

A List of Defenses for Those Who Are Attacked with Directed Energy Weapons

Something is going on in America (and elsewhere), apparently with some kind of criminal element behind it (e.g., mafia) that is connected to the U.S. government, and whereby innocent men and women are being attacked in their homes by Directed Energy Weapons (DEW) wielded by these criminals. I am one of those innocent people, and I publish this list in hopes that it helps other innocent victims defend themselves.

It is as clear as day that these torturers/maimers are wrongdoers. Their actions are as wrong as the day is long. Their actions are immoral; unethical; dishonorable; unjustifiable; and just plain wrong. That they are wrong is no mystery; the mystery is “what the perpetrators think of themselves” and how to “label” them. In this regard, there are precisely three (3) possibilities:

- 1. They are selfish criminals (e.g., mafia) pretending to be misguided patriots*
- 2. They are misguided patriots pretending to be selfish criminals/mafia*
- 3. They are (as a collective whole) some combination of the two*

Note that I used the word “criminals” in the “wrongdoers” sense of the word, not the technical legal sense, for when criminals or misguided patriots rise to power, they MAKE the criminal things they do LEGAL, as with Hitler. Hitler’s Nazi party made laws that allowed them to legally torture and murder Jews. But the Nazis were still wrongdoers, and we still tried and convicted them at Nuremburg, even though technically speaking much or all of what they did was legal according to the laws of Germany at the time—laws that they themselves had made!

The following are culled from my own personal list of things that have been helpful for me. They have been edited for clarity and relevance.

- BE BRAVE AND PATIENT, AND HAVE *FAITH* THAT EVERYTHING WILL WORK OUT, ALWAYS. The Universe has a plan; have faith my friend. Be yourself, tell the truth, and do good. There is NEVER any need to be evil, do evil or listen to or obey evil people.

-They're seeing your exhaled breath primarily right out of your nostrils. Realize that the exhaled breath is not only so they know WHERE to shoot but also WHEN. Where: the side you're exhaling from. When: a second after you stop exhaling (= when you're trying to inhale).

- Exhaling over a steel heat sink may “whisk” hot air away and make it difficult for the torturers to “see” the target. If you’re going to try this, I recommend a stainless steel heat sink rather than one made from another metal, because you must also breathe in over this piece of metal, and using an aluminum or copper heat sink means potentially breathing in those metals, which is not good. “Hairiness” around nose and nostrils can also be used to obscure the exhaled air. Can use hairy surfaces such hairy arms, wigs, carpets, rugs, etc. Simply breathing out into the air or across *smooth* surfaces does *little* to obscure the heat signature of your exhalation.

- Put foil over cardboard pieces to make vertical “metal” planks. Vertical metal suspended above you can be helpful.

- Make big bags of crumpled up foil and put on top of wherever you're sleeping. (again, obfuscation)

- Get large fedora and foil inside and under brim. It's mostly the *inside front foil* that's helpful because that's your "vertical metal". Vertical metal/foil is one of the best defenses.

-Talk to an otolaryngologist. You can always go see an ENT (Ear, Nose and Throat specialist) to rule out any natural physical causes, and to discuss his ideas for possible defenses from this. In the very very worst case in which everything else doesn't work, one could consider a tracheotomy, whereby a hole is cut in larynx and breathing is done from the throat rather than the nose. The attackers suffocate by "shooting" directed energy at muscles around the nose (orbicularis oculi, frontalis) that when contracted heavily, "squeeze" the nasal passages shut so you cannot breathe. Evidence for this assertion? Yes! See the following video, where a young man has had nasal surgery and must have some "nasal packing" material removed from inside and up his nose. The doctor specifically tells him *not to squint his eyes* as that will close off the nasal passages. (Warning: The video is graphic and shows large packing material being removed from nasal passages.) <http://www.youtube.com/watch?v=e6MYetGZhs0>

-Sing! Singing is a natural redirection and obfuscation of your exhaled air. For that matter, so is talking and whistling. Don't hum though, because that actually sort of "lights up your nose" (when you hum, much of the exhaled air continues to come out of your nose, rather than out of your mouth, so there is little redirection). Sing soft and slow to be able to sing for long periods of time. While either singing or talking, try to take your breaths at pauses and only breathe out by singing/talking. When you breathe OUT and you're NOT singing or talking, they can "see" and shoot at that. This also explains why I talk to myself so much! It's because TALKING is a way to get some relief from what they do! Here's another thing you can do: "talk or sing out" your exhaled air only. Breathe in normally, exhale thru talking/singing. The fact that the exhaled air is coming out of your mouth rather than your nose (= redirection) makes it hard for them to target the muscles that will suffocate you, and the vibration of your vocal chords that happens when you talk or sing disrupts the airflow out and makes it hard for them to see the hot air coherently (= obfuscation).

-Where to live: HIGH DENSITY living, like a hotel or apartment with rooms that are small, where many, many people live very close together, is more ideal because the attackers (who appear to be attacking from the sky in UAV's/helicopters/etc.) must worry more about collateral damage. Likewise, being on the bottommost floor of a very TALL HOTEL or other building is helpful because when they shoot they must penetrate more density (more floors of construction material). Use the density of walls and especially wall corners (where two walls come together) for protection. In particular, look for *interior* corners. Buy a mat in case interior corner area is not carpeted. Put eyes close to the corner walls. They cannot shoot effectively through all the walls on ten floors.

You must have the eye above your "breathing side nostril" right up against the wall. In particular, you want to get the upper *orbital ridge* of that eye against the wall. If there is trim/moulding at bottom of the wall, you must elevate yourself above that trim/moulding to get

your orbital ridge flush against that wall. I am not kidding; they are *very* precise with this weapon and their ability to visualize your body. Shave eyebrows if necessary to get your eye's orbital ridge as flush as possible against the wall.

-Get a box or block of tightly spaced, vertically oriented foil, and put this block of foil close above your head while you're sleeping. The more vertical foil, the harder it is for them to image you and the more density they must shoot through to attack your eye muscles and suffocate you.

-If the attackers have trouble "seeing" you, they will "shoot" your levator scapulae muscles (shoulder muscles) to make you "shrug" violently to try to get you to "shrug off" any defenses that are not secured tightly. It will make your upper body jolt. Defense: obfuscate your upper torso (especially shoulders) with foil.

-Everywhere I say "foil" I mean Reflectix. This is a type of insulating foil available at most home improvement stores. It is soft and flexible, which means you can shape it to many purposes.

- Stay on a diet and get some exercise. The thing is, if you're being suffocated every night, your body is already in distress. Maximize your body's ability to heal by paying attention to diet and getting some low-impact exercise.

-Obfuscation-wise, you're best off when your skin temperature and room temperature are close. If room temp is colder than your skin temp, they can see your heat signature easily and in detail. If room temp is hotter, your skin will heat up to match it and if too hot your body will overheat, making it *very* easy to see in detail. You want the room temperature a bit colder than your skin temp because while they are shooting directed energy at you, your body will heat up.

-There is an advantage to sleeping during the day. The attackers helicopters or UAVs or whatever can be up there all the time, but by dark of night they can hover *a closer distance* above.

-Make time your ally. Time is precious. Never rush, but never waste time. Don't do in 30 minutes what can be done in 10.

- The directed-energy beam they use on me *does seem* to activate the muscle fibers directly. Therefore, they are able to make the orbicularis oculi muscle hypercontract by shooting either the insertion point *or* attachment point.

-Can put head face down while sleeping. This is the most basic defense, but you will find it is not a natural or comfortable way to sleep, and your body will want to turn on its side, making you vulnerable.

- You can consciously redirect your exhaled air's airflow when you're awake, for short periods of time. Do the singing/talking/whistling technique described above, or simple "twist up" your mouth and exhale normally but out of one corner of your mouth. Wherever the exhaled air comes out, the attacked will pretty much shoot more or less straight down on it. If you don't "twist" your mouth to "route" your exhalation out of one corner of your mouth, but instead just breathe

straight out of your mouth, you're still better off because less of their beam will hit your eye muscles, but it will convulse your mouth muscle (orbicularis oris). It's uncomfortable but still better than being suffocated.

-Sleep on moving bus or train. A moving target is harder to hit than a stationary one.

-Put your head down on a table and sleep/nap in a crowded place like a shopping mall's food court, etc.

-Lying flat on back diminishes ability to attack your shoulder blades and shove you around, but has some disadvantages.