

# **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?)
  31. Info for Well-Meaning Family Members
- 
- 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](http://www.nutrimedical.com)
- Dr. Joel Wallach's "Youngevity" product line, available via [www.powerhourteam.com](http://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](http://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](http://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.nutrimedical.com>)
- Magnesium Taurate (<http://www.nutrimedical.com>)
- Neovasc, niacin, (<http://www.nutrimedical.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.nutrimedical.com](http://www.nutrimedical.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](http://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](http://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](http://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.nutrimeical.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 abraders 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-peddling 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 unmistakably 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>

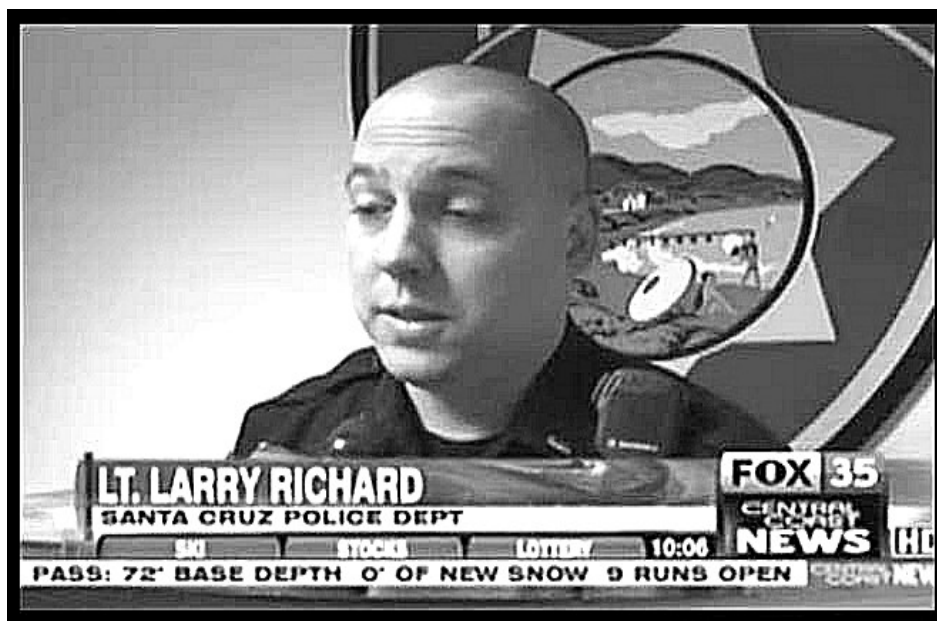
Audio only, for audio-only MP3 players:

<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>

### 31. Info for Well-Meaning Family Members

Over and over, organized stalking targets report pressure from well-meaning family members to "get help," because the family members can't believe a large group would expend so much time, effort and resources just to stalk one person who is a "nobody."

Here's a news flash for family members: It is not a huge, full-time mob which follows one target everywhere.

As PI David Lawson documented, these stalking groups do not just stalk one individual. Instead, they are given lists of names. The stalkers believe they are a sort of "enhanced neighbourhood watch" organization, doing good for the community, by letting "criminals" know they are not welcome, and are being watched. The stalkers are told lies about the targets to motivate the stalkers.

Individual members of the stalking groups spend almost all of their 24-hour day living normal lives. Only when a designated target enters their area do they perform the prescribed harassment. It is common for members of the stalking groups to harass designated targets where the stalker works, if and when the target enters their work location.

There are some stalkers who do intercept targets as they go about their business, and act oddly and do things to annoy, or make the target feel uneasy. But these people, again, do not follow the target for long periods of time. They intercept, do their planned harassment, and then may rarely, or never, be seen by the target again.

Neighbours of the target don't harass constantly. They may make noise when they know the target is trying to sleep, or mess with the target's mailbox when the target is out, or trash the yard when the target is out, for example.

So the picture of a huge organization being created and maintained to follow and stalk just a single target is completely inaccurate - no one member of a stalking group spends much time on stalking an individual target, but "minor" harassment by multiple GROUP members causes the target to get artificially-created "life's nasty breaks" several times a day, (rather than only occasionally as non-targets do.)

Finally, family members need to understand that their targeted relative is NOT claiming exaggerated importance. What is important to these stalking groups, instead, is the maintenance of the stalking organization. It is the self-importance of the GROUP that motivates the stalkers, as PI David Lawson reported.

Family members who understand how organized stalking really works are far more likely to offer genuine support to their targeted relative.



## **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

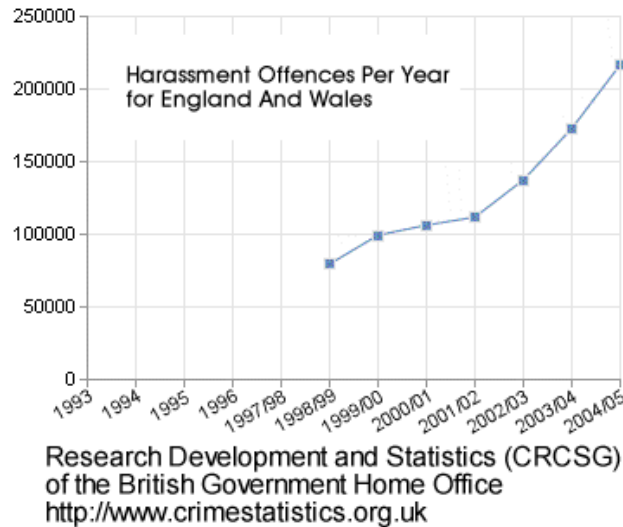
**\*\* Statistics from the book Mobbing: Emotional Abuse in the American Workplace** show that in Sweden, about 3.5% of the working population is subject to mobbing, which is

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.

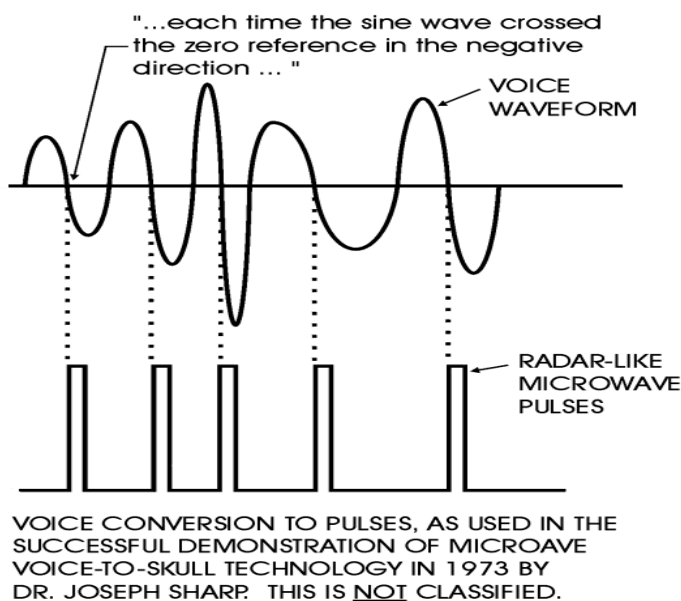
## Voice to Skull

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.

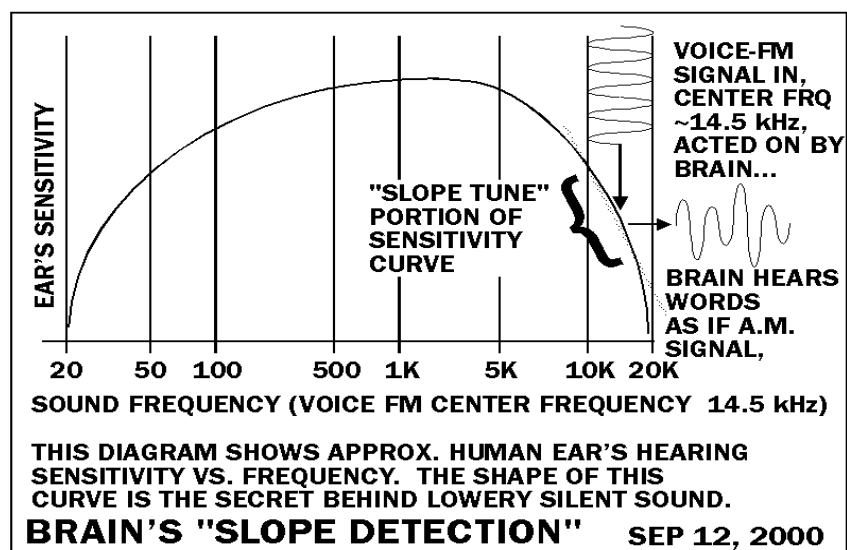
Targets report invasive sound transmissions of good fidelity at various times of day. Voices saying profane and disparaging things are common. False sounds of telephones ringing, pagers beeping, alarm clocks going off, knocking on the target's door, and other sounds have been reported. The fidelity of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

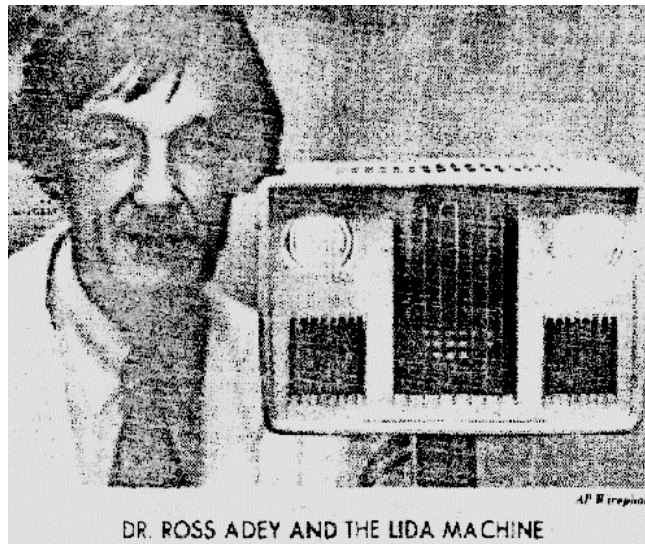
### The LIDA Machine

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.

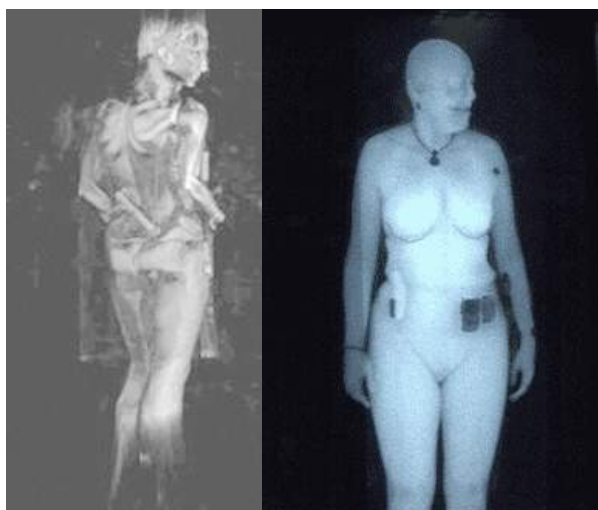
(Note: Dr. Ross Adey and Dr. Eldon Byrd were scientists who studied the LIDA machine for possible weapons potential. There is no evidence that Dr. Adey or Dr. Byrd were ever associated with unethical activity.)

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.