

COUNTERMEASURE AND DETECTION EXPERIMENTS

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



Eleanor White

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

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

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Purpose of This Booklet and Cautionary Notes

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

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

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

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

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

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

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

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

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

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

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

I. ELECTRONIC ASSAULT COUNTERMEASURE EXPERIMENTS

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

**** CAUTION ****

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

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

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

Here are some audio files containing jumbled voices which can be downloaded to your PC, and possibly then uploaded to your MP3 player so you can carry this type of V2S masking in your travels and in some work situations:

<http://www.raven1.net/audio/6radios-lo.mp3>

6 radios, 32 kbps, mono

<http://www.raven1.net/audio/6radios-hi.mp3>

6 radios, 64 kbps, stereo

<http://www.raven1.net/audio/voicesmixdown2.mp3>

Multiple voices, not radio

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

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

**** CAUTION ****

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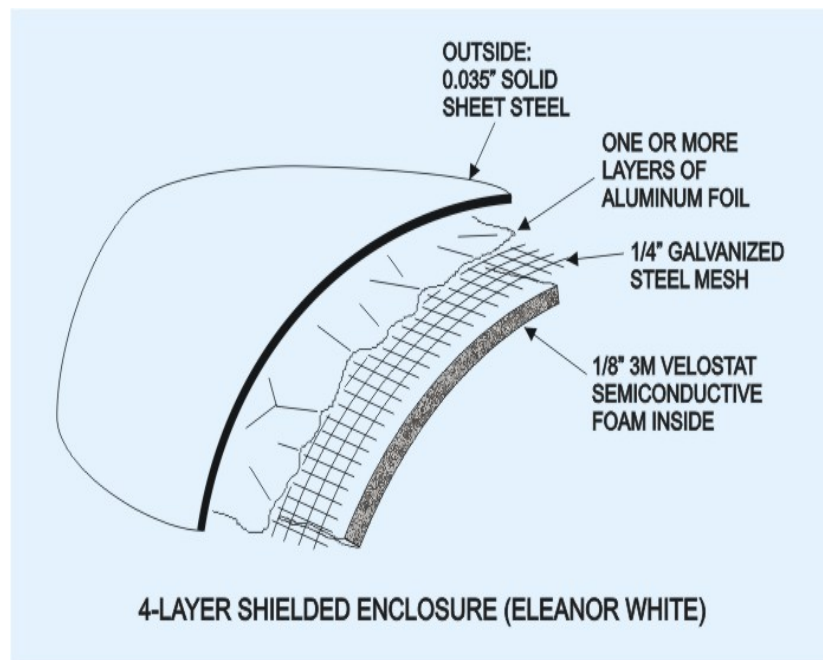
In the late 1990s, at a cost of about \$3,000, Eleanor White built an enclosure of sufficient size to completely enclose her bed. In addition, Eleanor did a series of signal measurement experiments using a frequency counter, an oscilloscope, and common radio receivers covering the AM and FM broadcast bands, and the HF (shortwave) band.

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

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

The enclosure had four layers:

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

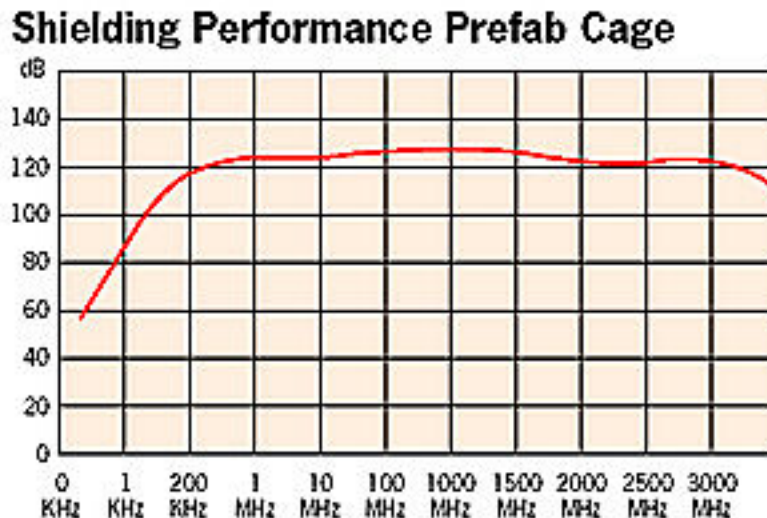


Seams were bolted and seams and corners stuffed full of compressed aluminum foil.

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

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

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



Specific link for the above chart:
<http://shieldingsystems.eu/index.php?p=Nieuws&id=159&Lang=2>

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

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

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

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

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

$\log (100) = 2$

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

Think about that for the moment. Even down in the ELF range on the chart above, that shielding still provides 20 decibels of power reduction for a signal coming in at the enclosure. That means the ELF leaking through will be reduced by a factor of 100, or thereabouts, until

you get down close to the lower brain wave frequency range of ~0 to ~20 Hertz.

Metal shielding is still reasonably effective in blocking 60 Hz.

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

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

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

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

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

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

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

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

No 60 Hz signals were measured inside the enclosure.

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

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

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

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

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

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

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

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

3. The “McKinney Patch” Counteracts Extreme Fatigue

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

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

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

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

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

4. Signal Evasion Experiments

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Target A writes:

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

5. Flexible Shielding Material Experiments

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Target A writes:

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

<http://www.magiccircleshielding.com>

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

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

Target B writes:

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

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

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

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

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

I strongly recommend this type of shielding to all TIs while sleeping and in the morning before

going out for the day.

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

Target C writes:

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

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

Target D writes:

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

Target E writes:

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

6. Faraday Cage Experiments

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Target A writes:

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

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

Jesse Mendoza's Experiment:



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

Jesse Mendoza purchased commercial bed-style faraday cages in an attempt to protect his two children from nightly painful electronic attacks. He reports that the children actually suffered more when they attempted to sleep inside the cages than without the cages.

7. Electrically Charged Shielding Experiments

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

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

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

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

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

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

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

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

Roger Tolces' "Electrostatically Charged Egg" Shielded Enclosure

<http://www.bugsweeps.com>

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

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

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

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

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

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

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

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

Historically, one target experimented with a type of electrostatically charged countermeasure,

in which the target's bed was placed between two aluminized mylar sheets, one above the bed and the other below. These two mylar sheets formed plates of a capacitor.

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

I want to mention here that targets realize that even a safe, high-internal-resistance source of high voltage, such as the air ionizer used in the mylar sheet experiment, can create a serious shock hazard if it is used to slowly build up a high voltage on a very large capacitor or other charge accumulator. So don't assume because you use a low power source to charge your capacitor, that the fully charged device will be safe to touch.

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

Bottom line, I would say it is FAR better to hire Roger and use his services and proven

successful “electrostatic egg” shielded enclosure, but the fact that he has about 50 clients enjoying successful reduction of assaults while sleeping is important enough to mention in this booklet.

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

8. Active Device Countermeasure Experiments

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

Target A writes:

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

Target B writes:

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

Target C writes:

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

9. Water As Shielding Experiments

**** CAUTION ****

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Target A writes:

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

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

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

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

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

Victim reports use of humidifier lessens effects!

After reading about the shielding effects of water, a victim took the initiative to install a

humidifier at the head of the bed at night, turning it on before sleep. The victim believes the harassment has been reduced.

Target B writes:

Inspired by reports that gel packs, humidifiers and anything else involving water provide protection, I soaked a thick blanket in water so that it was dripping wet, sealed it within a large sheet of painter's plastic, and used it as a blanket in bed. I used it for just a couple of nights, and it's been a while and thus I can't remember for sure but I'd guesstimate its effectiveness at perhaps 30%-70%. It had the effect of completely diffusing the focus point of the directed energy beam, almost eliminating the ability to target any specific area of the body with tingling sensations.

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

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

Target C writes:

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

10. Gel Packs as Shielding Experiments

**** CAUTION ****

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

Target A writes:

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

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

Target B writes:

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

Target C writes:

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

11. Rubber as Shielding Experiments

**** CAUTION ****

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Target A writes:

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

[Eleanor White talking: One experimenter wrapped a transistor radio tightly, ends clamped shut, and the rubber did not stop the radio playing. Rubber without materials mixed in to

make it conductive does not stop conventional electromagnetic signals in the radio (20 kHz to 300 GHz.) Insulating against electric shock is not at all the same thing as shielding against EM signals.]

Target B writes:

I purchased a 28"x15" rubber mat (the kind with suction cups for use in a bath tub, not to be confused with similar vinyl mats) and placed it over the top sheet in bed so that it rested over whatever area of my body the perps were targeting with annoying tingling sensations. As long as it was snugly wrapped around the area of interest it seemed to block the directed energy with perhaps 70%-100% effectiveness. Another TI reported similar results, using two rubber mats, one above and one below the body. Ideal may be a rubber mat the size of a blanket. Definitely worth pursuing further IMO.

12. Grounding Experiments

**** CAUTION ****

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General note:

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

13. Sheet Metal as Shielding Experiments

**** CAUTION ****

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Target A writes:

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

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

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

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

Target B writes:

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

14. Disguised Head Shielding

**** CAUTION ****

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Target A writes:

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

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

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

99. Miscellaneous Countermeasure Experiments

**** CAUTION ****

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Target A writes:

North side of a strong magnet taped over an implant for a few days has seemed to disable it. [Eleanor White talking: Target A is one of a handful who has confirmed implants.]

Putting a circle of crystals and magnets around my bed has seemed to help.

I believe it is important to keep your immune system strong so I take supplements including silver water, herbs, vitamins and I have a very nutritious diet. [Eleanor White talking: Doctors who recommend silver as an anti-microbial recommend it for acute conditions, and not for continuous use.]

Target B writes:

Other countermeasures are steel cookie sheets, heavy pieces of steel such as barbell plates, multiple layers of foil, multiple layers of mylar blankets, wet towels, wet blankets, lead xray aprons, filled plastic water bottles, hand lotion and other lotions, jels and creams applied to the skin, metal necklaces, metal wrist and ankle bracelets, metal belts, metal impregnated clothing, metal impregnated bed sheets, RF shielding fabric conditioner, electrically grounded ground planes, electrically grounding our bodies, ceramic tile, unrolled copper mesh scourers wrapped around the head, RF shielded baseball cap from <http://www.lessemf.com>, neodymium or other strong or large magnets, box fan leaned against the bed to provide vibration, moving around during the day (working around the house, gardening, hiking -- makes targeting more difficult), playing one or more radios tuned to different news talk stations or tuned to different types of music stations such as classical and jazz, foam earplugs.

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

I have an aluminum screen (metal kind used for window screen and screened doors) in bed

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

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

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

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

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

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

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

If you've never or only briefly experimented with shielding I would highly recommend doing

so. You may feel only a little better at night but then during the day may feel more positive and may be able to get more accomplished. Before employing shielding countermeasures my life had a very nightmarish, hopeless feel to it. Now my outlook is much more positive and I have more energy during the day!

More shielding ideas are at:

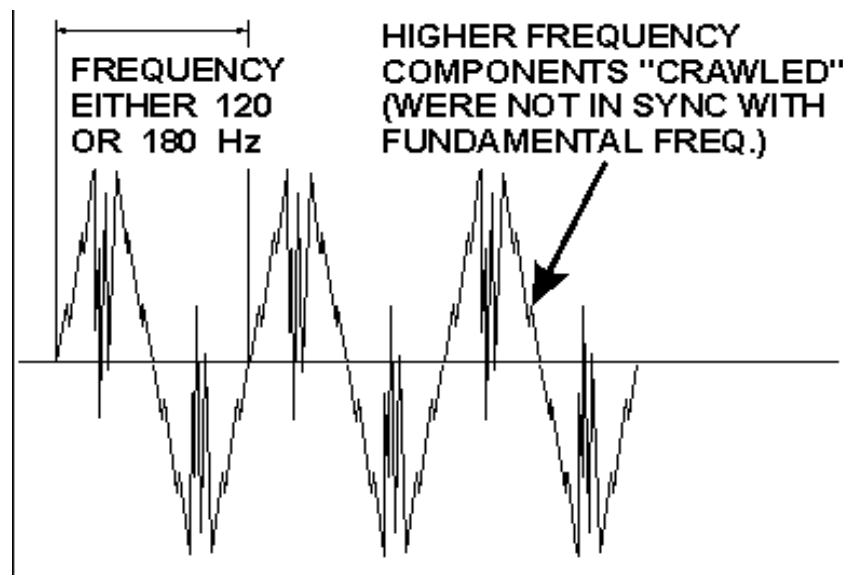
<http://www.freedomfchs.com/id12.html>

II. ELECTRONIC ASSAULT DETECTION EXPERIMENTS

1. Sawtooth ELF waveform observed by Eleanor White

**** CAUTION ****

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This waveform was detected using either of two different large air core pickup coils:

24" x 24", 75 turns on corrugated cardboard core

24" x 72", 165 turns on corrugated cardboard core

The fundamental frequency measured 120 Hz at times, and sometimes 180 Hz.

Seen frequently at many different times of day and night. Taking the scope and smaller pickup coil to different locations around the apartment building showed that this waveform did not appear outside Eleanor's apartment. Though strong inside the apartment, within a few feet of the hallway door the signal strength dropped to zero.

One consequence of this signal was that any attempts to tape record the perpetrator audio

effects was prevented by the loud buzz this waveform caused in all recorders.

This signal was loud in an AM transistor radio between stations. Transistor radios, on the AM band, are quite directional as a ferrite (contains iron) core coil is used as an antenna.

An AM radio will null (go silent) when either end of the ferrite core internal antenna points at a point source of signal. Using my transistor radio to observe null directions throughout the apartment, I discovered that this ELF signal radiated from a sharp point source about ten inches above my bed pillow. This was confirmed by the buzzing in the AM radio and the tape recorder being strongest over my bed pillow.

This is a highly unusual wave form for domestic equipment, and persisted for years. I have no idea what the purpose of this signal was. Buzzing in tape recorders had also occurred in my two previous apartments, although there, I did not attempt, in the previous two apartments, to locate the exact source nor view the waveform. The buzzing sounded the same in all three apartments.

2. Eleanor White's EEG and GSR Experiments

**** CAUTION ****

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Following the failure of my combination total-bed-enclosing four-layer shielding experiment and associated ELF and ionizing radiation tests during peak harassment, (no conventional signals appeared to be operating during periods of heavy harassment,) I read a book titled The Secret Life of Plants by Peter Tompkins and Christopher Bird, 1989.

This book described various experiments involving plants, specifically exploring plant "behaviour" which is not yet explainable by current day scientists. The book opens by documenting the experiments of polygraph expert Cleve Backster. Backster got curious one day, and connected his polygraph's galvanic skin response (GSR) section to a leaf on one of his philodendron plants. He wanted to see if the resistance of the leaf (which is what a GSR unit measures) would drop when he watered the plant. It did not, but Backster kept comparing events in his office with the plants' polygraph traces.

To make a long story short, he discovered that his plants' leaf electrical activity changed noticeably (on the paper strip his machine produced) according to HIS - to Backster's - emotional state. Not only that, the plants' electrical activity "went wild" when Backster

approached the plants with a cigarette lighter, or when certain people visited his office.

I (Eleanor White) reasoned that if technology beyond what is taught in school is in use on OS/EH targets, then perhaps the most reliable detector would be our bodies, and possibly even plants we care for.

The GSR units drive a very tiny amount of electrical current through what they are connected to. The more sensitive electro-encephalogram (EEG) units simply measure very small voltages across a human scalp, and can also measure similar activity in plants. I acquired a single channel EEG machine, of the type used for biofeedback experiments:



This biofeedback-style EEG unit does not have the paper strip chart seen on full-blown medical equipment. Instead it features two types of outputs: Meter reading, and geiger counter style clicks from its speaker. The more clicks, the higher the meter reading.

There is a filter range switch, which sets a narrow band of frequencies of interest. The scales run from 2 Hz to 42 Hz, covering most brain activity. Each setting does not select a single frequency, instead, each setting covers a small band of frequencies with the selected number in the center.

There is also a voltage level threshold adjustment, calibrated from below 4 microvolts, up to a maximum of 70 microvolts.

(For convenience, I added a continuous tone option where the pitch of the tone varies according to how high the meter reads.)

The unit is a single channel, with a “hot” lead and a “ground” lead. The original pickup harness uses a gentle conductive clamp electrode on each ear lobe for “ground,” and the “hot” electrode goes anywhere on your scalp.

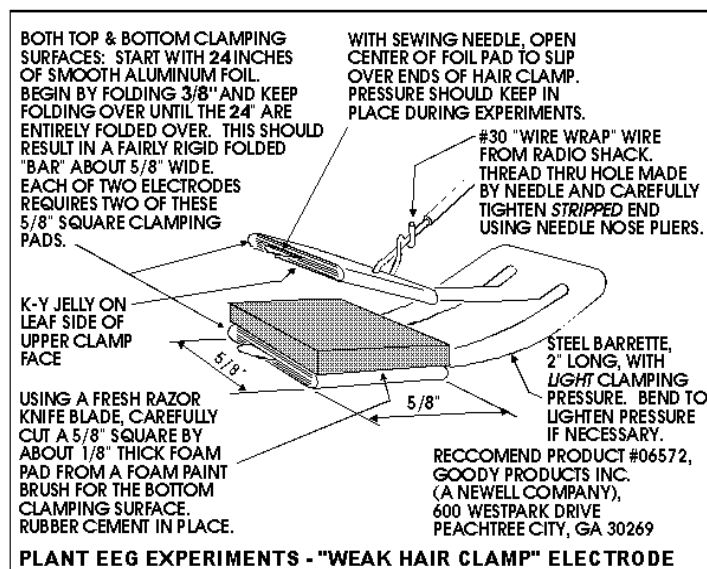
When the filter range switch is set to the lower numbers, you will hear the most “geiger counter” clicking when you are relaxed.

When the filter range is set to the double digits, you will hear the most “geiger counter” clicks when you are busy and concentrating on something.

The machine indicated my mental state reliably. However, it wasn't comfortable to wear the pickup harness in bed. More importantly, I wanted some readings other than my own to indicate activity in sync with my own attacks.

So I acquired a philodendron plant, and using Dr. Eldon Byrd's suggestion of humanely connecting the two electrodes to leaves using “weak hair clamps,” I was able to hear the plant's electrical activity. I was able to duplicate Cleve Backster's high voltage and high frequency burst of activity when I approached the plant with a cigarette lighter and said I was going to burn it. (I only did that a couple of times, because now knowing that plants do “fear” potential harm, I felt it would be cruel to do a lot of experimenting along that line.)

See the illustration below. If I were into serious plant experimentation, and I wanted something better than the “weak hair clamp” electrode, I would look into various biological electrodes on line for better ideas. I've seen, can't remember where, the use of a seaweed product called “agar” to cement electrodes to plants. In any electrode scheme, the mechanical weight of the wiring and electrodes should be suspended from external structure so the leaf doesn't have to carry the weight.



I connected the ground wire from the EEG machine to a needle driven into the stem of the plant, and also connected the ground wire to aluminum foil surrounding the flower pot.

When I began to lie on a bed outside the shielded enclosure (which I discarded since it did no good) and attempted to sleep with the plant and the EEG unit next to the head of my bed, as soon as I'd finished all my bed time business and ablutions, and settled down to try to sleep, the plant electrical activity, at least as indicated by the EEG unit, stopped before the pain, sleep deprivation, or body movement attacks started. "Flat lined," in other words.

That may or may not be a total failure. Cleve Backster described visits by a scientist to his office who did regular experiments on plant growth and metabolism. Backster noted that oddly, his philodendron flat lined for the duration of every visit by this person. Backster began to ask him about the details of his work, and it turns out this scientist regularly incinerates his plants at the end of each experiment to obtain their dry weight. While it's not proof of anything, I do find it interesting that my plant flat lined during the intense harassment.

But that only lasted for a couple of days. On or about the third night, when I hit the hay, the perps started blasting the unit's speaker with loud static, and I had to cease experimenting with plants.

** I still feel that experimentation with newer, portable recording EEG units, worn by targets, and run along with audio or video comments by the target as to time, and what assaults are being experienced at that time, could provide valuable data. Expensive, but potentially highly persuasive when presented to officials.

I also acquired a small GSR unit to experiment with:



That GSR unit was advertised as a "lie detector" thing. It is basically an acoustic electrical

resistance meter. The pitch of the tone is opposite what is happening with the resistance of whatever is connected across the two finger-shaped electrodes. Rising tone indicates lower resistance. The tone is kind of faint, though you can hear it in bed easily. Headphones can be used too.

When nothing is connected across the electrodes, the unit shuts down. There is no on-off switch as there is no current drain until there is something across the electrodes. Current drain on the 9-volt battery is very light in any case.

Because skin has very widely varying resistance ranges (compare dry skin on a crisp, cold day to wet skin on a hot, muggy summer day) the unit has an adjustment to bring the tone into the audible range when it gets too low or too high.

This unit, by measurement, pushes about 15 microamps through my fingers. That is a very small current, but I tried sleeping with electrodes made of 25 cent coins on either side of my neck overnight, and the 15 microamp current had seriously and visibly irritated my skin by morning.

This unit does show some variations when attached to plants, however, the EEG machine is far more sensitive. Furthermore, as a matter of avoiding cruelty to living things, I did not want to push a current through a plant.

What I have used this unit for is connecting to a 100 turn air core pickup coil, about 10" by 18" in a rectangular shape, to carry around in a backpack to see if I could hear any unusual warbling of the tone in the headphones which matched any electronic assaults while away from home.

The results were inconclusive. Each time I carried the GSR unit and pickup coil, the perpetrators did not hit me with electronic assaults.

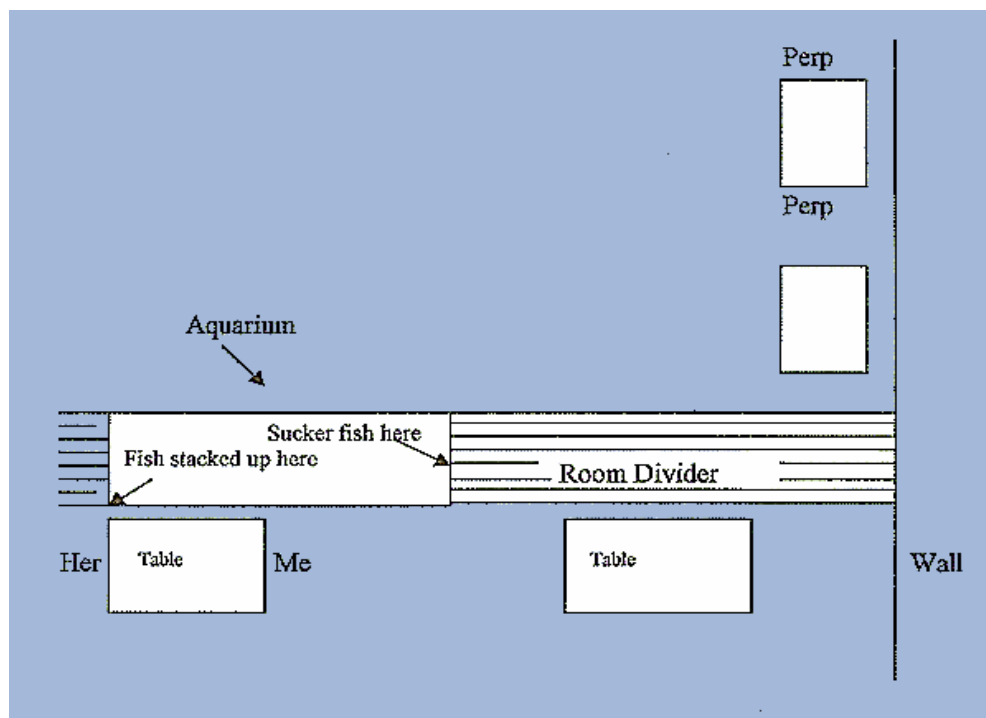
In spite of this result, there is a great deal of variety in the electronic assaults among targets, and I would think a GSR unit with a backpack pickup coil and headphones might turn up some interesting results. (No guarantee, of course.) I doubt officials would accept this experiment as proof by itself, but if others do try this experiment, I will be glad to display your results in this booklet.

3. Goldfish Apparently Shunning Restaurant Perpetrators?

**** CAUTION ****

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[Eleanor White talking: This is another experiment suggesting that other biological entities, plant or animal, might be able to confirm the assaults we experience.]



The diagram illustrates a section of a restaurant and was drawn by the experimenter

“One evening in April, 2001, a friend and I decided to eat at a chinese restaurant. As we walked in, I noticed there were only two other people in the restaurant. I immediately identified these persons as perps and for that reason, requested that we be seated on the other side of the room divider. The room divider was actually a very wide wooden rail with a 5 foot long aquarium mounted on it.

“We sat at the table immediately adjacent to the aquarium. We ordered our meal, talking, eating, and watching the fish swim aimlessly about the aquarium. Then, I began to feel

directed energy weapons turned on me. I said nothing so as not to alarm my friend, although she was aware of such weapons. I noticed that all of the fish except for two appeared to be very old gold fish, the fancy kind with elaborate fins. One fish even had a large hump on its head.

“During the course of the meal, one by one, the old ones migrated to the very end of the tank, and sat suspended motionless in the corner of the tank farthest away from the perps. They finally started to stack on top of each other with their noses stuck in the same corner. They appeared to be staring at my friend and I joked that she was indeed growing in popularity as the fish stopped swimming and just hung there, noses touching the corner of the aquarium.

“They appeared to be gazing at her, one stacked on top of another, with only their gills moving in steady rhythmic breathing patterns. Then the last goldfish which appeared to be younger, joined them.

“Then one by one, still suspended in the corner, the 4 older goldfish appeared to have a small seizure, each lasting about 4 seconds, as evidenced by the "gnashing of teeth" and "quivering of gills". There was no food or anything they could have been after.

“It was then that I realized the fish were also being hit by the DEW! Clearly, the DEW (Directed Energy Weapons) had to get through the aquarium before getting to me.

“The perps kept the DEW on until we left the restaurant and the fish stayed in the corner of the aquarium farthest from the signal until we left the restaurant. There was one fish that did not seem to be affected. He was a young glass sucker, commonly called an "algae eater".

“He appeared to not care at all and stayed where he was the whole time, stuck to the glass on the side closest to the perps.

“The question is: Why wasn't this glass sucking algae eater affected by the DEW? Could it be that this fish is related to skates, eels, or rays that are capable of generating their own electric charge and thus may have a special electrical field around them, protecting them from the DEW?

Target B writes:

Inspired by a target reporting that while in a restaurant he witnessed fish in a large aquarium gravitating toward a corner of the aquarium directly opposite from the presumed source of a directed energy weapon, I purchased a goldfish and placed it in a round bucket filled with water, placed the bucket next to me while I sat on the sofa at home, and observed the goldfish when I experienced directed energy attacks which in my case consist of synthetic vibrational sensations. The goldfish didn't gravitate to any side of the bucket nor exhibit any unusual behavior while I experienced the directed energy attacks.

[Eleanor White speaking: Failure is normal for OS/EH targets. Experiments work with one

target and fail with another. This may be intentional on the part of the perpetrators. Regardless of the reason for inconsistent results, the inconsistency points up that repeating failed techniques, as long as experimenters can really afford to do so, may be worth trying.]

4. Electromagnetic Detector Experiments

**** CAUTION ****

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Target A writes:

Everyone who is concerned about EMF really needs to use alarms so they can avoid or reduce the effects. My favorite alarm is the MicroAlert.



I was amazed when I started carrying it. Hidden audio and video surveillance is everywhere. I discovered that two ladies who frequently talked with me set it off the first time I had it on when talking to them. They never came back to talk with me again. I also discover that when I turned the lights off at work at the end of the day the alarm went off and when I entered my own home after work that alarm went off again. Recently I when I was targeted at a "by invitation only workshop" I had the alarm in my pocket and although everyone had their cell phones turned off, suddenly in the middle of a presentation my alarm went off. For a few seconds everyone turned and looked at me and the targeting stopped. About 20 minues later it started again and I guess because everyone noticed, it stopped in a few seconds and I got up and left the room.

Target B writes:

I borrowed a relatively inexpensive trifield meter from a fellow TI, AlphaLab "TriField Broadband Meter Extended Sensitivity Version," placed it next to me and observed it when I experienced directed energy attacks which in my case consist of synthetic vibrational sensations. There was no apparent correlation between the directed energy attacks and meter readings on any of the four scales: Magnetic 0-100 milligauss, Magnetic 0-3 milligauss, Electric 0-1000 volts/meter, or RF Radio/Microwave 100kHz-2.5GHz 0-1000 volts/meter.

[Eleanor White speaking: My own experiments, back in the late 1990s when I was working and could afford to experiment, showed a few odd signals (described here in other sections) but rarely showed even rough correlation with my attacks. This is one of the reasons why I believe technology advanced beyond that taught in school, i.e. classified, is in use.]

5. Sleep Study Experiments

**** CAUTION ****

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

Target A writes:

My last two [professional sleep lab] sleep tests were interfered with:

(1) Last year I began to have such execrable sleep (deprivation of deep sleep via imposition of vivid dreaming, etc.) that I had a sleep test to determine exactly what was happening. In the hour prior to the test itself my heart rate was accelerated to an abnormally high level for no organic reason whatsoever (while in hospital), which was already extremely tiring. Then after taking my sleep medication I tried to sleep but could not do so for about an hour, however, I was then permitted seemingly normal sleep but with bizarre nightmares that left me not well rested.

I suspect that despite my being told that no one would enter the room during my sleep, someone did so, because immediately upon being awakened I saw that my shoes had been moved and a pen had been stolen. The resulting polysomnograph showed no apparent abnormalities except the first hour of sleeplessness.

(2) After ever increasingly miserable sleep during the last year and a half (equivalent to forced daydreams while my eyes are shut), I again had a sleep test last month, this time in a different facility. I was permitted some very poor sleep, but I know that despite having my eyes closed for the last two hours or so, I failed completely to fall asleep at all. This time the results must absolutely have been falsified, because the polysomnograph I was shown indicated that I reached all levels of sleep for approximately the average durations required with no extended period of being awake at the end. However, I guess the falsifiers didn't want to appear totally unrealistic, so the claim was that I awoke 54 times.

6. Specific Test Equipment Experiments

**** CAUTION ****

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

Target A writes about the “EMF-829” RF meter:



“It detects more than 105 watts/sq. meter.”

One supplier, September 2009 advertises that meter for \$600 US.

<http://www.pro-measure.com>

[Eleanor White talking: For comparison purposes, 105 watts per square meter is 0.011 watts per square centimeter. That probably could have health implications if continuous, however, some comparisons with nearby places would need to be made, at various times, before it can be inferred that such a reading is deliberate harassment. Just a number by itself, unless the power level is really extreme, isn't much use in convincing officials that a crime is happening.]

Target B writes about another experimenter:

Xxxxx owns a \$11,000 black-and-white Infrared imaging camera. Xxxxx traveled around the country imaging TI's for implants in the head (front of the head and usually just high and to the right or left of the eyes).

He was quite successful at imaging something unusual in his own head and in that of other TI's. The device imaged would heat up and was hotter at times than the surrounding tissue, then would cool off. It was as if the device was being turned on remotely for a period of time (heating up) and then turned off (cooling down). Such a device was found in my own head but it wasn't as easy to image as some of the others.

[Eleanor White talking: While there is definitely some chance an actual device may be implanted in these cases, my experience with perp advanced technology causes me to not be certain any actual device is needed to cause such hot spots on a target's body.]

Target C writes:

I borrowed a relatively inexpensive trifield meter from a fellow TI, AlphaLab "TriField Broadband Meter Extended Sensitivity Version," placed it next to me and observed it when I experienced directed energy attacks which in my case consist of synthetic vibrational sensations. There was no apparent correlation between the directed energy attacks and meter readings on any of the four scales: Magnetic 0-100 milligauss, Magnetic 0-3 milligauss, Electric 0-1000 volts/meter, or RF Radio/Microwave 100kHz-2.5GHz 0-1000 volts/meter.

[Eleanor White speaking: My own experiments, back in the late 1990s when I was working and could afford to experiment, showed a few odd signals (described here in other sections) but rarely showed even rough correlation with my attacks. This is one of the reasons why I believe technology advanced beyond that taught in school, i.e. classified, is in use.]

99. Miscellaneous Detection Experiments

**** CAUTION ****

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

Target A writes:

Jolts of energy used to hit my house sometimes turning on TV and stereo or opening garage door, turning on motion sensitive lights etc. I made a copper coil from tubing and placed it near my bed. Every morning around 4:15 the lights would go on outside and the coil would make a sound. I think it did help me by absorbing the energy that would have gone into my body.

I made a mattress pad with small powerful magnets and that helped me sleep through the night. I also allowed me to have dreams that seemed to authentically belong to me.

III. PROPOSED EXPERIMENTS

This section lists ideas for experiments which have not yet been performed.

1. Recording EEG With Matching Log of Times and Effects

The mixed results for shielding and detection experiments strongly suggest that classified (secret) technology is in use. Some targets with decades of experience in being electronically assaulted and who have technology education and experience have come to believe that the only entirely reliable detector of electronic assault is the body itself.

I (Eleanor White) suggest that a moderately expensive and reasonably simple method to acquire “some” evidence of electronic assault may be for a target to do two things simultaneously:

1. Wear a recording EEG machine. Medical grade would be most convincing and most effective, however, the somewhat less expensive biofeedback grade should work for a pilot project.

The wearing would lend itself best to time at home, particularly in bed. Since some of the worst of the electronic assaults occur at home in bed, this would be an optimum time to experiment.

Be SURE the date and time are set up in the recording EEG unit accurately.

2. Use a camcorder or audio recorder to keep a verbal log (visual and verbal even better) of each assault type, with the date and time of each assault, for later matching with the stored EEG traces.

Getting this done with good clear data might be difficult, as the perps are known to disrupt equipment. However, my idea is to have different targets try this because the perpetrators seem to treat different targets differently, and a target may be found who can produce clean data.

Even periods of disruption can be somewhat convincing if they occur in a pattern where it is obvious the disruption is difficult. Perpetrators often do perform disruption in obvious patterns.

With good digital EEG waveform data, even if the waveforms are not done under medical supervision, and the audio/video log of assault descriptions at noted times, a report can then be assembled in a word processor, comparing during-assault waveforms with no-assault “baseline” waveforms.

A quick look at biofeedback quality (1 or 2 channel) EEG machines available in September 2009 show devices that require a PC as part of the system. Some are wired to a USB port

(readily available on PCs), others have a wireless adapter. The prices run from \$1,200 US to \$3,000 US in September 2009.

Realistically, one would have to add maybe \$400-\$500 to that for taxes, shipping and needed accessories.

Here are a couple of these systems:



http://www.eeginfo.com/shop/product_info.php/cPath/1/products_id/43

This is the \$3,000 unit, and here is part of the description:

“The EEG Info USB NeuroAmp is a user-friendly, high-performance interface between client and clinician computer for EEG Biofeedback (Neurofeedback) and/or peripheral Biofeedback therapy. Cygnet neurofeedback software is included with the purchase of a NeuroAmp.”

Here is the scalp pickup cap:



Here's another unit:



http://www.futurehealth.org/wireless_eeg.htm

All the electronics are in the cap. The September 2009 base price is \$2,000 US.

Here is an example of the type of graphic information this unit can put on a screen, which could then be captured and inserted into a report about EEG experiments:



Note that the lettering is blurred through multiple JPG resizings - the original would be much clearer. Also note that form of output has to be carefully researched before money is spent!!

A1. GLOSSARY

ACOUSTIC BULLET

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

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

ACOUSTIC HETERODYNING

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

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

ACOUSTIC SPOTLIGHT

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

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

AMPERE

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

in a conductor to create a current.

ATTENUATE/ATTENUATION

Reduction, usually a reduction in power.

AUDIO FREQUENCY

Frequencies between 20 and 20,000 Hertz

CURRENT

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

DECIBEL

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

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

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

DIPOLE

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

EEG

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

this narrow band.

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

ELECTRIC or ELECTROSTATIC FIELD

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

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

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

ELECTROMAGNETIC SIGNAL or FIELD (EM)

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

ELF

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

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

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

FARADAY CAGE

A metallic enclosure, commonly thought of as made of screen, designed to reduce (or possibly eliminate) electromagnetic signals inside. For best performance the entire conductive outer surface must be electrically bonded at all points of contact.

HAARP

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

HYPERSONIC SOUND

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

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

INFRARED

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

INFRASOUND

Sound at any frequency below 20 Hz.

INVERSE SQUARE LAW

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

If the source is not a perfectly collimated beam, that is, a beam which doesn't spread at all, the signal strength decreases in proportion to the square of the distance. That means that if you double the distance from the source, the signal is cut to one fourth of

the strength at the closer position. In other words, distance causes signal level to drop rather quickly, not just in proportion to the distance.

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

LASER

“Light Amplification by Stimulated Emission of Radiation.” A laser is a device which takes ordinary light, in which the light's waveforms are jumbled and random, and converts the random “photons” (units of light) into photons all oriented in the same direction and leaving the device so all the waveforms are in perfect lock step with one another. This produces a beam which can go long distances with very little spreading.

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

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

LENZ'S LAW

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

LIDA

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

MASER

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

MEG

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

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

MICROWAVE

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

MICROWAVE AUDITORY EFFECT

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

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

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

MODULATION

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

ORGONE

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

about this crime with non-targets.

OSCILLATE

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

OS/EH

“Organized stalking and electronic harassment.”

PHASED ARRAY

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

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

POWER LEVEL

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

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

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

PSYCHOTRONIC (-ICS)

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

targets.

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

Q-FACTOR or QUALITY FACTOR

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

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

RADIATION (NON-IONIZING and IONIZING)

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

RADIO FREQUENCY

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

RADIONICS

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

RESISTANCE

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

Resistance is measured in OHMs. Your average household extension cord, 8 feet long and #16 copper wire, would be something like 0.064 ohms, very low. It has to be low

to avoid overheating under load. Body parts have resistances measured in hundreds or thousands of ohms.

REMOTE NEURAL MONITORING (RNM)

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

RESONANT FREQUENCY

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

SCALAR(S)

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

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

SEMICONDUCTIVE SHIELDING

Shielding which has significant resistance, unlike metal.

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

SPECTRUM ANALYZER

A radio receiver in which a range of frequencies is continually checked for the presence of signals, and a graph of signal strength versus frequency is displayed on its screen.

TMS

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

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

T-WAVES

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

ULTRASOUND

Sound at any frequency above 20,000 Hertz.

ULTRAVIOLET

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

VOICE TO SKULL (or V2S or V2K)

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

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

VOLT

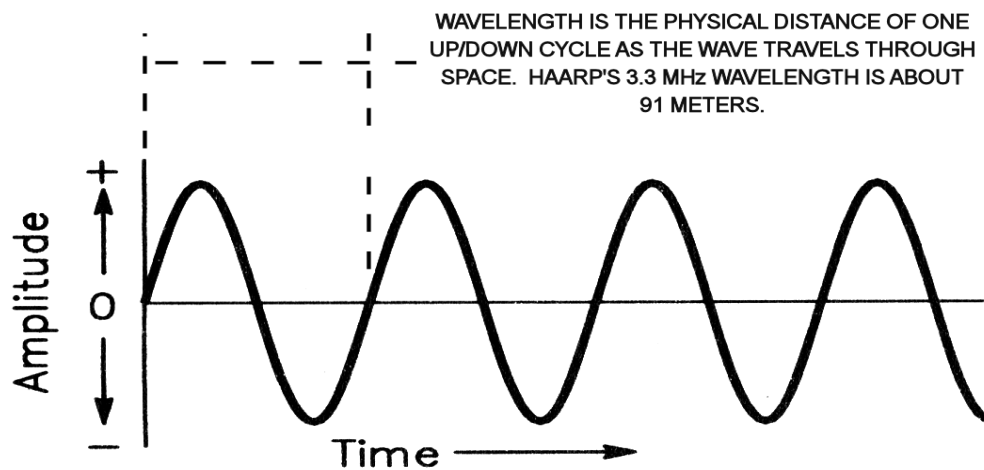
The unit of electrical pressure. When loose electrons gather on an object in more than

natural quantities, that object possesses voltage relative to other objects. Voltage is what causes electric current to flow when a conducting path is made available. Also called “electrical potential.”

WAVELENGTH

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

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



A2. SOURCES

**** REALLY REALLY REALLY IMPORTANT ****

In this section are listed sources for various types of material for experiments, test equipment, and consultants qualified in the field of electronic security.

IN NO WAY does the inclusion of a vendor here constitute my endorsement or guarantee that materials, test equipment, or consulting services will provide the buyer with success in reducing or stopping organized stalking or electronic assault.

Your patronage of these sources is 100% at your own risk.

I urge spending no resources on experiments which you cannot afford to lose.

1. Shielding Materials, Clothing, and Enclosures

<http://www.aegisguard.com>

Aegis

Wildwood, Missouri USA

<http://www.blockemf.com>

“Block EMF”

Carlsbad, California USA

<http://www.lessemf.com>

“Less EMF”

Albany, New York USA

<https://www.magnet4less.com/>

Applied Magnets

Plano, Texas USA

2. Test Equipment

<http://www.trifield.com>

Alphalab Electromagnetic Instruments

Salt Lake City, Utah USA

<http://www.lessemf.com>

“Less EMF”

Albany, New York USA

<http://www.pro-measure.com>

Pro-Measure

East Granby, Connecticut USA

Source of the “EMF-829” broadband RF meter

3. Consulting Services

<http://www.bugsweeps.com>

“Advanced Electronic Security Co.”

Los Angeles, California USA

Roger Tolces

Roger is both a consultant and supplier of shielding

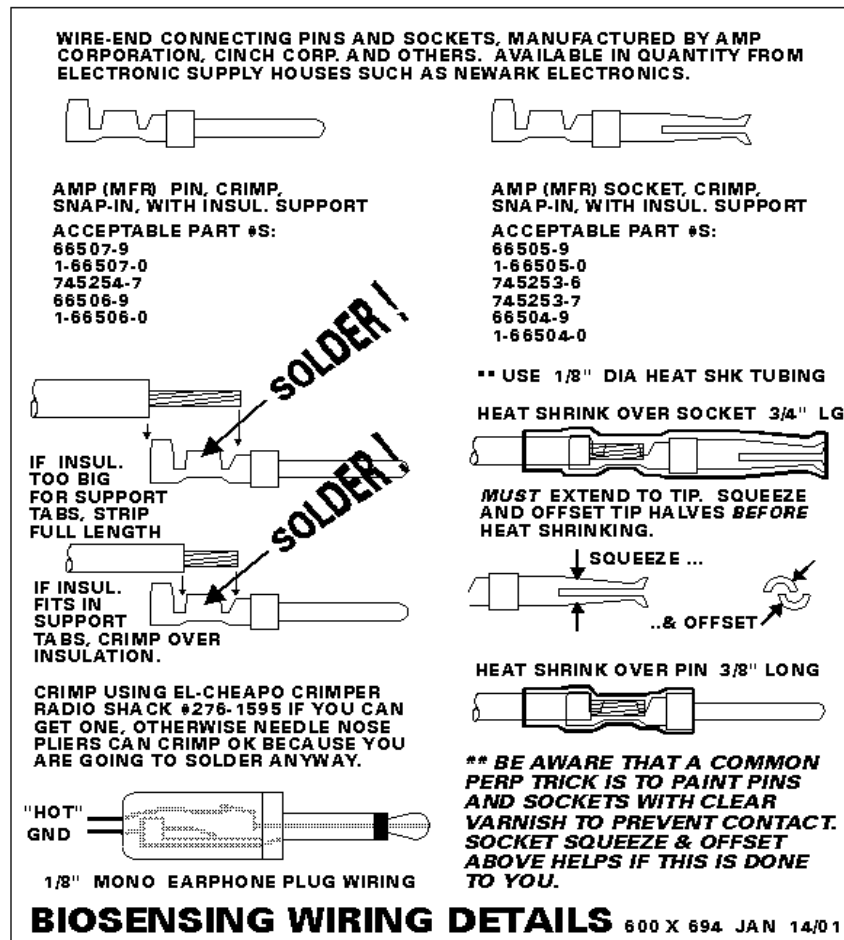
A3. TIPS

1. Determining if Your Camera or Camcorder is Sensitive to Infrared

Aim your digital camera or camcorder at a TV remote, while someone is pressing buttons. If your digital camera or camcorder is sensitive to infrared, you'll see a blinking light.

If your camera is of the film type, you would have to take several photos as you can't be sure exactly when the TV remote's infrared light is on. If your film type camera can accept shutter speed settings, set the shutter a little more slowly than normal for lighting conditions. Film which is sensitive to infrared might best be tested in low ordinary light conditions to keep the shutter open longer.

2. Using "D-submini" Pins for Experimental Wiring



3. Detecting Ultrasound

Some targets have expressed interest in detecting ultrasound signals in their environment. A problem with this is to know what frequency to look for. The highest travels-through-air frequency I've seen is about 200 kHz (about ten times higher than human hearing.) That's the frequency used by acoustic heterodyning, AKA "HyperSonic Sound", or the "Acoustic Spotlight."

I've seen far higher frequencies ... up in the megahertz range referenced, but those were for industrial inspection of solid structures, not through air.

If an experimenter is satisfied with being limited to 200 kHz, then to find available ultrasound detection meters, search the web for "bat detectors." Prices range from less than \$100 to in the thousands. Before spending lots of money on any test equipment, keep in mind that it is extremely difficult to convince officials that odd test equipment readings in your home prove you are being deliberately harassed.

Keep in mind too that ultrasound coming in from outside your home or apartment is going to be largely absorbed by your windows and walls and converted to heat.

4. Detecting Infrasound

Here is what one NON-target experimenter found when he acquired infrasound detection equipment and tried it in a very quiet studio structure (2004):

<http://www.tomshardware.com/forum/42405-6-very-frequency-recording>

"I could not hear anything in the room, but was sure I could sense something like a car went past. So, I sealed all the doors, put up an octava omni into my quietest pre, with the mic stand on a sheet of foam, and turned the gain way way up, and hit record.

"Surprisingly, this showed a lot of activity, all of it way below 30hz, and much more often than nearby cars going past. Some 'events' were very quiet, very low cycles, but almost a minute in duration. (Possibly the train line around 800 metres away, or planes?). Others were quite short and damped. All were inaudible, though I could see the speaker cones moving if I played it really loud. "

There is considerable information about detecting infrasound (typically sound below 20 Hz) on the web.

For intense infrasound, a simple detector is a large loudspeaker, of the "woofer" variety, connected to an oscilloscope. The scope will show the infrasound on the more sensitive scales, and the time scale can be used to determine frequency. The formula is:

frequency (Hz) = 1 / period (seconds)

The period is the time one pair of up and down motions of a wave form takes to happen.

Determine the distance along the time axis first in centimeters, which you can read with your eye on the scope screen, then convert that to seconds using the time scale setting on the scope. If this is confusing, you need to study either the scope's manual, or perhaps an online article on using an oscilloscope. Run through a few examples until you are confident in how to convert a waveform on the screen to its frequency.

If you take a photo of the screen, be sure to keep a record of the time (horizontal) and voltage (vertical) scale settings.

Keep in mind that non-targets will find anomalies too, as in the above example. That is important, because the purpose of your experiments would be to show that some sort of infrasound unique to harassment is happening in your home. If non-targets also find anomalous infrasounds, that makes it far more difficult to prove what you found proves harassment. Very important to ponder these things before spending money on equipment.

Keep in mind too, that infrasound at power levels sufficient to attack the body's organs will rattle things and will also spread out and be sensed by neighbours. Before spending lots of money on any test equipment, keep in mind that it is extremely difficult to convince officials that odd test equipment readings in your home prove you are being deliberately harassed.

5. Inexpensive Oscilloscopes

There are no inexpensive oscilloscopes which operate in the frequency ranges where Sharp's voice to skull might be encountered. The two below would be suitable for searching for audio frequencies (detected through a microphone or speaker) or ELF electromagnetic fields:

DS1052E 50 MHz Digital Oscilloscope
<http://www.armdesigner.com/DS1052E.html>
\$449 in September 2009

HPS10SE 2 MHz Digital Oscilloscope (primarily useful as an audio/low ultrasound unit)
http://www.apogeekits.com/oscilloscope_handheld_hps10se.htm
\$209.95 in September 2009

Before spending lots of money on any test equipment, keep in mind that it is extremely difficult to convince officials that odd test equipment readings in your home prove you are being deliberately harassed.

6. Frequency Counters

Frequency counters display a frequency as a digital number. Typically they are calibrated to

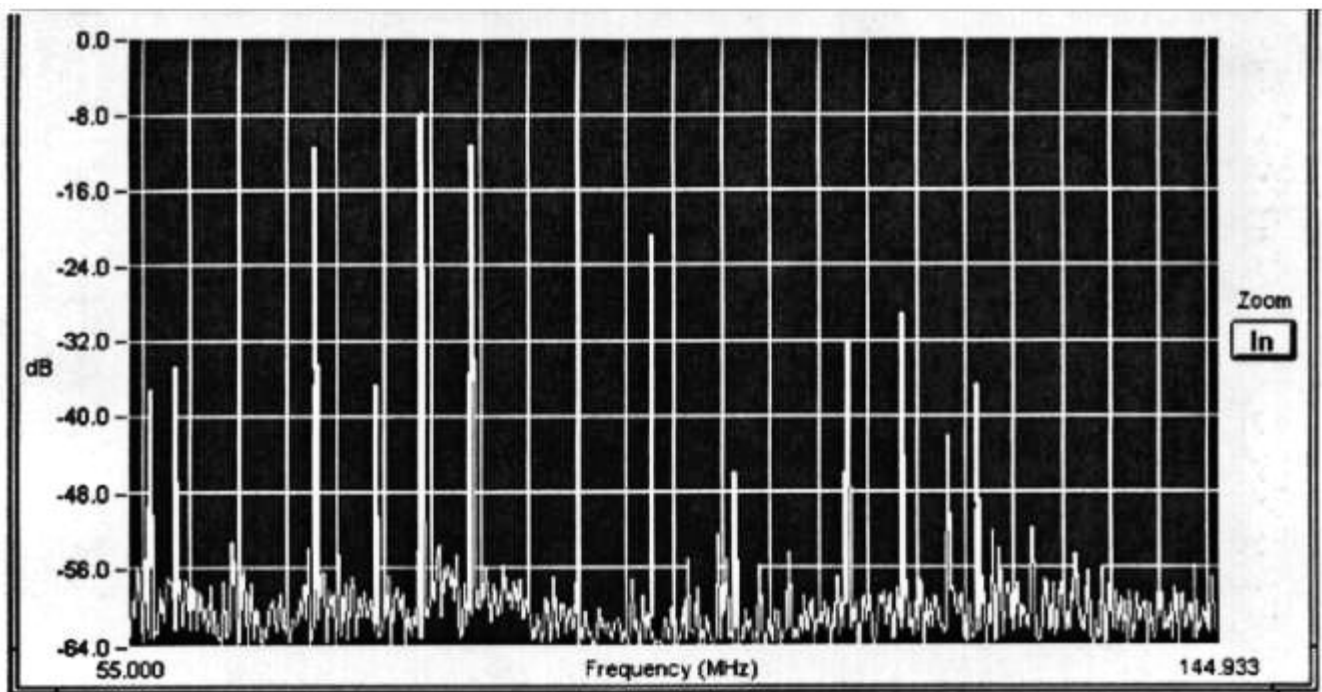
pick up electromagnetic signals, though you may run across some calibrated for sound.

Regardless of whether you are using an electromagnetic or acoustic frequency counter, these devices only work accurately when there is one signal which is much stronger than all other signals at the point where the counter is being used. If a frequency counter “hears” two or more commercial radio stations at about the same strength, the counter will fluctuate and be “confused.”

So this meter is only suitable for special situations - you can't buy or rent one and expect to zoom in on “the frequency” you suspect is being used on you. Even the far more expensive spectrum analyzer does not guarantee that there is a dominant signal in your environment which can be tied to specific harassment effects.

7. Spectrum Analyzers

Here is the type of information you get from a simple (not heavily computerized) spectrum analyzer:



You get a plot of signal strength across a selected band of frequencies.

Heavily computerized devices can produce reports on signals, and allow you to designate parts of the band selected for special analysis, or allow you to set detection alarms, and other features.

But basically, you get signal strength across a band, displayed in real time.

These devices are quite expensive compared with other test equipment, particularly when you want to cover all possible radio frequencies from 0 Hz to 300 GHz (the beginning of infrared.)

Here's the problem targets must ponder when thinking about buying or renting spectrum analyzers: How are you going to take a screen image like the one above, and prove to police that any given signal on that image is causing your bodily effects?

There are huge, dense, wordy documents outlining bands of frequencies and their effects on the body, but unless you find really strong signals in a band of frequencies a lot of the time you are observing your spectrum analyzer, which match a bodily effect you consider is electronic harassment, and you find a law enforcement official willing to read the document and examine your screen images and reports, and find them so compelling he/she is willing to accept a report of harassment, the spectrum analyzer may not be the cure-all you had hoped.

I sound as if I am trying to discourage experimentation. No, I'm not. What I am doing is trying to make sure you have considered the down side of how well experimental results are likely to work in persuading officials an electronic through-wall crime is going on.

8. Photographing Anything

The best quality photos are generally not with flash. I find the best photos are taken near a window in daylight but without direct sunlight in the picture.

9. Photographing Anomalous Lumps on Your Body

Avoid flash - flash washes out detail. Instead, take a photo with a single lamp on in the room, and have the lamp aimed at a shallow angle to produce a shadow making any protuberance stand out well. A couple of different angles would be a good idea.