this e-booklet written as a brief overview of the OS/EH crime picture for the public:

<http://www.stopos.info/os.pdf>

That short document gives you quick access to both the government stalking statistics and the proven through-wall technologies, summarized for quick reading. If the lawyer shows interest in those things, you have them handy. You may also want to leave a copy of that e-booklet with the lawyer, but be sure you tell the lawyer you are not requesting them to read the booklet, or you may receive a bill for a couple of hundred dollars. (If you can afford that, it might be a good idea, though.)

Once that preparatory work has been done, make an appointment. Most lawyers will give you one free 30-minute consult to see if your needs match their offered services.

If you are in the mental health system, that may require some actual work and how to pay for that work must be discussed. Legal aid may not cover what you need.

If you are just setting yourself up with a lawyer who is willing to defend you in case you get falsely diagnosed in the future, what you are mainly doing is providing him a one-page summary to go in a file. That's the best that a free 30-minute consult can get you.

I lucked out when I went to see my mental health defence experience lawyer. She already knew all about OS/EH, because she had acted as a defence attorney for a perpetrator.

Naturally she could give no details, but she did say he was a government employee who wanted to get out of doing OS/EH work. He was falsely convicted of a crime and placed in the Ontario Hospital for the Criminally Insane, and it took her 4 years to get him out.

Total secrecy was the price of getting him out and she is not willing to even repeat this publicly. She is now retired.

Targets must not assume they are going to do as well, but it does help with confidence when you find a non-target official who knows about OS/EH, even if they aren't willing to go public.

This may not be for everyone, but I did one thing on the recommendation of this lawyer: I went for a private psychiatric examination, with a psychiatrist that the lawyer knew was fair and honest. The result: The psychiatrist found no signs of mental illness.

Unfortunately, the perps got after this psychiatrist and she no longer takes OS/EH target patients. But it is possible to find honest psychiatrists, and asking a mental health defence lawyer may be a way to do that. Doing that could help if a target is being pressured to see a psychiatrist, but is still free to choose one. Not guaranteed, but worth a try.

***BASICS* TALKING POINT LIST FOR TARGETS ON RADIO, OR IN FRONT OF A GROUP**

October 1, 2013

One of the most important needs for a target who has an opportunity to speak on a radio show or in front of a group is a printed-on-paper list of talking points. Over and over, targets go blank in these situations, and a printed-on-paper list is a way to fix that situation. Just *BASIC* things here to "warm up" your audience, before you get into the more exotic aspects of OS/EH.

ORGANIZED STALKING EXPERIENCES

- * Repeating instances of furniture and belongings moved while out
- * Dirt, cigarette butts, and pennies left while out
- * Dumping of consumable supplies
- * Doors left standing open when target gets home
- * Theft, and sometimes later return of small items to locations target has checked
- * Noise, typically timed precisely to when target attempts to nap or sleep
- * Sabotage, small rips in clothing, and furniture breakage, too small to involve police
- * Sabotage at the workplace and in the target's automobile
- * Replacement of clothing with inferior and too-small items
- * Replacement of appliances with similar but inferior units, occasionally
- * Mail tossed out of mail box, damaged, or missing
- * Theft of important personal papers
- * Pets severely terrorized while target is out, and pets or wildlife killed and left at target's doorstep
- * Repeated interference with automobile or foot travel
- * Trash or animal waste repeatedly tossed on to target's property
- * Target's lawn or garden "mysteriously dies" year after year, in spite of excellent care
- * Lies told about the target in the community, causing neighbours and merchants to aggressively shun the target and perform acts of harassment
- * Bizarre activity by neighbours, for example, barbecuing outside the target's bedroom window at 3:00 am
- * A few confirmed cases of noxious chemicals in the target's home or belongings

ELECTRONIC HARASSMENT EXPERIENCES

(Stress that we do not know how all of these experiences can be done.)

- * Sleep deprivation, repeatedly timed to the same precise points on the clock
- * Sleep deprivation all night, deprivation stops 30 seconds before alarm clock sounds
- * Sharp stabbing pains like "bee stings"
- * Drop-you-in-your-tracks fatigue which switches on and off like a light, especially at work
- * Appliances failing, which "fix themselves" later, (especially if given away)
- * Many repeating "wrong number" telephone calls or false pages
- * Important telephone calls do not ring
- * Frequent involuntary movement of limbs
- * Radio-clear demeaning voice-to-skull messages, or other odd sounds, e.g. fake telephone ringing, pager beeping, knocking on door, heard directly, no communications device involved
- * Occasional serious burns with no known way the burns could be caused
- * Interference with electronic equipment, both at home and at work
- * Computer sabotage by copying older computer files on top of current files, on both target's computer and/or web site; important emails delayed or blocked

STATISTICS:

U.S. Department of Justice, January 2009: **13.1% (one in eight)** reports of stalking to police involved three stalkers or more. (Report title: "[Stalking Victimization in the United States](#)")

WHY ARE TARGETS INITIALLY CHOSEN?

- ** Government/corporate whistleblowers
- ** Inheritance disputes
- ** Hostile divorce
- ** Witnesses to crime
- ** Ticked someone off (revenge)
- ** Truth-telling talk show hosts
- ** Unknown (estimated at roughly 70%) - BUT, vicious lie campaigns make the target high profile

WHY DO THE LOCAL HARASSERS KEEP IT UP?

- ** Harasser wants to be with the "in crowd"
- ** Lies that the target has a long criminal record
- ** Lies that the target is a thief
- ** Lies that the target is a prostitute
- ** Lies that the target is a drug user
- ** Lies that the target is a drug dealer
- ** Lies that the target is a pedophile (child molester)

WHY ARE TARGETS HARASSED FOR YEARS BY PERPETRATORS WHO KNOW THE LIES ARE LIES?

- ** Unknown. Similarity to officially ignored thuggery during the formative stages of dictatorships is noted.

INFORMATION ABOUT THE PERPETRATORS FROM DAVID LAWSON'S REPORTS

- ** 25% follow the nominal "cause" they were recruited under
- ** 25% actually participate in the harassment
- ** 75% harass occasionally or not at all
- ** 10% join out of fear of being harassed themselves

Community-level perpetrators are often, reports Lawson, primarily motivated by the feeling of doing important community service, and belonging to an esteemed group. The perpetrators believe their targets are criminals and deserve to be harassed.

ANSWER TO: "NOBODY HAS THAT MUCH TIME ON THEIR HANDS"

The answer to that comment is that David Lawson found much of the harassment is NOT spare time activity, but is in fact rolled in to the day's WORK for a wide variety of professions and trades. Observations by targets confirm that.

PROVEN ELECTRONIC HARASSMENT-CAPABLE ****RELEVANT**** TECHNOLOGIES

Note carefully that there are a number of harassment-capable technologies which are NOT RELEVANT because they cannot target individuals through walls without affecting or alerting neighbours. This talking point list is restricted to proven to exist, work, and available **relevant** through-wall capable technologies. Just the BASIC technologies here.

* ANY SOURCE OF RADIO FREQUENCY SIGNAL, focussed through walls, has the potential to cause medical effects. There are now widespread reports of sleep disruption from people living close to cell phone towers and "smart" (radio-transmitting) utility meters. Since studies showing negative health effects from RF devices, like cell phone towers and "smart" utility meters, would have a huge negative effect on RF-device industries, official studies are not available from North American sources at this time.

However, one [advocacy organization's survey](#) ([EMF Safety Network](#)) showed:

"Top health issues since the wireless meters were installed on or near the home (318 people) included sleep problems (49%), stress (43%), headaches (40%), ringing in the ears (38%) and heart problems (26%)."

A simple cheap-and-easy weaponized microwave oven is capable of causing a number of medical symptoms as it can direct hundreds of watts of microwave power at a target, through walls.

* THROUGH-CLOTHING/LUGGAGE RADAR can provide snowy but usable images through non-conducting home walls. Lower frequency through-wall radar has better penetrating power, but relies on computer-calculated images of people and large objects. One such tactical through wall radar set on the market is the "Xaver 800." <http://www.camero-tech.com>

* THE LIDA MACHINE. This old Russian-designed electronic sedation machine, U.S. patent [#3773049](#), is capable of causing sleepiness. From a hiding place, it could be used to cause a target's on the job performance to be seriously degraded. Experimenter Eldon Byrd, who evaluated the LIDA machine for the U.S. Navy, told Eleanor White in a private conversation that this device could also stimulate a sleeping person or animal wide awake with a pulse rate adjustment.

* VOICE TO SKULL. U.S. Army designation "[V2K](#)." Transmission of voice (or other sounds) directly into a target's skull, with NO implants or other hardware at the target, can be done using a moderately powerful (several hundred watts peak pulse power) modified radar signal.

One radar pulse causes one click in the target's hearing sense. If a voice wave form causes a V2K transmitter to send one pulse for each up-to-down swing of the wave form, the target will hear a voice. This is a primitive form of "digital audio." [Demonstrated in 1973 by Dr. Joseph Sharp](#).

* SILENT SOUND. Silent sound, U.S. patent [#5159703](#), is today's subliminal sound method. The voice is converted up to frequencies near the top of the human hearing range, and converted to frequency modulation (FM.) The target only hears a high-pitched tone but the brain is able to recover the words. Used together with V2K, this allows long term hypnotic manipulation of the target, through walls.

ANSWER TO: MAYBE PEOPLE COMPLAINING ABOUT OS ARE SIMPLY NEUROTIC?

- * Police Lt. Larry Richard's TV news confirmation that "gang" (organized) stalking is real is not neurosis. (See <http://www.stopos.info> for a link to Lt. Richard's TV appearance.)
- * Tortured, butchered and killed pets and wildlife aren't neurosis.
- * Leaving cigarette butts and pennies in the homes of targets is not neurosis.
- * Ripping clothing and breaking furniture while the target is out is not neurosis.
- * Replacing of clothing with similar but inferior and too-small items is not neurosis.
- * Having people call the target a child molester/pedophile on the street is not neurosis.
- * Repeated throwing of tennis balls against the target's house late at night is not neurosis.
- * Sabotage of items in custody of a target at work, often witnessed, is not neurosis.
- * Theft of personal papers is not neurosis.
- * Interference with mail, including emptying the mailbox and tossing the mail out on to a wet porch or lawn, or withholding/delaying important items is not neurosis.
- * Dumping of consumable supplies, when the containers are marked, is not neurosis.
- * Hundreds of repeating instances of noise timed perfectly with attempts to nap or sleep are not neurosis.
- * Being boxed-in by slow moving cars on major highways, every single day, to and from work, is not neurosis.
- * David Lawson's report on infiltrating organized stalking groups is not neurosis.
- * The academics who have studied organized stalking in the workplace, which they call "mobbing," are not neurosis. <http://www.randomcollection.info/mobbook.htm>
- * Instances where police and doctors privately acknowledge that organized stalking and electronic harassment is happening are not neurosis.
- * Instances where perpetrators privately admit to harassing the target aren't neurosis.

ANSWER TO: THAT HAPPENS TO LOTS OF PEOPLE

Organized stalking harassment is DESIGNED to appear to be just "life's normal bad breaks." However, what is starkly different about organized acts of harassment is:

- * **TIMING.** Almost every act of harassment is timed to occur at the most inconvenient possible moment, as opposed to random "breaks."
- * **FREQUENCY.** "Life's normal bad breaks" only happen occasionally. Organized harassment acts happen several times a day, in the community, in the workplace, and inside the home, and when targets attempt to sleep.

WHY SUCH MASSIVE RESOURCES TO HARASS NOBODIES?

Individual targets are probably not important at all. What IS REALLY important, probably, is the training and maintenance of a huge, unstoppable, political control ORGANIZATION.

ORGANIZED STALKING IN THE WORKPLACE - ACADEMICALLY RECOGNIZED

Organized stalking in the workplace is officially recognized by a number of academics, under the name "mobbing." Here is a landmark book about mobbing: [randomcollection.info/mobbook.htm](http://www.randomcollection.info/mobbook.htm)

INFORMATION HANDLING

HARNESSING THE POWER OF AN EDUCATED PUBLIC IN THE FIGHT TO EXPOSE AND STOP THE CRIME OF ORGANIZED STALKING AND ELECTRONIC HARASSMENT



Eleanor White

WORK IN PROGRESS - frequent updates, check the page number/date/time stamp. This e-booklet replaces “Activism Tips”, the title for which prevented many targets from understanding that the tips in this booklet apply to all target communications, not just the information handled by activists.

**** NOT COPYRIGHTED ****

NOTE: Organized stalking perpetrators have a history of degrading computer files. Obvious formatting errors in these e-booklets are the likely result of this type of interference.

LIST OF POINT FORM ONLY SECTIONS

(After the quick-read point form versions are the complete FULL TEXT sections)

1. Intended Use For This Booklet
2. What CAN We Say or Write?
3. What is "Information Handling?"
4. A Few Things to Learn
5. We Have Enough to Expose the Crime Now
6. Two Different Worlds
7. Thin Edge of the Wedge Principle
8. Lead (Start) With the Familiar Principle
9. Use Our Best Information
10. To Attract Serious Attention, We Must "Sound Like Them"
11. Personal Stories Bad for First Contact Non-Targets
12. In-Person Group Information Presentations Are Best
13. Accurate Experience Description, But Bad Technology Info
14. Technology: Demonstration Required to Claim as Fact
15. Keep Technology Attack Experience Reports Close to Demonstrated Technologies
16. Technologies Not Relevant to Electronic Harassment
17. Good Terms Versus Bad Terms
18. Claims of Being an "Insider"
19. Defending Against Allegations of Mental Illness
20. Court Filings Aren't Proof
21. Writing Letters
22. Sample "Lead With the Familiar" Spiel
23. The Strong Likelihood of Decoying
24. "You Don't Have Any Evidence"
25. Electrosensitivity
26. The Huge Article Problem
27. The James Tilly Matthews Case (How to Rebut It)
28. Petitions
29. Surveys
30. The Problem With the Name "Mind Control"
31. Sample "30 Second Spiels"
32. Police Statement Regarding "Gang" Stalking
33. PUBLIC'S Information Needs vs. TARGETS' Information needs
34. A Basic Talking Points List

LIST OF FULL TEXT SECTIONS

101. Intended Use For This Booklet
102. What CAN We Say or Write?
103. What is "Information Handling?"
104. A Few Things to Learn
105. We Have Enough to Expose the Crime Now
106. Two Different Worlds
107. Thin Edge of the Wedge Principle
108. Lead (Start) With the Familiar Principle
109. Use Our Best Information
110. To Attract Serious Attention, We Must "Sound Like Them"
111. Personal Stories Bad for First Contact Non-Targets
112. In-Person Group Information Presentations Are Best
113. Accurate Experience Description, But Bad Technology Info
114. Technology: Demonstration Required to Claim as Fact
115. Keep Technology Attack Experience Reports Close to Demonstrated Technologies
116. Technologies Not Relevant to Electronic Harassment
117. Good Terms Versus Bad Terms
118. Claims of Being an "Insider"
119. Defending Against Allegations of Mental Illness
120. Court Filings Aren't Proof
121. Writing Letters
122. Sample "Lead With the Familiar" Spiel
123. The Strong Likelihood of Decoying
124. "You Don't Have Any Evidence"
125. Electrosensitivity
126. The Huge Article Problem
127. The James Tilly Matthews Case (How to Rebut It)
128. Petitions
129. Surveys
130. The Problem With the Name "Mind Control"
131. Sample "30 Second Spiels"
132. Police Statement Regarding "Gang" Stalking
133. PUBLIC'S Information Needs vs. TARGETS' Information needs
134. A Basic Talking Points List

199. Sample Images Illustrating the Principles of Persuasive Communication

- A1. Gathering Evidence: General
- A2. Gathering Evidence: Photographic
- A3. Gathering Evidence: Videos
- A4. Gathering Evidence: Suspected Surveillance Devices
- A5. Gathering Evidence: Detection of Signals
- A10. Earning Attention Span Success Story

POINT FORM ONLY SECTIONS

This first part of the booklet is for just a quick overview of the material – like “flash cards.” Go to the FULL TEXT (numbered 1xx) portion following for all the details.

IMPORTANT FOREWORD

- **Not everything that is true is credible with the public**
- **This booklet is oriented toward what to say to unaware members of the public. Some special situations require some modification of the principles listed here, but much of what is recommended still applies. Special situations such as, approaching the U.S. Congress for a new COINTELPRO hearing, or, approaching the U.S. Bioethics Commission.**
- **THE BIGGEST BARRIER TO A SUCCESSFUL CONVERSATION ABOUT OS/EH IS INFORMATION OVERLOAD.**

1. Intended Use For This Booklet

- **This booklet is only for targets – to assist with speaking and writing to the public**

2. What CAN We Say or Write?

- **We can say about government that they're stonewalling us for sure, and have committed similar crimes in the past**

3. What is “Information Handling?”

- **It's all about what THEY are READY to hear, and not what we want them to hear.**

4. A Few Things to Learn

- **Learn to sort out what is accepted as fact by non-targets**
- **Learn which terms for OS/EH related things work well**
- **Learn which portion of the full truth will be taken seriously by the public**
- **Imitate how professionals describe criminal activity to the public**

5. We Have Enough to Expose the Crime Now

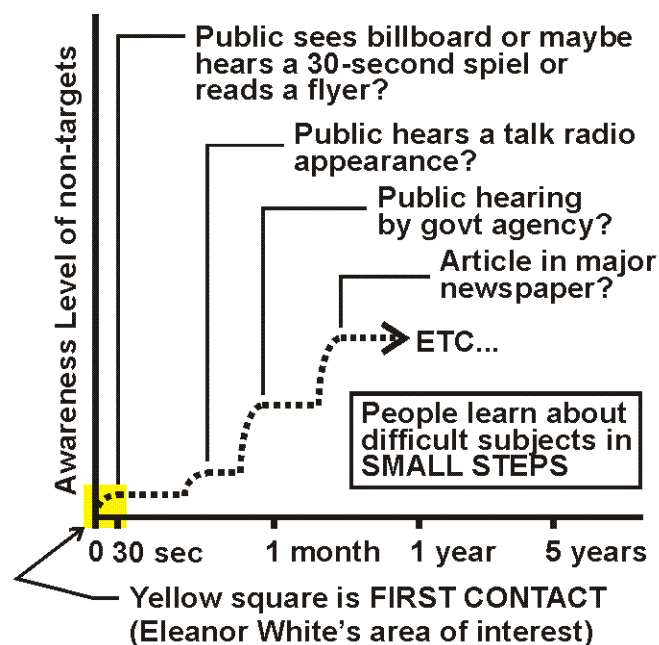
- And most of that is at <http://www.stopos.info>
- The basic lesson is we need to feed the public our information in the way a “timed release” pill works

6. Two Different Worlds

- Speaking and writing to targets is totally different from speaking and writing to the public

7. Thin Edge of the Wedge Principle

- Only tell the public that small part of the full truth they are ready to accept



8. Lead (Start) With the Familiar Principle

- If your listener/reader is brand new to OS/EH, start with the stalking side because that is the most familiar to the public

9. Use Our Best Information

- <http://www.stopos.info>
- <http://www.randomcollection.info/creviews>
- <http://www.randomcollection.info/stats.htm>
- <http://www.randomcollection.info/lawson.htm>
- <http://www.randomcollection.info/rcp.htm>

Above link for NO WEB PAGE OS/EH files, so as to avoid discrediting material or excess (“information overload”) material from being seen by your listener/reader

10. To Attract Serious Attention, We Must “Sound Like Them”

- Listen to how professionals speak, or read how they write, and use their cautious style with lots of qualifier terms like “is reported as,” “is alleged,” “seems as if,” “appears to be,” etc.

11. Personal Stories Bad for First Contact Non-Targets

- Avoid telling the public your personal story. Doing that has put many targets into the psychiatric system. Instead use facts, short clips of testimony of others, such as is collected on this site: <http://www.stopos.info/os.pdf>

12. In-Person Group Information Presentations Are Best

- Having others who are experienced in credible speaking with you is by far the best, and this includes encounters with doctors, police, and family members
- For encounters with doctors, police and family members, locating a lawyer with mental health defence experience, and briefing them ahead of time, is an extremely good move

13. Accurate Experience Description, But Bad Technology Info

- **Common mistake by targets: Assuming because a writer or speaker DESCRIBES YOUR PERSONAL EXPERIENCES accurately means that writer's or speaker's statements about technology are also accurate. Major trap. Many have fallen in.**

14. Technology: Demonstration Required to Claim as Fact

- **If you can't point to a demonstration of a given technology (a patent is not that) which is acceptable to officials, then you can't claim that technology actually works**

15. Keep Technology Attack Experience Reports Close to Demonstrated Technologies

- **Any electronic assaults you describe to the public should be do-able by one of the proven-to-exist and proven-to-work technologies**

16. Technologies Not Relevant to Electronic Harassment

- **Lots of electronic weapons technologies exist which can't do what happens to targets. Learn the differences before claiming a given e-weapon is in use on you**

17. Good Terms Versus Bad Terms

- **When it comes to being believed, there are HUGE differences among possible terms to use with the public and officials. See the FULL TEXT section for details.**

18. Claims of Being an “Insider”

- **If someone claims to be a government (say) insider, remain skeptical. Experience shows that people enter target groups who have bogus qualifications. If it's too good to be true, it probably is, especially in the OS/EH target arena.**

19. Defending Against Allegations of Mental Illness

- **SEE THE FULL TEXT section below. One way is to locate a mental health**

defence lawyer and attempt to get a psychiatrist known for fairness and truthfulness to evaluate you. Success is not guaranteed, but that is one way.

20. Court Filings Aren't Proof

- **Just because a target writes a court submission does not mean that proves anything. Such a submission would become helpful only after a successful court case has concluded.**

21. Writing Letters

- **Learn what makes a letter most likely to be read and accepted, and use those techniques**

22. Sample “Lead With the Familiar” Spiel

- **See the FULL TEXT section and also section 31, below**

23. The Strong Likelihood of Decoying

- **The perps will try to decoy you into believing things about them, apparently so that you will make crazy-sounding statements to others, and/or do discrediting things in public, and/or, waste your time, strength, money and hope on useless countermeasures**

24. “You Don't Have Any Evidence”

- **We do have some evidence. Learn what it is and use it, rather than telling the public about your theories**

25. Electrosensitivity

- **Do not mix a medical condition, electrosensitivity, with the CRIME of organized stalking and electronic harassment. EH does not require the target be electrosensitive.**

26. The Huge Article Problem

- **Huge articles may have a mix of valid points and nonsense. Research your points of interest elsewhere, and refer to mainstream articles backing up your**

points of interest, rather than an article which may have nonsense mixed in. Use huge articles for research leads, not for directly referring the public to.

27. The James Tilly Matthews Case (How to Rebut It)

- Matthews reported things similar to OS/EH way before there were any electronics. If asked, say Matthews was obviously mentally ill because of that.

28. Petitions

- Petitions can be a waste of time unless certain things are part of the initiative.

29. Surveys

- The U.S. Department of Justice did a stalking survey which can be of help to targets designing future surveys.

30. The Problem With the Name “Mind Control”

- “Mind Control” can be a very discrediting term to use with the unaware public. There is a chart in the FULL TEXT section which can help anyone see the relation between OS/EH and “mind control.”

31. Sample “30 Second Spiels”

- See the FULL TEXT section below for the samples. Very important for any target who talks to others about OS/EH.

32. Police Statement Regarding “Gang” Stalking

- See the FULL TEXT section for this information. That page is very very important for any target who talks to others about OS/EH.

33. PUBLIC'S Information Needs vs. TARGETS' Information Needs

- The PUBLIC needs brief, factual, credible information, and just enough to fit within their limited attention span.

34. A Basic Talking Points List

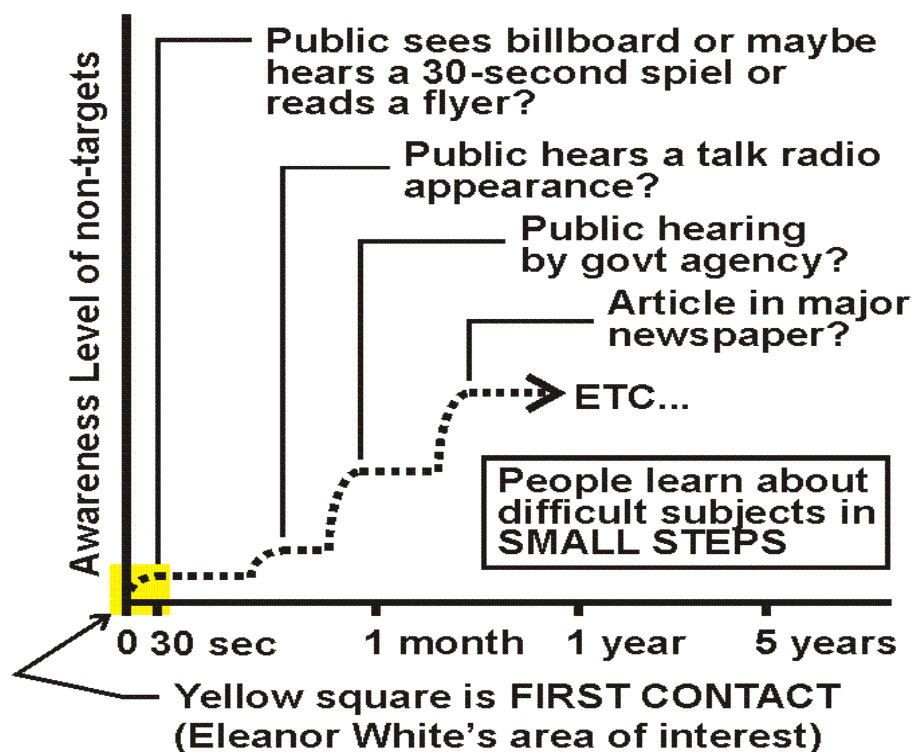
- <http://www.randomcollection.info/talking-points.pdf>

FULL TEXT SECTIONS

IMPORTANT FOREWORD

Before getting into the details of information handling, organized stalking and electronic harassment (OS/EH) targets must understand that there are two ENTIRELY DIFFERENT situations when it comes OS/EH information:

- The full ugly truth
- What we can say to non-targets and still remain credible, and/or earn enough of their attention span to get some basic facts across. PARTICULARLY at or near FIRST CONTACT. To **be taken seriously**, in other words.
- **THE BIGGEST BARRIER TO A SUCCESSFUL CONVERSATION ABOUT OS/EH IS INFORMATION OVERLOAD.**



This booklet is to collect tips on how to speak and write and still remain credible.

101. Intended Use For This Booklet

This booklet is not intended for the non-target public. Given that the effort to expose and ultimately stop the crime of OS/EH is thoroughly honest and laudable, there should be no harm done, should a non-target member of the public come into possession of it. However, the issues discussed here should not generally be given to the public, because OS/EH itself is very foreign to Joe and Jane Average.

Please do not, therefore, hand copies of this booklet out to non-targets, or make it available through publicly visible linking from web sites or blogs. If a target wishes to hand out copies of a booklet designed specifically for the public, I suggest one of the following:

<http://www.stopos.info/os.pdf> (both OS and EH)

<http://www.stopos.info/os2.pdf> (OS only, for special circumstances)

This booklet may also be of interest to non-targets who support the effort to expose OS/EH.

This booklet is oriented toward what to say to unaware members of the public. Some special situations require some modification of the principles listed here, but much of what is recommended still applies. Special situations such as, approaching the U.S. Congress for a new COINTELPRO hearing, or, approaching the U.S. Bioethics Commission.

Naturally, speaking and writing regarding a COINTELPRO hearing would require use of the term COINTELPRO, something which hasn't worked well with unaware members of the public. Emphasis would be required on the similarities between COINTELPRO and what we are experiencing.

Naturally, speaking and writing regarding matters relating to bioethics would require emphasis on those parts of our experience which are like the MKULTRA and other human experimentation programs. Again, MKULTRA and human experimentation have not worked well in one-on-one conversations with the unaware public, but would be relevant for specific information given to the U.S. Bioethics Commission.

So keep in mind the emphasis of this book is what to say to unaware members of the public so our listeners and readers don't dismiss us as mentally ill, and take our information seriously.

For a booklet written specifically for targets and media people when preparing for an interview about OS/EH technologies, see:

<http://www.randomcollection.info/oseh-techs.pdf>

For a booklet to assist with technical terms and concepts see:

<http://www.randomcollection.info/osstt.pdf>

For a booklet on COPING with OS/EH, see:

<http://www.randomcollection.info/oscope.pdf>

For a booklet of suggestions for setting up local target group presentations see:

<http://www.randomcollection.info/osgroups.pdf>

For a booklet on OS/EH activism history, see:

<http://www.randomcollection.info/osah.pdf>

For a booklet (under construction) on OS/EH legal case summaries, see:

<http://www.randomcollection.info/oslc.pdf>

102. What CAN We Say or Write?

- We CAN say that government is stonewalling us. That much is backed by the testimonies of hundreds of targets who have tried to get government to help.
- We CAN say that government has committed similar crimes in the past, COINTELPRO being one of the best examples.
- We CAN say that we believe government is involved, but without that word “believe,” we are stating something as fact which we can't prove at this time.

103. What is “Information Handling?”

It's all about what THEY are READY to hear,
and not what we want them to hear.

Information handling for, say, environmental matters, or against, say, war, is one thing. Everyone knows and understands the issues.

Because the crime of organized stalking and electronic harassment continues to be totally denied by government, the media, and many non-government organizations who might provide tangible help for targets, the way we handle information is very different for us. We have miles of road to cover, and foothills to hike through, before we can even start to climb

the mountain to freedom.

Credible information handling, for US, means that even when thinking verbally to ourselves, or talking with other targets privately, we must stop and change our way of saying things until credible speaking and writing becomes second-nature. It's within our thinking verbally to ourselves, and on the forums, where credibility actually starts.

What you say to someone else affects what they are likely to say to non-targets, too! What you say on the forums may very well be echoed by another target - making it important to think about what you say before you hit 'Send.'

Information handling, then, is really everything we ever think, say and write about organized stalking and electronic harassment.

That sounds like bad news. After all, just surviving takes all the energy many targets can muster, so how can they take on “information handling” on top of that?

The good news is, this “credible information handling” thing doesn't need to be learned all at once. We're basically in this for life, and we have all the time in the world to work with. One part of the suggestions in this book is to work on sorting out descriptive terms which help with credibility, from those that damage credibility. A target under heavy fire can work on correcting just one single term in their vocabulary. Once that's done, pick a second term and work on that, and so on.

The main goal of information handling is public awareness. So what is “successful public awareness?” It's when an unaware member of the public, after an encounter with you (or your written material) walks away believing “Hey ... there just might be something to this organized stalking/electronic harassment thing.” (As opposed to believing we are nut cases.)

In other words, with the public, we don't have to prove organized stalking/electronic harassment to a courtroom standard. We merely have to persuade our listeners and readers that there is a realistic chance OS/EH is a real crime, happening as we report. That is encouraging, and hopefully will motivate more targets to work on credible speaking and writing.

Go at your own pace. There is no deadline.

104. A Few Things to Learn

This booklet presents many different suggestions for credible information handling, but these suggestions can be pretty well summarized by these principles:

- Learn to sort out what is accepted as fact by non-targets from what, to be honest, we must treat as someone's personal opinion. Not everything that is true is accepted as true by non-targets. A starting point for learning that can be found here in the section titled “Use Our Best Information.”

- Learn which terms for OS/EH related things work well, and remove those which don't work well from your vocabulary. Some terms destroy credibility, fairly or unfairly. See the section titled "Good Terms Versus Bad Terms."
- Learn which portion of the full truth is most likely to kindle genuine interest on the part of non-targets in the OS/EH issue. The full truth will drive many non-targets away. See the "Thin Edge of the Wedge Principle" and "Lead (Start) With the Familiar Principle" sections.
- Watch how professionals describe criminal activity to the public, and work towards making your speaking and writing sound like theirs. We want people's serious attention? We have to sound like them, to "speak their language."

105. We Have Enough to Expose the Crime Now

And know this, targets: WE HAVE ENOUGH DOCUMENTED INFORMATION THAT WE CAN EXPOSE THE CRIME. (By "expose" I mean make the public and public officials aware.)

We do not have to wait until we can explain every last piece of technology, or identify the specific organizations responsible, to just expose the fact that this crime is happening. A win in court is nice, but we can do considerable exposure of the crime by sharing credible information with the public and public officials. We don't need to "hold our breath" until we have a significant court victory.

You see, the main barrier to getting OS/EH stopped is that most of the public doesn't know this crime is happening. I suggest that accomplishing nothing more than making the public, and honest public officials, aware this crime is happening will stop the crime, or at least, much of it.

I suggest churning our minds and bodies day and night, trying to explain all of the technology, and identify specific organizations responsible, is natural, but is not needed to expose the crime's reality. I say let's start by the limited objective of exposing the basic crime FIRST. Once public awareness has been accomplished, we can then begin to work on more detail. By scaling our objective down to first things first, we save ourselves a whole lot of anguish, and, by avoiding claims beyond our proven information, we will achieve better credibility.

At the moment, the average target feels paralyzed by the scale of the highly advanced, classified secret technology and the world wide scale of perp-co-opted organizations. We can do an end-run around all that by making use of our best information, limited as it is, and working only on getting the basic crime exposed. When you build a house, you lay the foundation first, and we need to do the same.

The basic lesson is, we need to feed the public our information in the way a "timed release" pill works.

106. Two Different Worlds

Get used to it, folks. We live in two strikingly different worlds. Targets must never forget that, and must adjust their speaking and writing accordingly. One world is society, and this where our most important information sharing, speaking and writing is done. The other world is discussions among targets.

"Letting it all hang out," i.e. telling your full personal story, in detail, and discussing your theories, guesses and opinions - that is for the world of discussions among targets. Doing that in public, even to trusted friends and family members is extremely bad information handling, and also carries the real risk of losing formerly good relationships, and being forced into the mental health system.

107. Thin Edge of the Wedge Principle

One doesn't need to be a physics professor to know that trying to split wood with the blunt end of a wedge simply doesn't work.

It is, I suggest, the same way with sharing information about OS/EH.

Joe Average just isn't interested in YOUR headaches. He has plenty of his own, thank you. Joe Average isn't the type of guy who is going to listen to a 15 minute spiel, or read a 15 page document, and carefully ponder and analyze your points, no matter how persuasive your points of logic are. It just ain't gonna happen.

Joe Average, from my experience, will give you (or your literature) about 30 seconds' worth of attention span.

Joe Average isn't going to, in that 30 seconds, try to figure out abbreviations, or figure out names for things that aren't obvious. If you use a misleading name for something, Joe will rapidly assume something equally misleading, and by that time, you've used up your 30 seconds for, in many cases, nothing of benefit.

What this means is that we need to constantly work towards shaving our information sharing for non-targets down to fit within a 30-second attention span, if you are speaking or writing to non-targets who have never heard of OS/EH. The closer you come to this for FIRST CONTACT purposes, the more likely you will be successful in educating that non-target as to what OS/EH is.

We would all like our non-target listener to believe us 100%, but until the public is educated, that is not a realistic goal, in my opinion and experience. If my listener walks away not sure if OS/EH is for real, that is a genuine accomplishment, at this time in history.

When a listener walks away not sure if OS/EH is real, I call that individual a "half-believer."

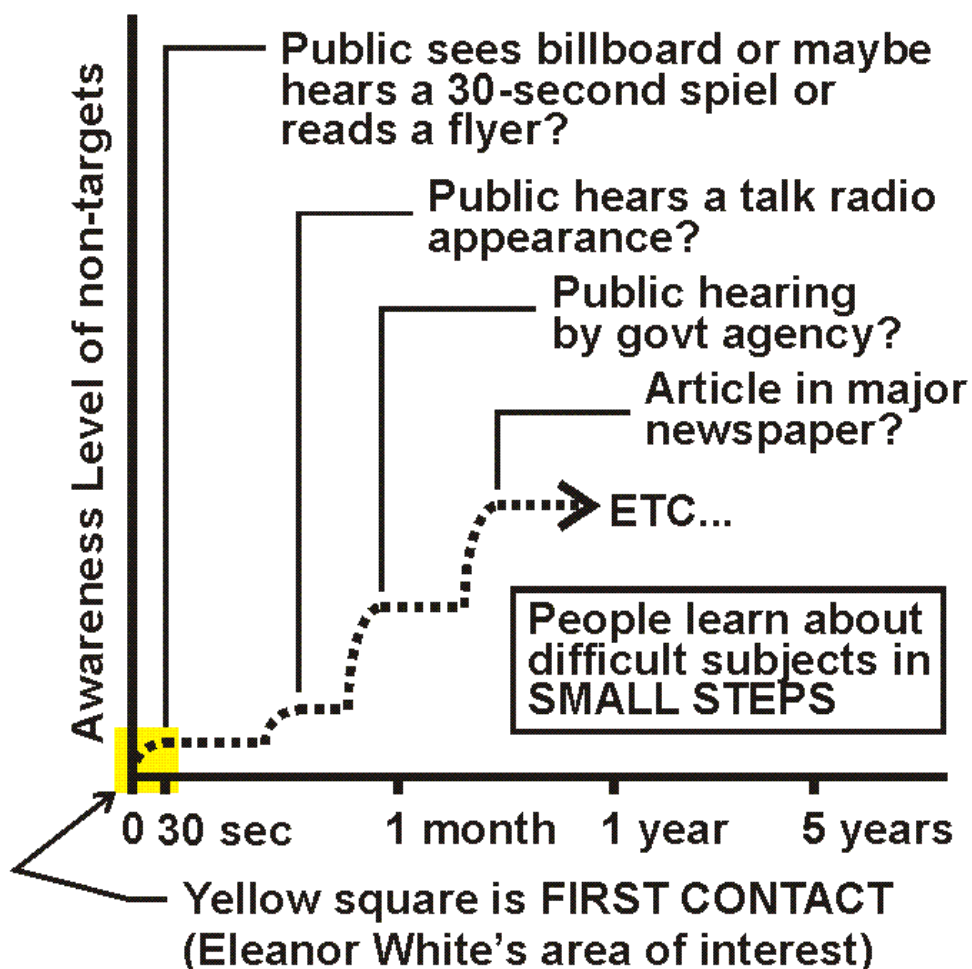
How does a target create a half believer?

By offering only one or two nuggets of the least-unfamiliar information about OS/EH, then STOPPING RIGHT THERE. Walk away, or stop talking about OS/EH at that point, and you have a good chance of creating a half-believer.

See, if you force too much information into your listener's attention span, you FORCE them to decide if you are describing a real crime, or if you are a nut case. DON'T FORCE THE LISTENER TO MAKE THAT DECISION is my advice.

This probably doesn't have a satisfying feeling for the average target, who desperately wants justice and an end to this crime as soon as possible, but I suggest creating half-believers is a realistic goal for a FIRST CONTACT conversation with an unaware member of the public.

Save your wordier material for later, after the non-target's interest has been kindled, and they ask for more information. Here's a graph of non-target awareness level versus time, to give you an idea of what is meant by "FIRST CONTACT."



108. Lead (Start) With the Familiar Principle

Credibility is the name of the game, and not all aspects of OS/EH are equally credible.

To attain credibility, we must first “put ourselves in the shoes of” people who have never heard of OS or EH. Our speaking and writing must be tailored to THEIR outlook, not ours, if we hope to get their serious attention. This is not natural for targets of a serious crime, who want to shout from the rooftops. But it is what we must do to sound credible.

See the electronic weapons chapter of this e-booklet for information on the proven-to-exist e-weapons:

<http://www.stopos.info/os.pdf>

But always, always, always, I suggest, lead with the familiar for first contact non-targets.

109. Use Our Best Information

In my 15 years of Internet information sharing, it has consistently amazed me that our most solid, most persuasive information is often ignored by targets.

There is one limited credibility review system posted to point out ways to separate good info from questionable or bogus information:

<http://www.randomcollection.info/creviews>

Here are my candidates for best information for sharing purposes:

<http://www.stopos.info>

This is a tiny web site, with a bare minimum of information on it, designed to not overload a member of the unaware public. The intent was to provide a toned-down, fact-based, non-ranting URL for use on billboards, flyers and the like.

<http://www.randomcollection.info/oseh-techs.htm>

"Unscrambling Electronic Assault Technologies - Help for Targets and Members of the Media." This collects the most commonly discussed technologies and describes them briefly, and very importantly, explains how they differ from one another.

RELEVANCE to OS/EH is noted as well. Targets and even talk radio hosts often talk about some technologies as if they were OS/EH relevant, when in fact, they are not. It is important for activists and show hosts to know which technologies are relevant and which are not, to come across as credible. Remember, the other side can easily rip apart statements which are not fact-based.

<http://www.randomcollection.info/stats.htm> (organized stalking official statistics)

The official statistics regarding organized stalking (stalking by groups) above show that for the United States, Canada, and the United Kingdom, in spite of official stonewalling, justice systems are handling one case of group stalking out of eight stalking cases. That is a powerful defence against skeptics or officials who tell targets that stalking by groups never happens.

<http://www.randomcollection.info/lawson.htm> (private investigator's OS report)

Above is a report condensed from two books by Florida-based private investigator David Lawson, who, over 12 years of part time investigation, managed to infiltrate stalking groups in parts of the U.S. and Canada. Lawson's observations (not his conclusions, but his observations are an excellent fit with the observations of organized stalking targets. Lawson's investigation should be taken seriously by genuinely open minded public officials. Quotes from Lawson are probably not courtroom quality "proof", but they are excellent, in my experience, dealing with the public.

<http://www.stopos.info/os.pdf> (chapter on proven electronic weapons)

There are, at time of writing, five electronic technologies which can operate through non-conductive (wood, dry masonry or drywall) walls, and which can re-create a number of the harassment effects reported by targets. These technologies are not classified (secret) and have therefore been available to criminals willing to make use of them for one to five decades. They have all been demonstrated and proven to work.

Demonstrated is the most important criterion for technology. Patents do not require that they be demonstrated prior to issuing the patent and therefore are not solid proof of the existence in working form of a given technology.

They can also re-create attack types which exactly match what targets report. Targets will sometimes tell non-targets that electronic technologies are in use as harassment devices which actually can't re-create, exactly, one of the harassment effects targets experience. This can cause embarrassment to targets who claim such technologies are in use, when a skeptic or official who is knowledgeable corrects the target. (HAARP is one such mis-used technology. See the e-booklet linked above for more details.)

<http://www.randomcollection.info/rcp.htm>

Sadly, most web sites and blogs are NOT suitable for introducing OS/EH to the general public. This includes my own huge and complex sites. If we refer the public to one of our sites or blogs, there is a good chance the visitor will look at the rest of the site.

At best, our sites and blogs are severe cases of "information overload" for the public. And many have discrediting things like sensationalized ranting, theories stated as

facts, blaming specific government agencies like the CIA, NSA, or FBI when we don't have evidence, and bringing in other valid but complex and distracting issues (like, say, 9/11.)

To address this problem, I've set up a "clean" web site above with NO pages indexed. A visitor attempting to find more than the single page you've given them a link to will find only a cover page stating there are no pages indexed there.

The idea is, you give, on a flyer, say, a DIRECT link to one of the files there to the public. That is all your listener or reader can see from your direct link. No other huge, complex, information overload or discrediting material.

FOR YOUR PERSONAL USE ONLY, NOT FOR POSTING ANYWHERE, the list of files available for this "no web site" web site is at this link:

<http://www.randomcollection.info/rcp.htm>

I'll be glad to add other credible pages there on request.

110. To Attract Serious Attention, We Must "Sound Like Them"

We want and need to attract the serious attention of the public, and especially public officials such as police, politicians, lawyers, and doctors.

To attract their serious attention, we must train ourselves to "sound like them."

Meaning, when we describe, either speaking or writing, the OS/EH crimes to non-targets, we need to use the careful, measured, qualified manner of speaking we hear from police officials who are describing a crime in, say, a television news interview. If we can do that, we will be "speaking their language." That will require that we spend a little time listening to public officials when they speak on crime issues.

One thing officials do is to restrict the amount of information they provide. They don't just open the file on a crime and read everything written there. They condense, and arrange the material that suits their purpose, and stop there.

Officials describing crimes also "qualify" their speaking. They don't state as a fact what isn't actually proven. You hear qualifiers like "alleged", "reported," "theory," "opinion," and the like. That's what "qualified" speech is. Officials use qualifiers to verbally "label" guesses/opinions as such.

** Military personnel are trained, when asked a question they don't have the answer for, to respond: "I do not know sir, but I shall find out." To make a favourable impression on a non-target who asks you something you don't know, consider replying: "I don't have the answer, but I can look into it and get back to you, if you like."

In summary, watch officials on TV, and try to emulate them when speaking or writing to non-targets.

111. Personal Stories Bad for First Contact Non-Targets

EVERY target wants to tell their story.

But the problem is, laying out your personal story to a non-target almost always results in your being deemed mentally ill.

You hope your listener or reader will see the horrifying injustice of what is happening to you, but the actual result is just the opposite. The reason why non-targets respond in this way probably varies from person to person, but that we are ignored and treated as mentally ill when we tell our personal story isn't debatable.

However, there are ways we can get “the” story told to non-targets which are much safer than just “letting it [your personal story] all hang out.”

From my experience as a 31-year target, I find that if I do these things, I can get “the” (not “my”) story out with much less risk of being deemed crazy:

- PLAN how to tell personal story information so you don't ramble or stumble
- REHEARSE your spiel when alone
- Tell parts of the stories of OTHERS, not your own story
- Emphasize FAMILIAR criminal activity, such as stalking
- Briefly mention FACTUAL information to support relevant parts of the stories
- Only if INTEREST is shown, get into the through-wall electronic assaults
- If interest is shown, mention only the PROVEN through-wall technologies
- Avoid offering your THEORIES, e.g. who's doing it, and how the electronics work
- If you can't avoid theories, LABEL the theories as such by QUALIFIERS (e.g. “seems as if,” “reported,” “believe,” etc.)
- Avoid the “bad” (demonstrated turn-off) terms in the good/bad terms section of this booklet

If you will work on planning and rehearsing those points above, our personal stories can get out to the public with much less risk of the teller being deemed mentally ill.

To this point, the recommendations are about telling personal stories face to face, or in written communications, to a specific non-target.

You can certainly tell your story on a web site or blog. However, some of the above points should be followed there too, since unaware non-targets may read your posted story. (Importantly, such readers may include officials, doctors or family members.) Here are the points I recommend for your personal story web site or blog posting if the public is to see it:

- Emphasize FAMILIAR criminal activity, such as stalking
- Briefly mention FACTUAL information to support relevant parts of the stories
- Mention only the PROVEN through-wall technologies for electronic assaults
- Avoid offering your THEORIES, e.g. who's doing it, and how the electronics work
- If you can't avoid theories, LABEL the theories as such by QUALIFIERS (e.g. "seems as if," "reported," "believe," etc.)
- Avoid the "bad" (demonstrated turn-off) terms in the good/bad terms section of this booklet

Note that if you are invited as a GUEST (as opposed to a caller) on a talk show, you have more attention span to work with, but be alert for cues from the host that you are telling a little too much for the occasion. Callers can't expect to do more than make one or two very quick points, so if you plan to call, rehearsal and written notes are important.

Some EXAMPLES of how to tell personal story information relatively safely are in the personal story clips sections of this e-booklet, designed for the unaware non-target public:

<http://www.stopos.info/os.pdf>

112. In-Person Group Information Presentations Are Best

Should a target wish to make presentations to officials, IN-PERSON GROUP approaches are not only best, but given the way individual targets are treated when alone, are the only practical and reasonably safe way to accomplish approaches to officials.

The Canadian CATCH group (2004-2006) found that making presentations about OS/EH to local crisis support organizations worked quite well and were well received. The group had to disband, but moving on to official groups was discussed. The CATCH method of creating the presentations was to approach one crisis support organization (a rape crisis center), and ask them to watch a presentation, and then critique it for credibility. Presentations were made to three other groups, each one improved, based on comments received.

Had this been able to continue, by the time a presentation to officials could be arranged, the material would be as well polished as it could be, based on information available at the time.

I suggest two precautions as essential for making presentations to local officials:

- Arrange for a member of a local crisis support organization who knows what organized stalking is (perhaps electronic harassment too, but definitely OS) to accompany the group at the presentation.
- Brief a lawyer with experience in mental health as to the group's background and purpose and who is willing to defend the group against mental health charges should they occur. Such a lawyer should accept legal aid for this.

Having at least a second, credible-sounding target accompany targets to any situation where OS/EH is to be discussed is extremely important. Emphasis on “credible sounding.”

Here is an e-booklet with suggestions on how to prepare for local group presentations:

<http://www.randomcollection.info/osgroups.pdf>

113. Accurate Experience Description, But Bad Technology Info

Over the years, I have noticed that articles or books which include very accurate descriptions of what targets experience are irresistible to targets desperate for relief. Targets often assume because their experiences are described perfectly, that means that technology claims and/or claims as to which entity (often specific government agencies) is carrying out the harassment must be true.

Even worse, targets use such articles, which may contain very bogus or dubious information to tell the OS/EH story to the public. The worst case being to police or doctors. Really bad idea.

While this is understandable and a natural reaction, targets need to realize that the quality of the information from any source can vary, within a single article, from excellent to outrageously bogus, again, within the same article.

114. Technology: Demonstration Required to Claim as Fact

The NUMBER ONE criterion for claiming a weapon exists which can account for some of the experiences targets report is that the technology has been DEMONSTRATED.

“Demonstrated” for our purposes means:

A mainstream organization has published a detailed description of the demonstration, under their name and logo.

“Demonstrated” for our purposes does not mean:

A lone individual, no matter how well qualified, says the technology has been demonstrated, or that he/she “knows it will work.”

This criterion has been forced on us by the public, especially public officials, and is the minimum requirement for stating a given technology is an accomplished fact.

A PATENT is not proof that a technology has been demonstrated. A patent is issued for ideas which the Patent Office staff believe are workable and which are likely to have some benefit to society. (Patents may refer to other documents reporting a demonstration. Patents also do indicate INTENT, meaning they can be helpful even though they don't prove the

technology has been demonstrated.)

115. Keep Technology Attack Experience Reports Close to Demonstrated Technologies

There is a list of technologies which are both relevant to OS/EH target experiences, and have been available to criminals with the money for decades:

<http://www.stopos.info/os.pdf>

(Electronic Weapons chapter)

<http://www.randomcollection.info/proventechs.pdf>

(more detail)

If you must discuss electronic attacks with non-targets, keep your attack descriptions very close to effects which can be done by the weapons listed above.

Always “refer back” to demonstrated technologies along with your statements about electronic attacks - that makes you as credible as you can be.

For a booklet written specifically for targets and media people when preparing for an interview about OS/EH technologies, see:

<http://www.randomcollection.info/oseh-techs.pdf>

116. Technologies Not Relevant to Electronic Harassment

There are technologies in the news which seem as if they might be in use to produce the attack effects we experience, but for various reasons, should not be named as technologies which are, as a fact, responsible for electronic harassment. A listing of technologies which do match our experiences can be found here:

<http://www.stopos.info/os.pdf>

(Electronic Weapons chapter)

<http://www.randomcollection.info/proventechs.pdf>

(more detail)

<http://www.randomcollection.info/oseh-techs.pdf>

More information as to technologies which are not relevant is found in some of the reviews here:

<http://www.randomcollection.info/creviews>

<http://www.randomcollection.info/oseh-techs.pdf>

Common reasons why published electronic weapons, typically military and/or police weapons or research programs, are not relevant are:

- The weapon is not capable of targeting a single individual as its signal spreads out too much (HAARP is one example)

- The weapon does not work through walls, or would have to cause obvious destruction to the wall to work (acoustic weapons which are powerful enough to move things are one example; the “acoustic spotlight” is another)
- The weapon would cause neighbours to be aware of its use (“LRAD” acoustic hailers are one example)

“Lasers” are LIGHT devices, and while some infrared “lasers” may penetrate non-conducting walls to some degree, but in general, do not use the term “laser” as a weapon which may be responsible for your indoor attacks.

Here is a list of criteria for determining if a given technology can be credibly used in describing electronic harassment attacks:

- it reproduces EXACTLY at least one of the attack effects we commonly experience
- it does so SILENTLY
- it does so THROUGH WALLS without disturbing the walls in any way
- it does so at NEXT DOOR NEIGHBOUR distances
- it does so withOUT alerting/affecting neighbours
- it has been DEMONSTRATED, NOT just forecast, and the details of the demo are documented in a mainstream ORGANIZATION's publication under their name or logo (individual assertions do not work in forcing reluctant, fearful or corrupt officials to accept reality, even if the individual is eminently qualified)

To assist targets in getting technology terms and concepts right see:

<http://www.randomcollection.info/ostt.pdf>
<http://www.randomcollection.info/oseh-techs.pdf>

117. Good Terms Versus Bad Terms

The choice of terms used in conjunction with anti-OS/EH information sharing should always be made on the basis of what works, or is likely to work, to kindle interest in the part of unaware non-targets. It's a habit we all need to develop.

When I call a term “bad,” I am saying that term, from actual experience using it, does not achieve the result of kindling serious interest on the part of the listener or reader. Some terms are “bad” because not only don't they kindle interest, they actually cause listeners or readers to believe we are crazy, or probably crazy.

Note: Just because a term is popular among targets does not mean it is suitable for getting OS/EH exposed. I used many bad terms in my early activism, which I found out later caused credibility problems with the public. All information sharing is important, even if a target isn't directly involved in activism.

IMPORTANT: Abbreviations

Minimize abbreviations, especially on first contact materials. In our arena, odds are your listener/reader won't have a clue what your abbreviations mean.

For at least the first occurrence of an abbreviation, show it in parentheses after spelling it out, such as:

... organized stalking and electronic harassment (OS/EH) ...

BAD: "experimentee/experimentation/testing"

Experimentation involving harassment and torture has been acknowledged by the U.S. government. However, OS/EH is world wide, and has been happening for decades. A few OS/EH targets report this harassment is going on for over 40 years. That is not, I suggest, "experimentation." Yes, experimentation goes on all the time, but in the main, this program is too large and too old to be simply "experimentation."

Note: In special situations, such as information given to the U.S. Bioethics Commission, which deals with human experimentation ethics, naturally, "experimentation" IS an appropriate term. But generally, "experimentation" hasn't worked well with the unaware general public.

GOOD: "crime"

OS/EH is best described as a "crime", because of the lead-with-the-familiar principle. The officials who can help us deal with "crime." They do not deal with "experimentation." Therefore, let's use the term which the officials we want to help us use.

BAD: "torture"

Yes we are being "tortured." But we do not look "tortured" to our associates. "Torture" typically refers to being in physical captivity - we are not in physical captivity. Lead with the familiar - choose "harassment" instead, to get that all-important initial interest kindled, even though we know we are being tortured.

BAD: "gang stalking"

"Gang" stalking was a term which originated with CATCH in 2004. I used it enthusiastically with members of the public, but I shortly realized it was a bad term. Invariably, my listener would ask me which "gang" was doing the stalking, as in "crips" or "bloods." This needs to be removed from your vocabulary in order to make the most accurate presentation to others. Remember that using "gang" stalking on the forums to other targets encourages them to use the term with non-targets too.

GOOD: "stalking/organized stalking/group stalking"

“Stalking,” and specifically “organized” stalking are excellent terms in accord with the “lead with the familiar” principle. Everyone knows what stalking is. Almost everyone has observed group bullying in the workplace or at school. I have found in face to face conversations with non-targets that “organized stalking” works well in quickly painting a correct picture of the crime.

GOOD: “harassment”

“Harassment” is a very good term based on the “lead with the familiar” principle. Everyone knows what harassment is. Yes we are being “tortured.” But we do not look “tortured” to our associates. “Torture” typically refers to being in physical captivity - we are not in physical captivity. Lead with the familiar - choose “harassment” instead, to get that all-important initial interest kindled.

CAUTIOUSLY EXPERIMENT WITH: “stalking by proxy”

“Stalking by proxy” is a well recognized term in the field of SINGLE stalking, by criminologists, psychologists and the like. It happens when an obsessed single stalker enlists helpers, perhaps friends or relatives, to help them stalk their target. Organized stalking (OS) “sort of” fits that definition.

I recommend cautiously experimenting with this term, and if it does enter a detailed discussion of OS, the difference between the typical obsessed single stalker's helpers and international OS should be explained to your listener or reader.

BAD: “government IS the perpetrator”

Many targets assume that government is responsible for OS/EH. I certainly suspect that is true, but a key part of sounding professional is to be sure to label assumptions about what may be true as “allegations.” Best to say: “We don't know which organization or organizations are responsible. Government is stonewalling on acknowledging OS/EH is real, so government MAY be involved.” Saying government IS the perpetrator is a serious no-no unless solid evidence comes to light.

GOOD: “government MAY be involved”

Government officials stonewall us at all levels, ridicule us by laughing in our faces, and try to get us labelled as crazy (just as they did with the radiation experiment survivors.) It is OK to say that, but with one qualification - I urge we leave that allegation for non-targets who have expressed serious interest in learning more, not first contact situations.

BAD: “CIA,” “NSA,” “FBI,” and other intelligence agency names

NOT GOOD: MKULTRA (for first contact situations)

We have very good reason to suspect, strongly, that these outfits are involved with OS/EH. But because we must tailor our speaking and writing to what the PUBLIC will accept, it is not good to mention organizations of this type, at least for first contact.

One exception would be in conjunction with a proven crime, such as the FBI's COINTELPRO crimes, or the CIA's MKULTRA crimes. But getting into those crimes, even though they are true, shouldn't be done very much in first contact material.

Some members of the public actually see "CIA" or "NSA" as indicating the speaker/writer is a wacko.

Also, be very sparing with use of MKULTRA, as that was a mind control program, and OS/EH is very different when taking into account all of the facets. What happened during MKULTRA is very foreign to non-targets (torture of captive children.) The public has also been told via the media that MKULTRA was basically a few hits of LSD. So particularly for first contact information, MKULTRA is not good.

BAD: "we ARE targets of COINTELPRO operations"

GOOD: "we are targets of a COINTELPRO-LIKE crime"

COINTELPRO was similar to OS/EH, except COINTELPRO targeted activists and whistleblowers, while OS/EH includes a majority who are neither activists nor whistleblowers. To remain credible with unaware members of the public, we can NOT claim we ARE, as a fact, targets of a government program called COINTELPRO. Officially, COINTELPRO stopped after some Congressional hearings in the 1970s. So the qualifiers "similar to" or "-like" must always be added to references to COINTELPRO. This is based on face to face experience with the public.

"COINTELPRO" is an abbreviation for "counter intelligence program," and counter intelligence means actively interfering with a targeted individual or group.

If you're doing activism, I recommend using COINTELPRO mainly in activism material which is longer, that is, designed for non-targets who ask for additional information, or, on blogs and web sites.

Note: In the special case of attempting to bring about new COINTELPRO hearings by the U.S. Congress, using the term "COINTELPRO" and discussing the similarities to what we now experience would be required.

BAD: "Freemasons," "Illuminati," "New World Order"

We do not have evidence, at this point in time, proving that ANY specific entity is responsible for the OS/EH crimes. Freemasons, the Illuminati, and the New World Order are frequently cited as being responsible.

Those organization names tend to produce the "wacko" response in members of the general public. I urge keeping those organization names out of our OS/EH vocabulary.

BAD: Unverified program names, like “MONARCH” or “Phoenix II”

If you're not sure an alleged program has been acknowledged by mainstream sources, don't use it. “MONARCH” and “Phoenix II” have been used by one individual (Marshall Thomas) to title and appear in videos about OS/EH. First, those programs have only been alleged, never verified. “MONARCH” is an alleged program of torturing physically captive children. Avoid unverified program names and materials which use them.

BAD: “TI”

“TI” means “targeted individual.” It is popular among targets of OS/EH, but it is not known by the public and I recommend working to replace it with “target,” which is understood by the public. Stay with the familiar!

GOOD: “target” or maybe “victim”

Many targets don't like “victim,” but it is a good, familiar description of those who have had crimes committed against them.

BAD: “spooks,” “government agents,” “spies”

We have no proof at time of writing that government intelligence agents are responsible for OS/EH, even though we can prove that under programs like COINTELPRO, they have been responsible for similar activity in the past.

GOOD: “perp,” “perpetrator,” “criminal”

Those who carry out OS/EH crimes are clearly perpetrators or criminals. Those are familiar terms, therefore best to use.

BAD: “mind control”

Influencing the mind (and body), remotely, does occur with OS/EH targets. However, from face to face conversations with the public, “mind control” is an instant credibility killer in most cases. MC is a good example of a portion of the truth which we must avoid speaking about in order to gain the serious attention of the public.

“Mind control” might be OK with non-targets who have expressed serious interest in knowing the full truth, but not for first-contact situations.

BAD: “implants”

Monitoring/tracking/control/harassment implants have been used in a few targets. They were used in some of the MKULTRA survivors. But unless you have a medical scan proving you have an implant, it is very important to break the habit of saying you ARE implanted. Remote-acting electronic weapons which work through walls have

been available for decades, so implants are not actually necessary for very invasive attacks. Implants are another example of part of the truth which should be held back, at least from FIRST CONTACT activism material, for those who do activism.

What's the worst implant term? "Tooth implants." Claiming that will make you the butt of jokes.

The possibility of implants might be OK with non-targets who have expressed serious interest in knowing the full truth, but not for first-contact situations.

BAD: "mind reading"

At present, a demonstration has been done where a test subject's silently said to self thoughts were detected by magnetic pickups near the throat. That technology does not work through walls, or at next door neighbour distances. Especially, it does not work at satellite distances.

BAD: "tin foil hat"

That should be obvious. We don't use terms that invite others to question our sanity.

BAD: "paranoid," "schizophrenic," and other mental illness jargon

We must not "defend ourselves" against those questioning our sanity unless the non-target raises the issue first. Keep references to our mental health out of of information sharing material used with non-targets.

I urge targets to not promote Harry Sweeney's works which all center around his original "Professional Paranoid" book. This is a glaring invitation to non-targets to question our sanity, and Harry has never furnished any remotely logical reason why we should make use of his work labelled with a discrediting term.

BAD: "media harassment," sometimes called "broadcast substitution"

Because "media harassment cases" are almost always unverified with the host or performer and other viewers/listeners, and involve things said by someone on a radio or TV show which the target merely believes were aimed at him/her, reporting such perceived harassment to the public or officials is an extremely bad idea. The normal reaction of the public or officials will be that the target is mentally ill. Only a recorded show, with the target referenced by full name would be enough to overcome the presumption of mental illness.

BAD: "psychotronics"

But because the term sounds ideal for us, many targets use the term that way.

Russian targets say it's an accepted second meaning over there.

I'm not trying to nitpick for no reason here. Instead, I'm urging targets to avoid a term which is easy for a knowledgeable naysayer to shoot down and make us look ridiculous.

"Psychotronics" is something like a century-old term which became well established before OS/EH started.

It is the original meaning of "psychotronics" which the U.S. Psychotronics Association is all about.

I bought two huge books about psychotronics, and eventually got rid of them because there was nothing in there relevant or useful to us.

Psychotronics started out as a HEALING effort, in which NON-POWERED electrical components, mainly selector switches, were mounted in wooden boxes. The early gear often had a small "tub" mounted in the panel, in which various objects, which might have included fingernail clippings from the person in need of healing, were placed.

The OPERATOR was the key, and was someone who had developed "special abilities" which were equivalent to psychic abilities.

The switch settings were called "rates."

Currently, various types of powered electronic devices are used as well.

But it's all about HEALING. Dr. Eldon Byrd, one of the original Lida machine testers, was a member of the U.S. Psychotronics Ass'n. He confirmed that psychotronics was about healing and unrelated to electronic harassment.

So I urge not using this tempting term to avoid credibility problems and confusion with healing.

For good/bad TECHNOLOGY terms, see:

<http://www.randomcollection.info/osstt.pdf>

118. Claims of Being an "Insider"

From time to time, people pop up on our email forums claiming to be ex-government agents or employees, and who have lots of "inside information." Sometimes they claim to know for certain, because they saw "classified documents," how the OS/EH crimes are really being carried out, and exactly by whom.

Some of these "insiders" claim to know how to get this case into court and win.

Usually, they are excellent, persuasive writers and speakers.

Sometimes they claim to be targets.

There is no practical, affordable way to verify with absolute certainty their claimed backgrounds. The good news is if you follow good credibility principles, you don't need to do that.

These “pied pipers” are very attractive to targets desperate for a cure. The rhetoric produced by these “insiders” can hold a following for years.

To avoid heartbreak and wasted time, it is very important that targets apply the same criteria discussed here in this booklet to the statements by these “insiders.” They produce proof which can be independently verified, or, their statements must be treated as their personal opinion.

119. Defending Against Allegations of Mental Illness

I found my street picketing, most of which took place between 1998 and 2001, did not bring too much in the way of hecklers alleging I was crazy. But it happened from time to time. As mentioned in the street activism section, holding up a physical copy of a book, is one good way to counter such allegations. The book I recommend at this point in time is “My Life Changed Forever,” by organized stalking target Elizabeth Sullivan, reviewed here, with purchase sources:

<http://www.randomcollection.info/mlcf.htm>

An excellent booklet, which covers both OS and EH, has not been published but can be printed and bound by an office services copy shop. It is my own booklet “Organized Stalking: A Target's View.”

<http://www.stopos.info/os.pdf> (both OS and EH)

<http://www.stopos.info/os2.pdf> (OS only, for special circumstances)

In my booklet, both versions, official statistics showing the reality of organized stalking are given. Those statistics cannot be (legitimately) debated by naysayers.

The bottom line of those official statistics is that some jurisdictions in the U.S., Canada, and the United Kingdom report one stalking case in eight involves stalking by groups.

My booklet version covering both OS and EH has an Electronic Weapons chapter, which shows that some of the more common electronic harassment attacks have been doable with devices which have never been classified secret, and have been available to the criminal public for one to five decades.

Both versions of my booklet offer answers you can use to counter allegations of mental illness, and other doubts as well. For example "Nobody has the time on their hands to do all that." That is covered in my OS booklets - and the answer is that David Lawson found much of the harassment is done during working hours by employees with access to the target.

One point I have raised with those alleging that OS is imaginary is that crisis support agencies are aware of organized stalking and do deal with targets of OS. In fact, many crisis support staffers are not yet aware, but you can make the statement "Crisis support agencies are aware of organized stalking" and not have made an incorrect statement.

You can not convince everyone, so forget even trying. After presenting our best evidence, if the heckler keeps on saying you're crazy, just say "You believe what you want to believe. Have a nice day."

120. Court Filings Aren't Proof

There have been some court cases where OS/EH targets have attempted to sue someone, typically a government agency, for damages caused by OS/EH. To date, none of these cases has even made it to trial.

However, some SUBMISSIONS to the court have been posted on the web. The submission most often referenced is that of John St. Clair Akwei, who claimed to have been an NSA employee. Mr. Akwei's lengthy submission makes many specific allegations about NSA "mind control" and electronic torture.

Mr. Akwei is rumoured to have made an out of court settlement, but he has disappeared, at least from the OS/EH target community, so the outcome of his case is entirely speculative.

The important thing for information handling is to realize that a document submitted to court, but which wasn't heard in court and its accuracy determined, is ****NOT**** proof that any of the document contained truth. For information sharing purposes, we must regard Akwei's submission as his opinion.

We have one small but notable victory in the case of target James Walbert, who submitted a complaint to his local court, and his complaint of electronic harassment was not challenged. The court papers for this case are posted here:

<http://www.randomcollection.info/walbert.htm>

Note: raven1.net is not a good site for referring the public to. It contains a large volume of true information which will produce information overload for non-target visitors. "Thin edge of the wedge principle."

Acknowledging a complaint of electronic harassment basically means the court didn't find the existence of electronic weapons to be beyond belief. But it would be wrong for activists to take those court papers, say, to their police department, and say "I'm being harassed by these

same electronic weapons! Here is proof!" You can't stretch Mr. Walbert's success that far.

The thing to remember about public officials is that they don't feel bound to decide as to the truth of OS/EH complaints in the same way as every other jurisdiction. An individual claiming OS/EH to court is in an exceptionally weak position, even following the Walbert success.

It's fine to raise the Walbert success, but don't wave it in people's faces demanding action. Those people with badges and guns could drag you off to mental hospital if they choose.

Walbert's success is likely to work far better as part of a well planned in-person group presentation to officials.

121. Writing Letters

If a target chooses to write activism letters, choose hard copy (paper) mail if possible. Political office staffers have acknowledged that emails are high in volume and are sometimes, of necessity, deleted. Faxing is second best.

To get the best chance that the letter will be read and comprehended, keep it to one page. That means maybe 40-45 actual lines of text, after heading and signature are taken out. Just like Joe Average's short attention span, officials are more likely to respond to short letters.

PLEASE, folks, break your letter into PARAGRAPHS. A huge long page of solid text is very unappetizing to a busy recipient. This document uses paragraphs, for example.

Always spell out the first occurrence of something you may abbreviate, and put the abbreviation in parentheses right after the spelled out name, for example:

... organized stalking (OS) ...

It is tempting to write a letter describing OS/EH and hoping your recipient will "figure out what to do" and do something to help you. That's not a good plan.

Before you write, have a clear idea of what you want the recipient to do, and explicitly request that. What you request:

- Needs to fit with the recipient's organizational mission statement. It is a good idea to copy a sentence (or phrase) from the posted mission statement.
- Needs to be something reasonable, given the resources available to your recipient. Don't ask for the sun and the moon if you want a serious response.

Spend time trying different ways to describe the situation you want to inform your recipient about before selecting the wording most likely to be taken seriously. If this is first contact, you need to be especially careful to avoid information overload. For example, instead of saying

that thousands of people are having their lives utterly destroyed, (true,) consider saying something like “You may not be aware but the anti-stalking laws enacted in the early 1990s have not benefitted those who are stalked by groups, as opposed to those stalked by single stalkers.” Keep it light at first contact. The “lite” approach is more likely to give you a toe in the door than blasting your recipient with the heavy stuff.

As to what to ask for, it may be as simple as asking your recipient to learn more about OS/EH, and consider offering such help as may fit within his/her organization's mission statement. You can certainly ask for more, but many letters will be trying to just kindle interest.

Close by offering to provide further information on request.

Generally, a first contact letter should be very restrained on giving web site links. Just one single link with good quality information is better than a huge list of long links. If links are long, always create a tiny URL (at <http://tinyurl.com>) and provide the tiny URL in the letter.

Letters to justice system officials are dangerous, unless you have a local in-person group and are requesting the opportunity to make a presentation about OS/EH to their department. That request might be best made through a crisis support organization rather than directly from a target. At the very least, clear letters to justice system officials with your local group's lawyer.

I suggest not sending attachments on first contact letters, as that makes your letter look like “a lot of time” will be necessary.

BAD: Email activism campaigns which send hugely long messages to officials and organizations all over the world, screaming in all capital letters about the very worst aspects of OS/EH, using long strings of exclamation points, perhaps with horrifying full personal stories added on. One group calling itself the “MC Mailteam” (MC being a very bad way to make a first impression) did this for years, and may still be doing it. Avoid such groups is my advice.

Just flooding non-target recipients with full personal stories isn't going to get good results. Our communications, above all else, have to suggest something limited, something DO-ABLE, and something which fits with the organization's mission statement.

122. Sample “Lead With the Familiar” Spiel

Whether discussing OS/EH face to face with, or writing to non-targets, I'd like to share a spiel I've used which conveys just the smallest possible bit of organized stalking information, and because it doesn't slam the listener with the full horror story, does not produce rejection.

Not producing rejection is the best a target can hope for in first contact situations. Not producing rejection is also very important in talking with family members and officials, so as to avoid the risk of the target being forced into the mental health system.

Here's how I introduce the topic at this time (I use variations, of course, depending on who is

listening or reading.) USE THIS AS A TEST OF INTEREST when you speak to a non-target who has never heard of OS or EH:

“Remember when stalking laws came into effect in the early 1990s? It took years before police and the courts began to consistently offer help to targets of single stalkers. Some single stalker targets still are denied serious attention and help, according to message boards about stalking by single stalkers.

“Well, since that time, some stalking targets have discovered that they are actually being stalked by groups. By 2006, increasingly detailed crime statistics began to show that one stalking complaint out of every eight cases involves stalking by groups.

“However, many targets of organized groups of stalkers are still being ignored by police, and even told organized stalking doesn't happen. This, in spite of their own statistics showing otherwise. This is why I am networking with other organized stalking targets to work towards exposing, and eventually stopping, this second form of stalking.”

At this point, if the non-target expresses no interest in knowing more, I JUST STOP talking about the issue. I've accomplished step one, making my listener minimally aware.

It is, I suggest, far more beneficial to have numbers of minimally aware non-targets than to push hard and generate numbers of non-targets who are opposed to hearing more, and possibly thinking the whole issue is indicative of mental illness.

I leave the electronics for later, after a non-target expresses interest in knowing more.

123. The Strong Likelihood of Decoying

As a 29-year target of OS/EH at time of writing, and as someone who has been hearing stories from other targets for 13 years, one pattern is very clear: The perpetrators consistently try to coax targets into blaming either the wrong technology, or the wrong people, or both. This is a sub-task of their attempting to get targets to discredit themselves by making nonsensical or unsupportable claims to the public, and especially officials.

For example: You are getting heavy electronic harassment, but it stops when the neighbours next door move away.

In the world of organized stalking and electronic harassment, that the neighbour was the source of your electronic harassment is only a possibility. In the world of OS/EH, it is equally likely that your perps stopped some of your attacks to make you think the departed neighbours were responsible. Their long term goal would be to convince you that you had the ability to identify the true source of your attacks. The perps would hope that in a later situation, your confidence in your ability to identify the true source would cause you to complain to police about an innocent neighbour. The OS/EH perps are highly sophisticated, never forget that. They are not just thugs operating at the high school prank level.

Likewise, I have had types of noise boom through the ceiling of my apartment with the sounds of heavy automotive engine parts, say, dropping on a heavy wood plank floor. Yet the ceiling was heavy 8-inch reinforced concrete, observed during the building's construction. I have heard loud bird noises emanating from large, windowless solid masonry walls. Clearly, the perps are capable of generating noise which seems to come from a neighbour's home or apartment, but in fact is artificially generated.

I have learned that this type of decoying is a recurring form of harassment, and that if I do refer to such activity to others, I must use the speaking style and demeanour used by professionals during public speaking, and use qualifiers such as “seems” or “appears to.”

It is very important that targets understand that everything they see and hear relating to OS/EH may well be decoying, and that due caution is always necessary in drawing conclusions.

124. “You Don't Have Any Evidence”

Targets who attempt to discuss OS/EH with non-targets, including doctors and police, will often be rebuffed with the statement “You don't have any evidence.” This section is about how to stand firm in the face of such a rebuff.

In my opinion, we do not have enough evidence to take these criminals to court. However, we do, in my opinion, have enough evidence that we can still defend ourselves against that rebuff well enough that we don't need to walk away with our tails between our legs.

The evidence we do have at least shows that the crime we experience is not only possible but quite likely, to someone who is at least neutral. Here are some of the best points of evidence I have successfully used to at least stand firm in conversations with those denying we have evidence:

- We have official statistics showing group stalking happens at a rate of about one stalking case in eight in the U.S., Canada and the United Kingdom, and some recognition by the psychiatric community that organized stalking happens, posted here:

<http://www.stopos.info/os.pdf> (Section on statistics near the front)

- We can show that national-level government-instigated organized stalking happened in the 1960s under the FBI's COINTELPRO operations. While this doesn't prove COINTELPRO-like operations are happening today, it makes it quite likely, given the endless stream of full personal testimonials describing COINTELPRO-like attacks.

<http://www.randomcollection.info/cointeldocs.htm> (My backup copies)

- We can show that silent, through-wall electronic technologies which can do some of

the things which targets experience are not only available to the public, but have been for up to 5 decades. As long as you don't make claims of attacks beyond what those technologies can do, you can stand firm against charges such weapons are impossible.

<http://www.stopos.info/os.pdf> (Section on electronic weapons)

- We do have some physical sabotage to show, and we have cumulative reports of tangible things like feces left in wastebaskets, cigarette butts and pennies left around - repeatedly. We have reports of, say, property fences being sabotaged. Or mail being scattered and opened. These things are physical evidence and would be significant in investigations of other crimes.

We have a few videos of organized stalkers in action.

- We have personal testimony. Most is not suitable for providing the non-target public and officials, because many targets have been too busy surviving to work on good information handling techniques - something which is not their fault. However, if your back is to the wall, it can be said that personal testimony is something the courts place a high value on, and targets are qualified to be witnesses or jury members, even targets without PhD or MD degrees. In fact, some courtroom evidence must be backed by a witness or it's not accepted.

There is nothing to be ashamed about regards personal testimony, and ours is evidence. If personal testimony is not evidence, then all court cases are null and void immediately. As long as the discussion is about personal testimony in general, as opposed to some of the discrediting thing targets have said.

Important: Because personal testimony is worthy of respect as evidence does not mean it is wise to gush full personal testimonies to non-targets at this point in time. My point here is that if a non-target challenges personal testimony in general as "not evidence," that challenger can be reminded that the courts make extensive use of personal testimony.

Important: It is critically important that targets don't get the idea that because we can stand firm in the face of charges of having no evidence, that we can forge ahead and sue someone. At this point in time, we do not have evidence to that level. What we have is evidence. It only becomes "proof" if a court or official accepts it. And experience to date is, our evidence hasn't reached that level.

OUR OWN ACTIVISTS' DENYING EVIDENCE

Incredible as it may sound, some of our own activists actually deny evidence we've had for a decade at time of writing. Their denials show up in their letters to officials, in which they mention that "proving the EXISTENCE of electronic weapons is needed." That is flat out not true, and to say that to an official is an incredibly poor tactic.

Yes, we can't explain ALL of the perpetrator weapons, but the job at hand is to first expose the basic crime, and we have plenty of evidence of the older weapons to back up a credible request for official action.

125. Electrosensitivity

Electrosensitivity is raised, from time to time, as purportedly useful in conveying to non-targets what electronic harassment is all about. My recommendation: Stay away from electrosensitivity as a way to describe EH.

The reason is, in my experience I have had members of the public raise the issue when I talk about OS/EH. These members of the public were trying to paint us as simply “victims of the illness of electrosensitivity.”

First, we have no evidence of that. Getting tested for electrosensitivity is expensive, and I'm not aware of any target at this time who has had such testing.

Secondly, more important, the task at hand is to expose the CRIME of OS/EH, and inviting a listener or reader to deem us “sick” instead of targets of crime is a really, really bad idea, in my opinion. Don't offer your listener/reader the chance to write you off as merely “sick.”

The proven electronic weapon technologies we have to date do not depend on electrosensitivity to work, either. Again: The proven e-weapons do not depend on electrosensitivity to work. Keep that in mind.

126. The Huge Article Problem

Targets are faced with some really excellent information posted in huge articles. It would take a similarly huge amount of work to verify every statement in those huge articles. For information handling purposes, the way to make use of huge articles is simple: Do NOT 'throw' links to, or copies of, huge articles at non-targets.

Instead, pick through the article, and EXCERPT just a small portion, at any one time, you consider useful. Then research just that small portion by looking for independent confirmation that the small portion is backed up by mainstream acceptable proof. Sometimes, the writer of long articles will give references to other sources, which can help with that.

Once you have independent verification of the factuality of the small portion, that can be used to convey that information to others.

The longer the article, the more likely there will be “poison pill” information somewhere within the article.

127. The James Tilly Matthews Case (How to Rebut It)

From time to time some wit brings up the James Tilly Matthews case to cast doubt on our sanity. Here is a quote from an article by Mike Coyle, who is a mind control researcher:

“The first recorded case of paranoia in medical literature was of one James Tilly Matthews, a London tea broker who claimed his mind was being controlled by a gang operating a machine he called an "Air Loom" which was hidden in a London cellar and sent out invisible, magnetic rays. Matthews believed machines like the Air Loom were also controlling the minds of members of the British Parliament. He wrote letters to its members warning them about the machines and the conspiracy behind it. Matthews was committed to Bethlem Hospital as being insane. His case was published in 1810.”

Because Matthews' claim sounds a lot like ours, naysayers use this case to prove we are imagining our electronic assaults. Their logic is that because Matthews' description is like ours, his case and ours must be from identical causes.

I offer this reply to naysayers who use this case to our detriment:

“Obviously, since equipment which can assault people through walls did not exist in the early 1800s, Mr. Matthews was delusional. Now that such technology has been available, not classified secret, to the public, for up to half a century, our reports deserve the full and serious attention of those sworn to serve and protect.”

128. Petitions

I'd like to suggest that petitions are a waste of time UNLESS:

- After studying possible recipients of the petition, the text of the petition is TAILOR MADE to the recipients' organizations' MISSION statements
- The petition requests something be DONE and is not just a list of complaints
- The something to be done FITS, that is, it can ACTUALLY BE DONE by the recipient(s) of the petition
- Before the petition is put out for signatures, a do-able plan to DELIVER the petition to the recipient(s) is firmly established (no petition I've seen to date ever got delivered to anyone)
- The text of the petition does not exceed ONE PAGE (if it does, forget about it's being read by the recipient(s))
- A statement of the OPPOSING VIEWPOINT is included

That last requirement, the opposing viewpoint or case, is very important, and is never done for petitions I've seen to date. The reason it is important is a statement by an activist from San Francisco, who followed up a petition with city government. He found that the official who denied the petition did so because the opposing viewpoint was not spelled out.

For us, we can't state the viewpoint of the perps, because we don't really know their reasons.

But we CAN petition for officials to start taking these crimes seriously, MAKE THEM A PART OF THEIR OFFICIAL AGENCY RECORDS, and expend resources to seriously investigate these crimes.

In such a petition, we would explain the opposing viewpoint by describing how most of our complaints to police result in refusal to take a report.

The National Center for Victims of Crime (NCVC) in Washington DC responded to a Freedom of Information Act (FOIA) request for one of our members, Keith Labella, who is an attorney. The results of that request are posted at:

<http://www.randomcollection.info/svuslabellafoia.pdf>

Keith Labella reports that NCVC staff estimate 10% of their calls are about group stalking (their term.)

129. Surveys

I'd like to suggest that the official U.S. Department of Justice stalking survey form, the one with the excellent questions about organized stalking, be reviewed by those who create such a survey.

That form appears at this link:

http://www.randomcollection.info/svs1_06.pdf

**** Important:** I suggest rather than doing a survey which can't be sent to psychologists and psychiatrists, find a target who is capable of structuring the survey so it CAN be given to anyone, mental health workers included.

This, of course, means you don't dash off a survey in an afternoon and post it.

You get opinions on how to formulate the questions so it looks "scientific," and no "you-are-wacko" trigger terms are used. That can be done, by the way. Tips on how to do that are contained within this booklet.

Among our members are people with mental health staff experience, and people with statistics experience who can, if asked, get a first class petition designed. It might take a month or two, but that time is very well spent.

Ask on all the forums for people with professional backgrounds who would be willing to help with survey design.

There are people with very refined skill sets who may be tempting to use, but for reasons we

can never know, mess things up. I stop short of calling them perps, because that can never be determined.

The way to determine if someone's work is helpful or not is for those designing the survey to also use the participants' knowledge of human relations and psychology, and independently evaluate the work being done.

130. The Problem With the Name "Mind Control"

NEVER NEVER NEVER use the chart for FIRST contact with the public! WAIT until, and unless, the member of the public has expressed *genuine* interest in learning more about OS/EH! Use of "mind control" with uninformed first contact non-targets can and will destroy your credibility!

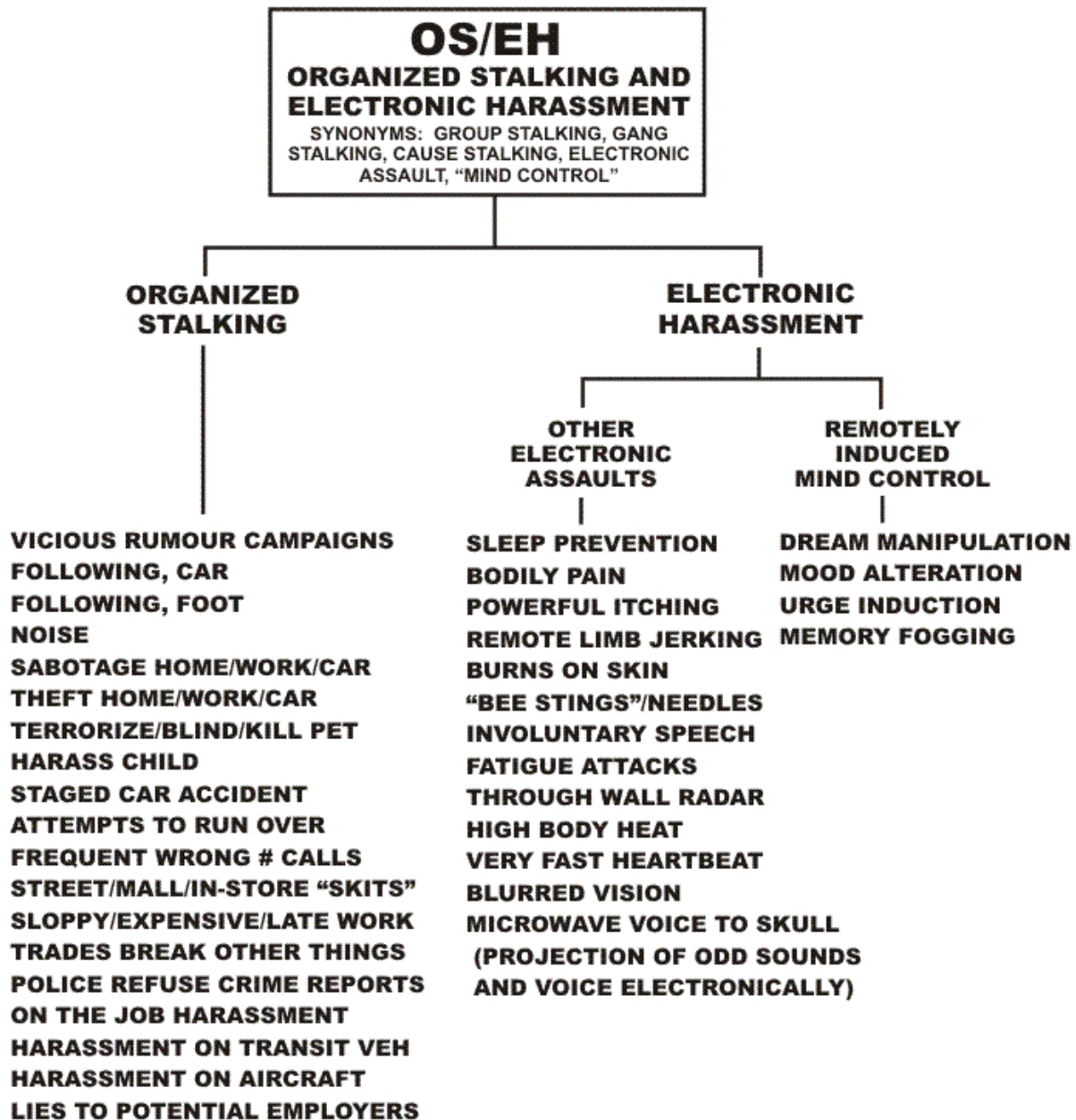
Historically, because many targets of organized stalking and electronic harassment have reacted most strongly to that portion of the OS/EH crime which can be called "mind control," in the 1990s this crime acquired "mind control" as its semi-official name.

This historic name for the OS/EH crime is both confusing and discrediting when spoken or written to non-target members of the public. This is confirmed by actual face-to-face experience. It often produces the "you are a wacko" response from the public, and gives the listener or reader the excuse to ignore the message.

Because of the considerable amount of information about OS/EH on the web which uses the older "mind control" name, the diagram below has been created to assist new OS/EH targets, particularly those inclined to discuss this crime with non-targets, see that indeed there is some "mind control" activity involved, but "mind control" is only a portion of the full crime.

The chart itself is on the following page:

“MIND CONTROL” IS ACTUALLY ONLY ONE SPECIFIC PART OF THE FULL CRIME:



131. Sample “30 Second Spiels”

Experience speaking to unaware members of the public shows that they give us about 30 seconds' worth of attention span. Combine that with the need to reduce the amount of the truth we can convey and still be taken seriously, and one can see that in order for the listener to walk away wondering if we may be telling the truth (as opposed to being convinced we are crazy) some thought is needed as to what to say in that 30 second period.

Here are some thoughts I've come up with:

TGT = Target

UNT = Unaware non-target

#1:

TGT: I heard on a talk show about stalking that there are GROUPS that stalk and harass people. Have you heard of group stalking?

UNT: No.

TGT: The caller said there are thousands of people reporting group stalking, and that Department of Justice statistics show that one stalking complaint in eight is about stalking by groups. That is scary stuff.

UNT: Hmph. Why on earth would groups get together to stalk someone?

TGT: According to the caller, because vicious lies are told about the targets, such as the target is a pedophile. And the targets are actually innocent people who don't engage in criminal activity.

The police almost always refuse to investigate, or start to and then suddenly tell the target they can't help.

UNT: Well, I don't know.

TGT: I don't know much about this either, but it sure shows what a sorry state the world is in!

UNT: Yeah, have a nice day.

TGT: You too.

TGT = Target

UNT = Unaware non-target

#2:

TGT: You know, I was in youtube, just poking around, and I came across a comic strip I can hardly believe.

This collection of comic strips is about a target of "organized stalking," and, get this, through wall electronic harassment!

This can't be real! Have you ever heard of that?

UNT: No, I haven't.

The strips on youtube show the target and perpetrator actions, and there apparently actually are through wall stalking weapons, like a weaponized microwave oven!

UNT: I don't believe that.

TGT: Yeah, it is hard to believe. Well, take care.

TGT = Target

UNT = Unaware non-target

#3:

TGT: Did you know they have radar sets that can send sound into your skull, without anyone else being able to hear it? I found an article from the journal "American Psychologist" on the Internet that says a scientist invented "voice to skull" way back in 1973.

This setup even works through walls!

UNT: How come nobody's ever heard of that?

TGT: I don't know ... maybe they made it secret or something.

UNT: There are all kinds of crazies on the Internet.

TGT: Yeah, that's true, but this was in a real scientific journal. Oh well, I guess if it's real we'll hear about it. See ya.

[<http://www.stopos.info/os.pdf> Pretend you "just barely remember" the link as you write it out for credibility.]

TGT = Target

UNT = Unaware non-target

#4: [I DETEST using "mind control" as a first contact term, because it very often causes an instant you-are-a-wacko response in your listener. However, I KNOW some targets want to talk about MC anyway. So let's try to see if we can find a least-discrediting 30-second spiel.]

TGT: I always thought this "mind control" stuff was totally wacko. But I found an article on the Internet that says they can send voices directly into your skull with a modified radar transmitter.

A U.S. Army scientist did this back in 1973, and an article in the scientific journal "American Psychologist" tells how he did it.

Do you think there's anything to this "mind control" stuff?

UNT: Well, I don't know. I find it hard to believe.

TGT: Me too, but if they can put voices into your head, I wonder what else they can do?

UNT: Who knows. Have a good day.

[<http://www.stopos.info/os.pdf> Pretend you "just barely remember" the link as you write it out for credibility. You can also say you think the "Army scientist's name was "Joseph Sharp."]

TGT = Target

UNT = Unaware non-target

#5: [I also detest bringing implants into discussions with non-targets. But I know many targets will do so anyway. Let me try to come up with a least-discrediting spiel involving implants. To be least discrediting, I believe a URL is necessary.]

TGT: I found an article the other day that says a guy in Arizona actually had monitoring and tracking IMPLANTS removed! What next!?

UNT: I don't believe that crap.

TGT: I didn't either, but this fellow, Dave Larson, posted a report with patents for the implants, and the ones taken out of him match what the patents look like. He also identified the doctors who were using him for involuntary experiments. He actually has the implants.

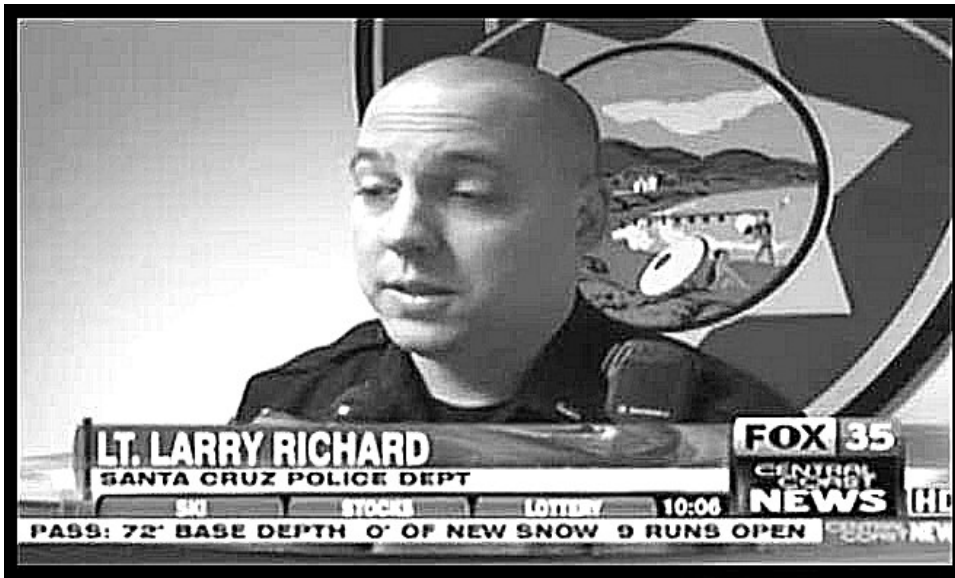
UNT: Well, I don't know. I'll wait until I see it on TV.

TGT: Do you want a link to the report?

[IF, and only if, the UNT says yes, you can give this link:
<http://www.randomcollection.infot/lrr.pdf>]

132. Police Statement Regarding “Gang” Stalking

See following page.



<http://www.kionrightnow.com/Global/story.asp?S=13931348>

Gang Stalking, "Bullying on Steroids"

Posted: Jan 29, 2011 1:56 AM EST Updated: Jan 29, 2011 4:10 PM EST

Submitted by Candice Nguyen, Central Coast News

[Excerpt]

Santa Cruz Police Lieutenant Larry Richard said police are becoming more aware of gang stalking because of cyber bullying.

Richard said gang stalking is nothing new, but new technology is making it more common. "Gang stalkers themselves have elevated themselves to technology so this is something that's been going on



before Facebook and Twitter. They just now have gone into those areas," Lt. Richard said.

Watch the video at:

<http://www.stopos.info/gangstalkingsantacruzca.wmv>

<http://www.stopos.info/gangstalkingsantacruzca.mp4>

133. PUBLIC'S Information Needs vs. TARGETS' Information Needs

This has been a point of serious confusion for decades. It boils down to this:

The PUBLIC needs brief, factual, credible information, and just enough to fit within their limited attention span.

TARGETS need just the opposite – all the factual information they can find.

Because of these completely opposite needs, targets' web sites, which are piles and piles of the information collected over the years, have served targets but NOT the public. That includes my own sites over the years. [Eleanor White]

On February 6, 2011, I set up an example site, intended for the general public ONLY, and not targets:

<http://www.stopos.info>

I recommend this site as the “next stop” for members of the public who have viewed our billboard, or seen a flyer, heard a radio/TV broadcast, or heard about OS for the first time from a face to face conversation. The above site is where the public should be urged to go, after they have been introduced to the organized stalking topic for the first time.

This site will be updated as time goes on, and ideas come forth, but will always be a very small site, with good quality information, designed to fit within the attention span of the unaware general public.

The e-booklet there is available in several languages.

NOTE: As of the revision of Feb. 6/11, this compact site does not directly list multiple OS-related web sites. Instead, there are two references to the FFCHS (Freedom from Covert Harassment and Surveillance) web site. On the FFCHS web site are found references to various networking sites. This writer (Eleanor White) does not have the strength to constantly read, study, and rate for credibility the hundreds of blogs and sites which are OS/EH relevant, so initially, I am choosing to refer interested members of the public to the location with the largest collection of networking information.

134. A Basic Talking Points List

I suggest that creating a talking points list is one of the best ways you can improve your ability to communicate with any type of listener. A printed-out talking points list is essential for radio show appearances, and invitations to address a group. However, such a list can significantly improve your ability to converse with non-target individuals - in that case, the act of creating the list and rehearsing it will help even though it is not likely to be used during an actual conversation.

IMPORTANT: Any talking points list should contain the BASICS, meaning, those experiences of OS/EH targets which are the simplest. Statistics, and answers to commonly-asked questions about both the MOST BASIC stalking and electronic harassment aspects should appear on the talking points list.

This list enables you to prepare your audience or listener with information they can handle BEFORE you go off into the more exotic aspects, such as "mind control," implants, government black operations and the like. Without giving your listener a short grounding in the basic elements of this crime, you are likely to go straight into the most difficult to believe aspects, potentially ruining your interview or spiel.

BASICS FIRST, in other words.

I've prepared a talking points list for targets at the following link:

<http://www.randomcollection.info/talking-points.pdf>

** Please save it to your hard drive, and possibly USB drive and/or CD/DVD disks. We do not know what sort of plans the powers that be have for the Internet, and there have been comments by government about major changes to the Internet. Save any items you consider worth having.

199. Sample Images Illustrating the Principles of Persuasive Communication

Here below are some suggested poster or flyer (or web site) images based on the persuasive communications principles suggested in this booklet. These images were created by Eleanor White and are free of copyright. They may be used as is, or modified, without asking permission.

Just one favour - if you change any of my materials, please be sure to put your name on the modified materials and remove mine.

Here are the sample images on the following pages:

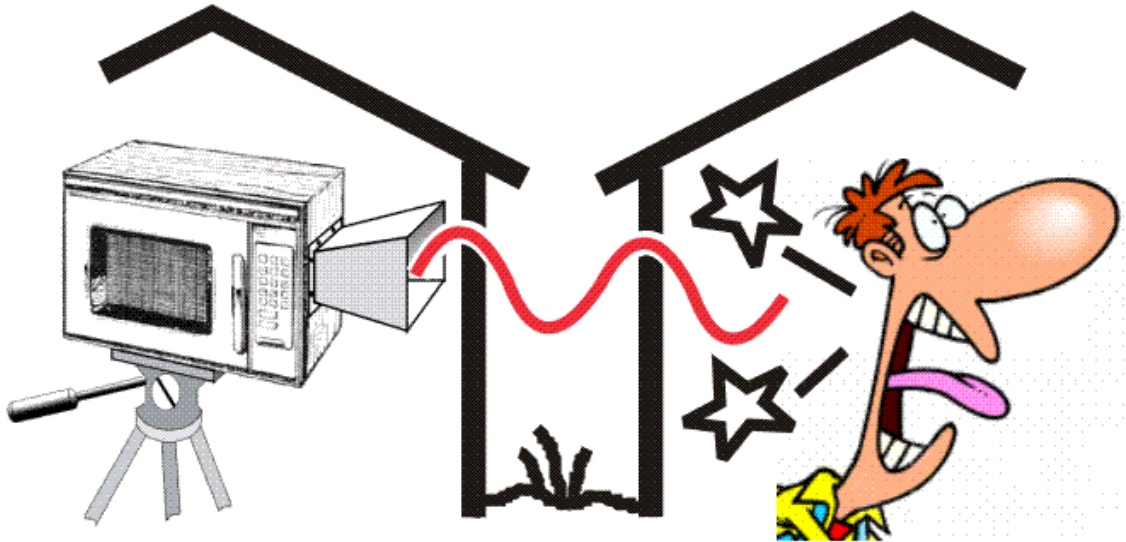
GROUP STALKING CAN RUIN



YOUR LIFE

**[for more information,
contact, etc.]**

ELECTRONIC ASSAULT



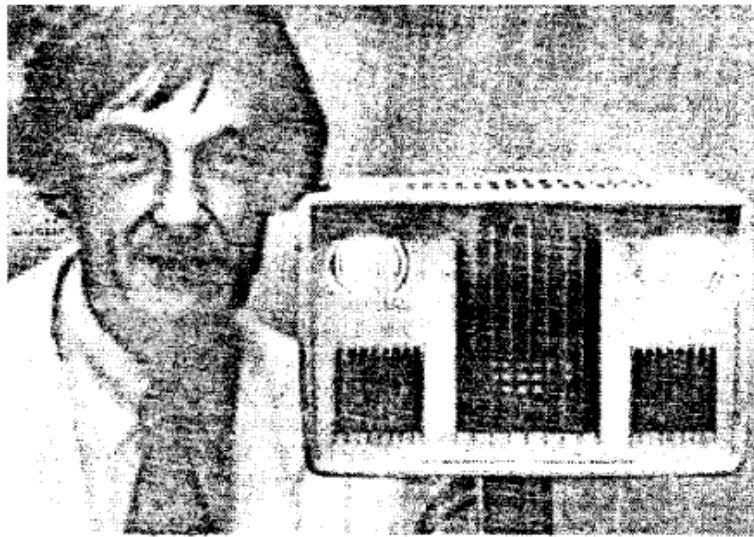
... HURTS!!

GROUP STALKERS' VIEW:



... OF YOU, AT HOME

KEEPING YOU WIDE AWAKE ALL NIGHT THROUGH WALLS



DR. ROSS ADEY AND THE LIDA MACHINE

**... WITH AN OLD MEDICAL
DEVICE CALLED 'LIDA'**

VOICE TO SKULL IS OLD TECHNOLOGY ...



**... GROUP STALKERS STILL
LOVE IT THOUGH!**

GROUP STALKERS: “WELCOME HOME, TARGET!”



A1. Gathering Evidence: General

Carefully gathering evidence is a way to cope. It is key to remember that evidence that looks very convincing to you is probably not going to appear very convincing to non-targets, especially family members who believe you are crazy, or officials like police and doctors. One major skill in gathering evidence is restraining your belief that your evidence is going to “shake the world” and win your freedom.

Experience is that while gathering evidence is important, non-targets will actually try hard to discredit it, because bystanders really don't want it to be true that OS/EH exists, and because officials are consistently unwilling to work seriously on the crime of OS/EH. So we gather evidence, display it, and keep backup copies where possible, anticipating a day when OS/EH has become public knowledge. This is an important part of coping, even though the full value of our evidence will be in the future.

Some comments on gathering evidence follow.

A2. Gathering Evidence: Photographic

When perpetrators physically damage your property in some way that is clearly not natural, such as sawing through a piece of furniture, that is a terrific opportunity to photograph and post the evidence.

The problem is that some cameras don't have closeup capability, at least the lower priced cameras. There is a way around that. You can tape an eyeglass lens directly over the camera's fixed lens. Ideally, the eyeglass will be something like 2x (2.00 power) or more.

When you do that, your viewfinder will give too wide a view, but that's OK - just be sure the damage, such as the sawed end of a furniture leg, right at the center of the photo. If you don't have glasses handy, some relatively inexpensive reading glasses are available at pharmacies. Choose 2.00 to 2.50 power. You can remove the lens from the frame to make it more convenient to tape over the camera's lens.

FLASH is BAD for getting clear closeups. You'll usually get bright white, totally washing out all detail.

The best light for closeups is near a window, or outdoors, on a bright day but NOT IN DIRECT SUNLIGHT - same problem as with flash - you'll usually get everything too bright. Household electric lamps are OK - just don't get them really close or you can wash out the details of the damage.

Position the cut/torn or otherwise damaged object so shadows make the damage more obvious. If holes are involved, put something of contrasting colour behind the holes to make them stand out.

If the size of the object or damage isn't obvious, consider placing a ruler in the image.

When you are holding the camera, remember without flash, a camera needs to be held steadier than usual. If you have a tripod, use it, but if not, move some piece of furniture near the item to be photographed so you can steady your arms and camera on it.

Take SEVERAL photos at different distances. A digital camera will give you an on-screen preview but even there, a couple of different distances will ensure you get at least one good photo. With a 2x or more powerful lens taped over your camera's lens, you should be able to get somewhere from 16" close, and perhaps down to 10" or so.

When you post the photo on a web site, or send it to someone for posting, please be sure to supply the date and some sort of identification, even if you want to keep your identity anonymous. A date on a photo and even a false name are far better than nothing.

Also, supply a sentence or two about what happened before you discovered the damage. Such as: "I came home from work and found this ... " etc. Your caption or descriptive text is extremely important, because most photos taken by targets do not appear to be criminal activity to the average non-target. Remember, it's about how they (non-targets) see your work, and not how you see it.

If you digitize (scan) a photo to be posted, please learn how to do these three things to the photo before sending it (check your scanner's help screens):

- CROP off the excess unused space - a scanner normally produces an 8.5" x 11" image which is HUGE (Save the photo.)
- Reduce the BITS PER PIXEL, also called number of colours. Many scanners scan at 24 bits per pixel, when all that's needed are 8 bits per pixel (256 colours) (Save the photo.)
- IF the size of the image is wider than a screen, which can be as small as 800 pixels wide, RESIZE (sometimes called resample) the image so that the image fits within one browser screen. I normally choose 750 pixels as my maximum width for perp damage photos, to give a small allowance at the margins, and to avoid the vertical scroll bar. (Save the photo.)

Just scanning and sending a digitized photo without doing the above things can mean you are sending a one MEGabyte file, for each photo, which is way too big to be sent by email to people who have email size problems or limited disk space. Some people use emailers based on their PC as opposed to web mail, and they can have size concerns because every email received is stored on their own disk space. (The advantage of using an emailer on your PC is that it makes backing up possible and there is less chance for emails disappearing.)

A3. Gathering Evidence: Videos

Videos can be excellent for showing the public organized stalking is a real crime. However, in most cases, videos taken by targets are not convincing enough to break through the

credibility barrier. This is not the fault of target videographers - it is because the OS/EH perpetrators deliberately set up their harassment to look like ordinary everyday annoyances which non-targets experience now and then.

When taking the original footage, or when preparing a video for posting, the target needs to provide narration which explains that while the scene may look normal, it's not normal for this to happen "every day" or "all the time." Emphasize frequency of occurrence.

Here are two good organized stalking videos with good narration:

<http://www.randomcollection.info/videos.htm>

<http://www.randomcollection.info/osvideos.htm>

CAUTION: Over the past couple of years, U.S. police and security guards have been instructed to treat making videos or even taking still photos as possible "terrorist" activity.

One target was arrested and convicted of taking pictures from public property, which is legal, when in fact, she only took footage from her own home. The police lied in court to get her convicted of something which is actually legal.

This means care must be taken in taking of videos, especially in the U.S., but it is likely that such false arrest can happen anywhere in the current world. Today's small digital camcorders can be concealed, and that may be one way to handle the false arrest problem.

A4. Gathering Evidence: Suspected Surveillance Devices

It is extremely important that targets train themselves to regard "suspicious devices" in their area as suspected, until and unless someone qualified and willing to put their name on their analysis confirms a discovered device is actually for covert surveillance or electronic attack.

This is the same credibility requirement as not making a statement as fact without evidence which will convince officials. In making statements to others, and that includes other targets, it is essential that we avoid unsupportable claims of fact.

- If a target believes they have found a surveillance device installed in their home, car, or personal property, see the section "Gathering Evidence: Photographic" then:
- Find and place near the device an object of familiar size. Can be a clearly legible ruler, or a coin, or similar well-known object.
- Take several closeup photos of the item in place. Back up the photos by posting them to a forum, web site or blog, and CD or DVD.

If a bump needs to be portrayed, consider placing a lamp at a low angle, to produce a shadow. This technique is also important if you are trying to photograph a suspected implant.

in your body.

Then remove the device if you can, and take additional closeup photos at different angles.

Post and back up your photos to the web before the next step.

Locate someone who has substantial training and experience in electronics, and arrange for analysis. If you are asking a non-target technician, do not say you are a target of OS/EH - that can be as discrediting as saying that, alone, to police or doctors. Just say you want to know what this object is.

Type up a report of what the qualified individual says about the device. Add that individual's report, keeping their identity confidential, to your posting.

What else may be done about your find depends on the qualified report.

A5. Gathering Evidence: Detection of Signals

See also: <http://www.randomcollection.info/oscd.pdf> (Countermeasures and Detection)

It is one thing to detect strange signals. It is far more difficult to prove that the signals you find have something to do with harassment. Merely finding signals on “government frequencies” proves nothing useful, because so many government radio sources are in operation everywhere, all the time.

And, here is what makes convincing/foolproof detection highly problematical. This statement is from the “Shielding” section of my e-booklet titled “Coping”:

“I’ve heard from perhaps 40 to 50 targets over my 13 years on line who receive attack types involving mechanical vibration of both body parts and inanimate objects, which cannot be done using any technology, electromagnetic or acoustic, taught in today’s schools, under the conditions experienced. Right up front, the perps clearly have classified (secret) technology.

“Interestingly, the many sufferers of what started years ago as the “Taos Hum,” a constant sound like “an idling diesel engine,” sometimes experience vibration too. While I do not recommend talking about vibration to non-targets, if it should slip out, OS/EH targets can mention the “Taos Hum” sufferers’ vibration experiences as well.”

This means that commercially available detection equipment is unlikely to convincingly detect at least the more advanced perpetrator attack signals. What that means in practical terms for targets is, use substantial amounts of caution in spending money on detection equipment or services.

Yes, some targets do indeed detect unusual electromagnetic signals in the vicinity of targets’ homes, or even bodies. So there may be something useful in doing affordable detection experiments using conventional equipment and services. But targets must not get the idea that with an expensive spectrum analyzer, or a high priced electronic-harassment-aware

private investigator, convincing proof will be the result. We are up against classified (secret) technology in an unknown percentage of targeting cases.

Let me define "convincing." For OUR purposes, OS/EH targets, "convincing" means "will convince a public official that our detected signals prove harassment."

We can find plenty of "unusual EM signals," - I've done that myself - but showing them to police just got me silence or questions like "So? How does that prove you are being harassed?" Just finding, say, a signal on a "government frequency" doesn't prove anything. There is lots of government radio activity going on all the time.

Now having said all that, let me say that I definitely favour those targets who have a comfortable income hiring electronic-harassment-aware private investigators to attempt to detect and report on anomalous signals in their vicinity. Emphasis on comfortable income.

The reason is that the current-day electronic harassment technology is classified, so we do not know what it is, or isn't. It's a wide open question. And just as many scientific discoveries came about by accident, learning the true nature of present-day EH technology may also yield to an accidental discovery.

Also importantly, even if all a target can do is show a report by a qualified investigator which demonstrates very anomalous EM signals (or acoustic signals) in the target's home or vicinity, that is a stepping stone to a day when officials will take our complaints seriously. My request to targets who can afford that is to work out a contract with the investigator where the full report content can be made public, and posted on the web. That may require obscuring some of the identifying info, but as long as the un-obscured source document is in the target's possession, that is still beneficial.

My personal opinion is that so far, the only guaranteed-to-work detector for advanced perp attack signals is the target's body. (Plants cared for by the target may work too, though no extensive experimentation has been done along that line.)

I believe that a wearable recording electroencephalograph which can hold a full night's data, together with a written, audio, or camcorder log in which each attack is described along with the time, could be used to form a persuasive report. By comparing recorded EEG traces both during the logged attacks, and between attacks, I believe it can be shown that something very unusual is going on in that target's life. Best would be for a doctor to run the experiment, but even a well written report by itself could be persuasive.

Not guaranteed, but persuasive none the less.

Bottom line - detection experiments are potentially useful but are not guaranteed at this point to convincingly prove harassment.

A10. Earning Attention Span Success Story

A target, who has been a member of a church for a couple of decades, reports that they (anonymity requested) have gradually reached a point where the subject of organized stalking can be discussed, without negative repercussions, with the pastor and among the other members of the church. Here are some observations as to how the target has conducted themselves in the church which have led up to this favourable result:

1. Attend church regularly -- all events, including Bible readings and social circles, not just Sunday services.
2. Participate actively, giving special consideration to other (elderly and infirm) members of the congregation who might need particular forms of assistance.
3. Establish your credibility as a good, stable, civilized, trustworthy person and a true believer, which takes time.
4. Be a good listener, which means subordinating your personal problems to matters which are of far greater interest to other members of the congregation. You'd be surprised how many other members of the congregation may want to discuss the (bizarre) problems they've been experiencing in their lives.
5. Develop a warm, meaningful, trusting relationship with the church pastor and elders. This, too, takes time.
6. Over time, test the waters to see what approach can be best used in surfacing the topics of organized stalking and electronic harassment.
7. Stay understated and avoid portraying yourself in "rabid" terms as being a victim of a vast conspiracy.
8. Don't quit because of a few obstructions thrown in your path.

TRUE JUSTICE FIELD OPERATIONS MANUAL



IMPORTANT: This "SPOOF manual" describes targets of "True Justice" activities having "criminal records." Virtually all actual current day target community members do NOT have criminal records. The references to targets having criminal records are SARCASM.

OVERVIEW

In earlier times, justice was accomplished in two ways: By way of the courts, and by way of community members for cases in which the courts were not available, or failed to deliver true justice.

During the 20th century, as law enforcement agencies grew and technology made their officers more efficient, community members who attempted to deal out "old fashioned" justice were prevented from doing so.

Unfortunately, there are many offenders who are not dealt true justice by the court system. These offenders are allowed full freedom, and can commit serious offences which the court system is either unable or unwilling to stop. Our communities deserve to have these offenders monitored and neutralized, to prevent them from endangering innocent citizens.

In the latter half of the 20th century, with the quiet cooperation of law enforcement officials who have a keen sense of responsibility to the community, the True Justice system has been forming and is now nation wide. Offenders can no longer move to escape True Justice.

True Justice must remain fully covert, as there are irresponsible members of every community who do not care about the well being of their community and would loudly object to True Justice operations. This need not concern True Justice agents - there are always people who like to spoil the best of any type of crime control activity.

If you are reading this manual, it means you have been observed by your local True Justice organization, and are deemed to have the proper character and strong motivation for serving your community required for this very important work. This is one of the highest compliments anyone can receive, and your community owes you immense gratitude for protecting the citizens.

I. GENERAL

True Justice operations in general are of the "active surveillance" type. Passive surveillance is watching a target covertly, to obtain information about the target. Active surveillance can include information gathering, but it includes the agent making the target aware they are under surveillance.

Active surveillance is appropriate for True Justice operations, because with the target being aware they are under surveillance, they will realize their former criminal behavior can't be repeated without immediate consequences.

Beyond active surveillance, True Justice agents perform acts to keep the target uncomfortable, around the clock. A target turned over to True Justice has amply demonstrated that they are habitual criminals, but they have been able to avoid punishment by the court system. True Justice does deal out the punishment appropriate for the type of crime committed by the target.

Although True Justice operations are silently approved of, and covered for by the official justice system, punishment outside the official justice system is seen by citizens who do not have a strong sense of right and wrong as criminal in nature.

True Justice agents must take great care that each and every act of punishment is DENIABLE. This means that if the target should complain to police, any other officials, or friends, neighbours, family members, or doctors, the nature of the punishment must be seen as the target's "overactive imagination" or better yet, an indication the target is mentally ill. True Justice has worked for years to recruit the medical establishment in helping maintain deniability, and today, most targets are immediately labelled as mentally ill and often forced on to antipsychotic medication when they complain.

But True Justice agents must still do their part to skilfully perform acts of punishment so almost anyone the target complains to will deny a crime against the target has taken place. As a True Justice agent, you will be trained in how to do this.

True Justice has been blessed with advanced technology which enables heavy punishment at times the target is in their home, silently, through walls, and this is very deniable. True Justice agents must pass their initial training and demonstrate a high level of commitment to maintaining community safety, and the ability to operate deniably, before they will be considered for advanced electronic punishment training. Electronic punishment training is beyond the scope of this manual.

The True Justice organization is very fortunate in that we have been able to recruit top specialists to back up field operations people. Psychologists are key to finding ways to maximize feelings of stress and hopelessness in the target, and degrading the target's health, from many individually "minor" invasive punishment acts. Technicians in all fields - telecommunications, electric power, building electrical and alarm systems, and utility employees in all fields use their positions to inflict many absolutely "normal-looking" problems to targets on an ongoing basis. And of course, the services of many skilled locksmiths are invaluable in this effort to restore true justice to this contemporary world.

As a True Justice community-based agent (CBA) you will have the privilege of working with a team capable of delivering better justice than the official system.

II. SURVEILLANCE

Surveillance is the foundation of all True Justice operations. Both community based agent (CBA) visual surveillance and advanced electronic surveillance are used. This chapter will cover only local agent visual surveillance.

Your local lead agent will schedule surveillance watches for each target in that community. Every target will have at least one CBA watching them at all times, even while home and asleep. Each CBA surveillance team will be given a cell phone number for reporting target actions and movement to the local True Justice Control Center (TJCC.)

Actions to be reported include but are not limited to:

- Target turns lights on to start the day
- Target uses toilet or shower
- Target exits residence
- Target drives away
- Target arrives at work, or
- Target shops or visits any other establishment or location
- Target arrives home
- Target eats meal, home or restaurant
- Target engages in sexual activity
- Target turns lights off at end of day
- Target turns lights on in middle of night
- Target travels out of town

Some of these observations will be performed by the True Justice Electronic Corps (TJEC), but CBAs should attempt to make and report as many detailed observations of target activity as possible. The reason such detail is necessary is that the punishment phase of active surveillance requires that TJCC supervisors customize each punishment action to match the personality of the target, and the need to make each punishment action appear to be "life's normal breaks."

One important punishment function of surveillance is to sensitize the target. Targets are never told they are under surveillance or being punished. Instead, close, active surveillance and other activities, happening far too frequently to be written off as "life's normal breaks," will eventually cause the target to realize they are under surveillance and punishment.

As a community-based agent, you will be given specific instructions on exactly when, where and how to carry out punishment actions. As long as you carry out punishment instructions exactly as given, there is no way the target will be believed if they complain, and you will not be exposed to risk of action by law enforcement.

How well the punishment actions work depends on how accurate and complete your reports are to TJCC.

In many situations, True Justice acquires access to properties or apartments immediately next to the targets' homes or apartments. Because TJEC has through wall surveillance and punishment equipment, they will be reporting target activity to TJCC along with community based agents. In a typical setup, CBAs may be posted in a parked car where the target's home or apartment can be observed overnight, for example.

In this setup, the CBA in the car may be instructed to call, using a walkie-talkie style cell phone, another CBA (or team) waiting or patrolling by car nearby to follow the target, or, you may be assigned to follow the target yourself. You will receive instructions from your local TJCC as to following a target.

Targets in transit may be either covertly or visibly followed. When in doubt, hang back a bit, and contact the TJCC for instructions, as targets in transit can present many unanticipated situations. The TJEC will always have the target's position monitored, so if a target gives the CBA the slip, the TJCC will assign other appropriate community based agents to pick up the target at the earliest opportunity. Be sure to notify TJCC immediately if you lose the target.

When applying the visible following of a target, making the target uncomfortable because of your presence, you will be given instructions as to when to break off the following. Another CBA or CBA team may pick up the visible following, but once you have broken away, advise TJCC that you are clear and ready for the next assignment.

III. INTERCEPTS

Intercepts are where community-based agents (CBAs) will appear to "just coincidentally" cross paths, on foot, with a target. Once the target has been sensitized to the point of realizing they are under surveillance and punishment, they will recognize, and be made appropriately uncomfortable by, the simple act of multiple CBAs "just happening to" cross paths with them.

Your local True Justice Control Center (TJCC) will instruct you as to how you will be cued to perform an intercept. Often, you will have an on-site supervisor (OSS) position you, and give you hand signals as to when to start your movement to intercept the target. Because targets moving about aren't always totally predictable, the success of CBA intercepts depends heavily on the True Justice Electronics Corps (TJEC) who have means of monitoring the exact whereabouts of every target, and through computer programs, predict exactly when and where a target will be as they move about the community.

Your local OSS has a special means of receiving instant, silent instructions from the TJEC.

Intercepting CBAs may be asked to perform one of the following forms of intercept:

- Simple path crossing, requiring the target to take evasive action to avoid collision; multiple CBAs sometimes perform this several times during a single outing by the target

- On foot, walking for an extended period on the opposite side of a street from a walking target

- Arrival at a place known to be a favourite of the target, and simply occupying that place just as the target is about to arrive (restaurants, parks, public facility seating, even bus seats are examples); sometimes just "hanging out" in such a location at times and places where people don't ordinarily do that

- Smoking, coin-jingling, pen clicking, whistling, or toe tapping near the target at a location where the target is known to need to stand, as to wait for a bus, or standing right behind a target at a water fountain

- A group, as many as a dozen CBAs, may be assigned to arrive at a store just ahead of a target, and form a queue ahead of the target, spending time buying lottery tickets, to delay the target. This is especially effective when it happens often, and when the target is very tired and eager to get home after work, for example.

- Community-based agents may be assigned to leave a next door home or apartment at

exactly the same time as the target, repeatedly. Alternatively, a CBA may intercept the target a short way before home and arrive at exactly the same time as the target.

While these may seem like trivial acts, keep in mind that the target will have these "trivial" things happen every single day, and repeated intercepts like these will force the target to always watch for such acts, essentially ensuring the target never "has a nice day." This is the goal of True Justice, to ensure targets deserving of punishment get what they deserve.

Similar intercept operations are performed with vehicles. The TJCC can schedule these every day the target commutes, and both to and from work. Vehicle intercepts are particularly effective when the target sees the same vehicle in an intercept convoy both in the morning and in the evening commute.

(Because vehicle intercepts can be dangerous, CBAs assigned to vehicle intercept duty must successfully complete a special training course prior to actual assignment.)

Here are some examples of vehicle intercepts a community-based agent (CBA) can expect to be assigned:

Parking so as to block a target's access to their vehicle, e.g. so close the door(s) can't be opened, and then "disappearing"

Parking so as to prevent a target's leaving a parking area, and then "disappearing"

Parking commercial vehicles often, near a target's home, with something unusual about these vehicles, such as there is no need for that trade, or, just unmarked white vans to make the target think the van is there to conduct surveillance

Simple following, or leading, a short distance, but every day. Doing this both during target commutes and then at other times makes the target very uncomfortable.

Passing a side street stop sign, then stopping an uncomfortable distance into oncoming traffic just as a target is about to arrive at the side street, causing the target to have to slam on the brakes (this requires True Justice Control Center (TJCC) assistance and prompting by walkie talkie style cell phone)

For a CBA vehicle convoy, boxing in the target during a commute, forcing the target to travel at a slower speed than the target wants to travel. In some locations, the TJCC will supply special licence plates to CBA vehicles with short words which have special meaning to the target

For a CBA vehicle convoy, and where the target is at a location (and time) where traffic is normally very sparse, cause heavy traffic, forcing the target to notice

The ultimate vehicle intercept is the staged accident. This can be dangerous and is only assigned to very senior agents. However, it is possible to stage an accident so only the target knows it was staged. This is an excellent means of punishment where a target has committed a serious offence specifically against True Justice. Some targets have been financially ruined this way.

Generally, staged accidents are done in jurisdictions where police strongly support True Justice operations, so that the CBA driver is protected.

IV. PHYSICAL SABOTAGE

Physical sabotage is an especially effective form of punishment when it is carefully limited to low value items, below the value where police will take the report seriously. For example, burning a target's house down, or even stealing an expensive appliance, would bring official investigators into

the picture, so that is not done.

Sabotage producing extreme safety hazards is generally not suitable for True Justice operations, because of the potential for bringing official investigators to an accident scene. So while damaging the brake system of a target's vehicle is not allowed for community-based agents (CBAs), draining some of the oil, transmission fluid or radiator antifreeze are allowed. But not all of it. The goal is to make it look as if the target is negligent in maintaining fluid levels, and generally not causing a catastrophic failure that non-targets might see as sabotage.

It is very important to apply punishment by way of a large number of small value sabotage acts, because that makes it look like the target is forgetful, exaggerating, or in some cases even delusional, if they complain about many cases of small value damage. The target's associates will simply refuse to believe that anyone but the target is responsible.

Sabotage is very important in that it lets the target know they are totally helpless to stop it, and can't even complain about it effectively without appearing mentally ill. True Justice is very fortunate in that some people, hearing about sabotage from a target, will actually believe the target did the sabotage themselves, "to get attention."

Sabotage is applied at the target's home, workplace, and on their vehicle. This requires the assistance of locksmiths and alarm technicians. Your local True Justice Control Center (TJCC) will supply this help, and will bring specialists in from a distance in the case of rural areas.

Here are some examples of sabotage a community-based agent (CBA) may be assigned to carry out:

- Entering a vehicle and changing control and radio settings

- Replacing window washer fluid with water, possibly destroying the system if in winter

- Scratching the paint on a target's vehicle

- Tire sabotage, from removing some air right, up to slashing a sidewall if authorized by TJCC

- Simulating a break in electric window heater strips

- Cutting off the 4-way flasher button

- Removing substantial amounts of oil, transmission fluid or antifreeze but not enough to cause catastrophic failure

- Moving things around inside the vehicle to show the target someone got in

- Unlocking the vehicle and leaving it unlocked, possibly even with door open

- Small cuts to car's upholstery

- Unlocking the target's front or back door and leaving it ajar while the target is away

- Moving furniture or carpets fairly frequently to show the target someone was there

- Stealing low value items, especially items like scissors which can be easily misplaced, keeping them until the target replaces the item, then returning the missing item, often in a place the target checked

- Stealing important personal papers, especially those which will cost money to replace

- Stealing irreplaceable photographs

- While the target is at work, remove mail from their box and toss it around

- Repeatedly making wall pictures crooked

- Setting clocks to the wrong time

- Repeatedly dumping consumable supplies (e.g., coffee) to make the target think they are no

longer capable of managing their supplies well

Starting small rips in new clothing, which are widened on repeated visits

Rarely, ripping all the crotches out of the target's underwear

Replacing clothing with similar items which are too small for the target

Ironing inside button flaps over, making buttoning the shirt or top difficult

Carefully working the tip of a knife through seams in any air mattress or cushion the target may own, including replacements, on a daily basis

Breaking zippers, perhaps by pulling out a tooth or two

Shoving a knife through the soles of waterproof boots

At work, removing screws from the target's office chair

At work, damaging or destroying (if not extremely obvious) a target's work from a previous day; for example, if a target fixes a computer, the next day, the computer is broken again possibly worse

At work, replacing current copies of computer files with an older copy - particularly serious if a target is a computer programmer

At work, where some employees are or can be recruited to be community-based agents, set up "mistaken deliveries" of heavy goods which block the target's office

At work, if the target is responsible for parts of the operation which can be sabotaged, do so repeatedly just as the target starts eating lunch, or is about to leave for home

At work where the target is responsible for materials but the materials can't be locked up, sabotage or with special permission from the True Justice Control Center (TJCC) steal the material

Thefts have to be carefully considered and authorized by your local TJCC, and unless you have authorization, do not steal. One particularly effective type of theft is to remove small value but often used items from the target's premises. Once the target has been observed purchasing a replacement, the item is returned.

This not only causes the target to question their own sanity, it also forces the target to spend money uselessly, and imposes a feeling of total helplessness on the target.

V. SABOTAGING THE TARGET'S REPUTATION

Sabotaging the target's reputation - and all that goes with it, such as ability to earn a living, business and personal relationships - is a very special operations category. Newer community-based agents will not be assigned to "engineer" the method, but will assist in passing on "rumors," which are the main means of destroying a target's public image.

"Rumors" consist mainly of the criminal record of the target. However, in order to secure cooperation of specific members of the community to participate in the punishment phase, additional information keyed to appeal to the patriotic or community service sense of such community members may be used as well.

As mentioned earlier, the True Justice organization has many top psychologists and psychiatrists

on permanent staff at headquarters, and some in larger population centers. It is their responsibility to design the campaign to destroy the target's reputation.

These people listed below can be approached and given information which will cause them to make the target's association with them uncomfortable, or break off all contact with the target:

Business contacts

Supervisors

Co-workers

Casual social contacts, such as clubs a target may be a member of, or a group who frequent a bar where the target is a patron

Friends

Local fraternal organizations - they are motivated by public service, and are an excellent source of assistance in keeping the target under surveillance, and participating in the punishment phase as well

Store staffs at places the target shops

Target's landlord

Target's neighbors

Tradesmen who are likely to service the target's home, car, or business

Bus drivers on the target's route

Local children

City employees, including emergency medical technicians

Homless shelter staff and residents where applicable

Family members (surprisingly, many are ready to believe negative information)

Especially, personnel at places the target applies for work

How intensely this is done is governed mainly by the need to prevent the target from learning that negative rumours are being spread. The goal is to keep negative information covertly flowing into the community, in such a way that those receiving the information aren't likely to tell the target. One might think that friends and family members would instantly notify the target and side with the target. Fortunately, experience shows that co-opting friends and family is surprisingly easy, once they are informed about the target's criminal record.

The True Justice Headquarters staff have developed techniques which by and large prevent that, but those techniques are beyond the scope of this manual. Suffice to say that it is possible to apply "incentives" which cause even people closest to the target to cooperate. These incentives are applied by specialists from our organization at higher than local level.

For the community level CBA, the work of sabotaging the reputation of the target takes the form of simply carrying out instructions from your True Justice Control Center (TJCC) as to what you say to whom, how, and when.

VI. DISCREDITING TRUE JUSTICE TARGETS

While the powerful silent support of True Justice operations by the justice and psychiatric systems has been sufficient to prevent True Justice targets from informing the public, the area of discrediting targets is an ongoing activity. Like sabotaging the target's reputation, discrediting their public statements, web sites, media appearances, letters to the editor and the like are done under the supervision of psychologists and psychiatrists on True Justice staff.

If a community-based agent (CBA) has a good track record of intelligently carrying out assignments, and has access to a computer, the CBA may apply to the local True Justice Control Center (TJCC) for assignment to discreditation work. Excellent communications skills are required.

Some of the activities CBAs carry out under supervision are:

Monitoring message boards, blogs, and open media like Indymedia for target posts. This is normally done in special shifts and under scheduling and control at a higher level than your local TJCC. This monitoring is assisted by blog scanning software which will detect and instantly flag posts relating to True Justice activities. The CBA doing this work will immediately reply with comments like "Someone isn't taking their medication" or "<target name> has provided absolutely no evidence." The CBA will then report the post to higher level True Justice supervisors for possibly more detailed responses.

Monitoring newspapers in your area for letters to the editor regarding True Justice activities. Most editors and many reporters have been recruited and are willing to assist in keeping the important work of monitoring and neutralizing local criminals quiet, but once in a while, a letter to the editor will slip through. In this case, comments like "Someone isn't taking their medication" are not an appropriate response. Transcribe and forward such a letter to the editor to your supervisor, along with your proposed response. The supervisor may edit your response, and will assist in ensuring your response is printed.

Your supervisor will have staff monitoring upcoming talk show appearances by targets. While most talk show hosts, even those somewhat sympathetic to targets, have received discrediting information and often will not host targets, some targets do manage to get on the air. In this case, your supervisor will assign you to call into the show, and will instruct you as to appropriate things to say, such as rebutting the target's claims, pretending to be a target calling in and making "wacko" statements such as "UFOs are harassing me", or pulling the discussion away from True Justice activities and on to something like "media mind control."

True Justice agents who have excellent persuasive communications skills can be assigned, with careful coaching and preparation from supervisors, to pretend to be a target and get on talk shows known to air targets as the guest. These opportunities are great ways to discredit targets by talking about UFOs, things like black helicopters following you, foil beanies, satellites "parked" just above your home, and perhaps events normally considered "paranormal" like seeing people appear and disappear. These discrediting topics must be a total surprise to the host, only mentioned after the show is in progress.

CBAs can "casually" describe the "odd behavior" exhibited by the target as a result of around the clock True Justice activities to the target's neighbors. The idea is to focus the neighbors' attention to the target's behavior, hinting that maybe the target is mentally ill. This is easy once the target has developed suspicion that "everyone is out to get" him or her.

It is a special honor for CBAs to be chosen for target discreditation work.

VII. TRADE-RELATED PUNISHMENT

This section will give some examples of ways community-based agents (CBAs) with specific trades or situations in the community can apply deniable punishment to targets:

Underground utility crews, where the management has been recruited, schedule messy, noisy maintenance at the target's home (or business if the target runs a business.) This can include having the street torn up for extended periods, or repeatedly. Funding for unneeded work is available from True Justice headquarters.

Taxi drivers can delay arriving when called by the target

Bus drivers have leeway, in nasty weather for example, to stop one stop away from a waiting target and wait there for perhaps 5 minutes, ostensibly to "get back on schedule." This can also cause a target to miss connections with the next bus or train. This is especially effective when the target, exposed to bad weather, can see the bus waiting up the street for no apparent reason.

Repair tradespeople can keep "getting it wrong" necessitating many recalls, be late, be messy, over-bill the target, and even damage things which were OK. This is especially effective in the automobile repair trade.

Medical lab technicians can substitute blood samples, or otherwise falsify results making the target appear to have absolutely no reason for their complaints

Police can frequently pull the target over for frivolous reasons

Telephone and cable TV technicians can cause the target to have constant service failures, and when other technicians check out the complaints, no cause will be found.

Telephone technicians can re-route legitimate calls to the target's number in large numbers, and this will cause the target to get very angry with these totally innocent callers

Store staff where the target shops frequently can be instructed to remove items the target is known to need when a target is known to be coming. Store management can stop ordering a target's favorite items.

Restaurants and food delivery services can tell the target they are out of an item known to be a favourite of a target

The key to successful punishment by tradespeople is that while the target is very likely to know they are being punished, these punishment acts must appear to the general public as "life's normal breaks."

VIII. TARGET'S HOME

Punishing the target at the target's home is essential for effectiveness of True Justice operations. If the target were punished in the community but was allowed sanctuary in their home, the creation of a "prison without walls" would not be complete.

One of the very first things the True Justice Control Center (TJCC) will arrange is for homes or apartments adjacent to the target's home to be occupied by both community-based agents (CBAs) and members of the True Justice Electronic Corps (TJEC.) Operations of the TJEC members are covered in the True Justice Electronic Operations manual.

Because True Justice operations are carried out 24/7 in shifts, homes and apartments which are leased or owned by True Justice staff are not used as dwellings. The lease or deed will bear either an entirely false name, or the name of a senior True Justice staff member whose actual home will be at a different location.

Some adjacent homes or apartments are occupied by neighbors of the target who have offered to cooperate in punishment of the target. The initial contact of neighbors to determine their willingness to cooperate is done by senior staff, and incentives to cooperate are often tendered.

Here are some commonly used punishment activities which are carried out both by CBAs and cooperating neighbors of the target. Activities are rotated among the choices, but at least one of them is applied daily:

Noise. Noise must be of a type which the general public deems "normal." Remember that the goal is to have the target aware they are being punished, but not be able to convince anyone else that is the case. Observe local noise curfews, but plenty of punishment can occur outside noise curfew times. The target must not have easy cause to involve law enforcement. Examples:

Starting a leaf blower, timed precisely when the target attempts to enjoy their yard, or, when TJEC operators cue the CBA that the target is trying to nap.

Loud music from a neighboring home. This is an excellent action, as it is common. Time it so every time the target opens a window the music starts. The timing makes the point it is intentional punishment. TJEC operators can apply music in adjacent apartments with exceptionally powerful bass, directed at the target's unit.

Frequent squealing of tires near the target's home.

In apartments, frequent drilling into a scrap of wood or masonry held against the target's wall, floors or ceiling as if "working." Alternatively, hammering. Especially effective when cued by TJEC operators that the target is attempting to nap.

Tossing golf or tennis balls against the target's home when the target is known to be trying to fall asleep. Ideal for cooperating neighbor children.

Frequent use of sirens near target's home. Many emergency services employees have a strong sense of community service and willingly cooperate in this.

Knocking on the door for frivolous/nonsensical/wrong address reasons. Especially effective when the target is in bed or having a meal.

Trash. Leave trash in the target's yard. Frequently, but TJCC staff will assist in scheduling this so that the target can't quite have a case on which law enforcement will act.

Terrifying the target's pet. This requires entry while the target is away from home for an extended period and must be scheduled by TJCC. True Justice Electronic Corps (TJEC) operators can render a dog passive for safe entry of the community-based agents.

Wounding or killing the target's pet. Rarely used, scheduled when the target has acted in a way so as to deserve special punishment.

Killing domestic animals or wildlife and leaving them on the target's doorstep. Scheduled when the target has acted in a way so as to deserve special punishment.

Where the target owns substantial land, noxious activities can be arranged and built for next to the property. In one case, a dump, an auto race track, and a prison were built adjacent to a target who owned a large farm in an area of natural beauty. While this is rare, it does illustrate True Justice's commitment to delivering punishment to those deserving of it.

Cooperating police departments can visibly watch the target's home. Possibly being parked in front of the home when the target returns, repeatedly.

IX. OTHER TACTICS

There are other tactics which are not strictly part of the categories discussed so far:

IMPORTANT: Community-based agents (CBAs) are strictly forbidden from adding anyone to the list of targets. Target selection is done by senior True Justice Control Center (TJCC) staff or higher levels.

Punishment of people who side with and help the target. Friends, family members, and citizens who do not place a high value on community safety sometimes help targets. In these very specific cases, TJCC-authorized punishment in the form of individual acts against them is appropriate. The official justice system can arrange for these target sympathizers to be found guilty of crimes, or liable for civil actions, for example. This is important for maintenance of the True Justice system.

Targets' bank accounts can be disrupted in ways which don't give the target a direct cause to involve law enforcement. Examples: A target's account can be changed to a "youth account", or, an overdraft protection feature can be disabled, without notifying the target, by cooperating bank employees.