

If You Become a Target of Gang Stalking...

by Miyoko Goto

Preface:

This e-book is to address the gang stalking problem and to show the countermeasures. There are many Targeted Individuals (TIs) around the world, yet this social problem is well hidden by our mass media. Probably, the conspiracies on 911, UFO, and MIB are more openly discussed than the conspiracies on “gang stalking.” Every time a victim tries to get help or to exposes the situation, some people start to mislead the victim's claim or suggest the victim to visit a psychiatrist. It is as if many people are ready to cover up the problem when someone starts to talk about “gang stalking.” Because of massive misleading propaganda, it is hard to get the truth from this information warfare.

My purpose of sharing this reference is to prevent the damage on new victims. When you become targeted, it is hard to know where to look for the right information. I had hard time understanding the situation. I decided to share some knowledge from my website, <http://aams.topcities.com>. If you are not yet targeted and are curious about what is gang stalking, please read this material. I hope I can give you the necessary knowledge and understanding about this social problem. You might be lucky enough to have no such problem in your life, but it would be useful for you to have information for emergency cases. Gang stalking is like a incurable disease as it will not end until the target's death. So, if you are ready for the problem, I hope you can avoid it.

Chapter 1: What is gang stalking?

The name, gang stalking, is not an official name of the phenomenon. It is called so because of its circumstance that the layers of people involve in surveillance of the targeted individual. The synonyms are “multi stalking” and “organized stalking.” Technically, this surveillance strategy is a part of FBI's COINTELPRO (shortened word for counter-intelligence program), and what happens is that people around the targeted person suddenly start to act strange. Many case, they are told to inform anything suspicious about the target or to drive the target crazy by working on psychological abuse in groups.

Unlike mobbing or bullying in school or workplaces, gang stalking will not end in one single area. In other words, the target is always surrounded by the gang stalkers anywhere he or she goes or comes back. Some stalkers will move in to the target's apartment or neighborhoods while others will start to infiltrate in the grocery stores and restaurants the target often visits. Of course, the workplace is the main place for infiltrating. Moreover, some cars and passersby will keep an eye on the target on street. Until the target find problem in the work or somewhere, it is hard to find out their surveillance.

The purpose of gang stalking has some goals. First, it will cause the target to become homeless as the stalkers will cause financial problem. Once they start to work on isolation in both workplace and neighborhood, it is hard for the target to keep his or her life as same as before. Second, the gang stalkers try to claim the target mentally ill, so that he or she will be imprisoned in the mental facility. Third, this is the most mean part and the worst – they try to drive the target to commit suicide. Because the gang stalking destroys the target's entire relationships, the target would kill himself in depression or mental break down.

Since gang stalking is backed up by the government, government agencies such as law enforcement and other officers are working with the undercover ones. Gang stalking can happen in anywhere in the world and continue almost forever for the target.

Chapter 2: Who are the Targeted Individuals?

In gang stalking related websites, we often call the victim of the gang stalking as “TI” (shortened word for Targeted Individual). A TI can be anyone. There is no particular ethnic groups or nationality to become a TI. However, someone in minority group in the area might have higher chance to be chosen for a TI due to the characteristic of gang stalking.

There are no specific reason to become a TI. Activists are often targeted because of their protesting and whistleblowing activities. Authorities are more likely to keep gang stalking activity to oppress the individual level freedom and rights. In gang stalking, there are certain level of abuse of power by the gang stalking members due to the advantages from their jobs. Some people claim that the structured society favoring the authorities causes the gang stalking problem. In other words, the victim are often chosen from the minorities and relatively less social status in the community.

Chapter 3: Who are Perps?

The gang stalking victims call a stalker, a perp. It has been knows so in gang stalking related websites and forums. Perps can be everyone. More likely, they have repetitive jobs such as postal workers and hotel maids. They have been infiltrated in almost all the organizations exist in the world. When they are called and asked to help the gang stalking on the individual, they take advantage from their jobs. For example, a taxi driver can work on surveillance on street while a postal worker can check the target's mails at the post office. When police officers are involved in the gang stalking, they can add the credibility on their never-ending investigation on the target no matter the target has no criminal record. Since the lawyers and local police department are informed about the stalkers, they are asked not to help the target. In some case, a lawyer could work for the gang stalking in order to keep oneself not to become a target.

Perps seem to have a world-level network and capable of transporting people and sending information to foreign gang stalkers. Therefore, they have no language barriers to stop their activities. When a target moves to another country, the perps in the another country will start the surveillance against the target there. They are more like the police informants in the local area, so their information can be directly used by the perps in law enforcement and other organizations.

Some perps are trained by the gang stalking organization. These professional perps move into the target's community and spread rumors about the target. In some case, they use electronic harassment devices to make the targeted individual look suspicious. Most case, the professional perps are from out of state or out of prefecture. The easy indicator is that the target often sees more out of state cars around of his home or workplaces. Sometimes, the professional perps are hired in the local grocery stores and other stores where the target often visits. Also, they often join the religious institution and school where target goes. This is to infiltrate the target's social connection and in order to understand the target's connection with others.

Chapter 4: What is electronic harassment and mind control?

Electronic harassment often appears with the gang stalking. Due to the local police backing up the gang stalking activities, it is possible that a TI would receive harassment from classified non-lethal weapons. If you check out some websites about electronic harassment, you might find better explanation about the cause and symptoms. Here I would like to address briefly about the issues. My purpose of this book is to give knowledge and how to keep a new victim relatively safe, and not giving whole explanation.

When gang stalkers use electronic harassment, it means that they are using microwave and acoustic weapons. For example, ULF, UHF, Infrasound, and other frequencies would be used for the target's harassment. Some victims claim that they receive implants in their bodies, yet not all the electronic harassment devices require implants from my experience. For example, some microwave weapons can be used from distance just as some new non-lethal weapons US Army introduced in

the War on Iraq.

Most famous electronic harassment device is often called V2K or V2S. It is a shortened word for “voice to skull” device. The target often start to hear voices or noises without actual speakers around him. Due to its unique direct voice sending technology, it is almost impossible for the victim to claim the problem without others mentioning the possibility of mental illness. However, the technology is already available from several decades ago. For example, Dr. Joseph Sharp patented direct voice hearing on brain as US patent #6,587,729. Some victims consider the teeth implants causes receiving radio signals. The voice hearing would start in English and later they might switch to the speakers who speak the native language of the target.

Second probable device is controlling body functions. They often cause frequent need of visiting restroom. They are capable of controlling the cycle of urination and digestion. Paralysis and pain on specific area can occur because of this device.

They are capable of controlling auditory and visionary area. Another device can send visual information to the victim. Some victims see flashing of lights while his eyes are closed. And some other cases, the victim might see clear images while he closes his eye. The eye movement can be controlled, so the target might be forced to focus on specific items.

In other case, the target might speak up certain word without reason. This device might be used by the perps to send “suggestion” from the passerby near the target.

Sometimes, the target's relatives and friends might start telling something specific to the target for non linguistic program anchoring. Often these people do not have the memory of what they said or what they did when the target ask the motivation of them for anchoring. It seems hypnosis and memory erasing technology are involved. Such Manchurian Candidate creation is already exist, so we must be aware of the further victims not knowing what they are doing in gang stalking.

Some victims might be killed by the remote heart attack generating device. Some scientists often died of massive heart attacks. If you know such government story, then you get the point.

Chapter 5: What gang stalkers do?

Gang stalkers stalk the target and they spread rumors to destroy the target's social status. In micro level, workplace mobbing and vandalism might happen. In macro level, the whole community is infiltrated by the gang stalking members and they try to control the target's life. The gang stalking network might already exist in the society. If there is less stalking members in the community, some stalkers move into the community to help the other stalkers.

Essential technique is gaslighting. This is a manipulation technique and a psychological abuse. The stalkers try to claim anything about the target and the target has to defend his or her thoughts. Because of massive propaganda spreading by the perps, the victim might get confusion on his own thoughts. Losing the confidence of own perception is one goal of gaslighting. Another goal is to make the subject believe in the gaslighter's opinion. Gaslighting can be anything from daily topic to the business information. For instance, your gaslighter might tell you to wear certain clothes and claim you have no sense of fasion. If it continue for more than a decade, you might lose your confidence in choosing clothes. Often such “always right” person does not stop correcting the others of one specific issue. Therefore, hearing “always wrong” claim would end up the gaslightee losing confidence on what he does and experience depression from the relationship. Gang stalkers are trained to work on gaslighting. If they do in groups and the target is surrounded by such gaslighters, the target might fall in psychological problem without knowing the cause.

Surveillance is another strategy the gang stalkers do. When a target walks out from his home, he is more likely to see someone on street ready for surveillance. It is not necessary for the stalkers to follow the target by same individuals. If they know the destination of the target, some

stalkers would walk some distance ahead and let the target to follow their way. There are more than one group of stalkers on the street. There are some cars turned their head lights on might pass the target for their surveillance. When the target visit a grocery store, some stalkers might check what the target is purchasing. In such case, the stalkers might make lines in the grocery store to delay the target reaching cashier.

Petit crime and vandalism on private property is another issue. The gang stalkers would cause flat tires of the victims' car and bikes. Also, they break into the target's home and steal small items. If the target live in apartment, the handyman of the apartment might use spare key to let the stalkers search the target's room.

Chapter 6: Countermeasures

Since gang stalking is a lifetime problem, it is important to know the countermeasures. The fundamental countermeasures are four; critical thinking, collecting evidences, establishing new social networks, and spreading your evidences. Critical thinking is important because you cannot behave effectively without it. If you can think logically and rationally, you do not get upset by the gang stalkers' activities. If you are interested in how to improve your critical thinking skill, you might find some textbooks for logics. To think critically, you must keep your mental health in good condition free from depression and other illness. If you feel depressed, you might want to read some self-help books and psychology textbooks. Do not visit a counselor, or he might diagnose you in the favor of the gang stalkers. You never know when you need to present your evidences to show your problem, so it is good to keep records of the gang stalking problem. Then, it is important to create a new social networks. Because the gang stalkers trying to control all your social network by spreading rumors about you, you need to meet new people to avoid gang stalkers trying to ruin your social life. If you have a change to meet people randomly, it makes the stalkers hard to control all your communications. It is a good idea to join one or two victim groups as you have the same interest with the other victims. The last part is the most important countermeasure. You must spread the gang stalkers' activities through the new network. Gang stalking is not really known to the average citizens. If you are victim, you must speak up. If you do not speak up, we cannot advocate this social problem to improve the situation of the victims. There are hundreds of victims around the world, yet only few knows they are victims of gang stalking and electronic harassment. More of them are likely not to mention the problem. For example, writing your autobiography and post it on the website would work to know there are another victim in the world.

I do have more countermeasures posted on my website. However, I omit them for the convenience of keeping my writing simple and short. The following chapter will explain what you should do and should not do. I hope that part will provide enough knowledge for defending oneself for the new targeted individuals.

Chapter 7: What a TI should do, and should not do?

A victim should do:

1. Collect evidences
2. Contact with other victims of gang stalking and electronic harassment
3. Keep calm, and think logically
4. Take rest often if it is necessary
5. Keep good credit record and go to work regularly
6. Have lifetime hobby for motivating oneself engaged with one's life
7. Be optimistic and avoid depression

8. Be aware of infiltration of gang stalking members in his social tie
9. Blame of individual gang stalkers in your case
10. Keep good health and do things good for health

A victim should not do:

1. Move to a new place with a hope of ran away from gang stalkers
2. Be quiet about the mobbing and other type of harassment
3. Get upset about the harassment
4. Complain about the discriminations to strangers
5. Blame of the organization which gang stalkers are members

Conclusion:

Due to my schedule and limited access to my PC, I rushed up to finish this book. There must be tons of grammatical mistakes as well as some other errors I did not even look at. However, for the first edition and free material about gang stalking, I hope it would work as a reference for some people. We have many gang stalking advocating websites and forums, but they rarely show where to start reading. My challenge was to write them up as a type of book so people can read it straight forward from the symptoms to the preventions. There are some books published about the gang stalking problem, so if you are looking for more information, please visit victims forums or some anti-gang stalking websites.

If I find time to correct errors and have something to add, I will update this book by uploading the new one.

Thanks for downloading my writing and I hope this book help you in some way.

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<http://aams.topcities.com/>

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