Defenses Against High-Power Microwave (HPM) Directed Energy (Updated 4/12/09)

This document is always available at: **http://www.mikematloff.com/Activism/ti-defenses.pdf**

Below are some techniques that I have found helpful. Stop doing any of these techniques if they make you feel worse. Be careful when using them and take good care of yourself. If any of these techniques, to any extent and for any period of time, relieve your pain, then they are useful. May you find peace and an end to your suffering. For more information regarding directed energy weapons in general, please refer to Wikipedia's entry for *Directed Energy Weapons*.

List of Defenses Against Nose/Breathing Attacks

Of all the things that the perpetrators can do to you with high-powered microwaves (HPM), the worst thing in my opinion is to impair your breathing, to suffocate you. To do so they will try to attack your nose in time with your breathing (that is, they will try to suffocate you or shoot you in the nose while you are trying to breathe in).

The following tips are for defending yourself from such attacks.

Defenses While Driving

1. ***The Water Bottle:*** **Far and away the best defense while driving**, better than even the hand visor (see below) because it is simply less work. Simply hold a 700ml bottle of Arrowhead water (available in six packs and so forth from supermarkets) bottle against your forehead with one hand while driving (steer with the other hand). Of course the bottle doesn't have to be this exact brand and size, but whatever you choose must be big enough (probably needs to be >= 700ml size unless if you have a very tiny forehead), and should have some *curvature* (as the Arrowhead bottle does) to allow the bottle to follow the curvature of your forehead. You may on occasion have to "roll" the bottle a tiny bit downward or upward to find just the right height, but that's it. This defense requires the hand strength to hold the bottle and that's it. (Why does it work? See *Water Defenses* below for possible reasons.)

2. *The Hand Visor:* One of the best defenses is the *hand visor*. Just make a visor shape out of one of your hands, holding it against your forehead about where a visor on a hat would be. Yes, it looks funny to others (as many defenses do), but which would you rather be, funny-looking or suffocated? From time to time you may feel, if you remain vigilant, a "pre-attack" beam, which feels like a sort of slight tingling on your face/nose that comes before the main suffocating blast. When you feel this, sort of lower your hand like you're lowering the visor, bringing your hand more closely above your eyes. This will stop the oncoming blast.

3. *The Nose Grab:* The hand-visor defense is very useful and will stop almost all nose attacks made while you are moving (either in a car or on foot) except for the most determined. To stop the very very worst attacks, do the *nose grab:* just grab your whole nose with your whole hand, covering as much of your nose as you can (but leaving room for air to go in and out). You may need to extend a finger along the side of your nose that is closest to your side window. (If you drive on the left, grab with your left hand and extend your left index finger along the left side of your nose; if you drive on the right, grab with your right hand and extend your right finger along the right side of your nose.)

4. *The Under-Finger:* The hand visor and nose grab are excellent defenses while driving but require a bit of effort. For those you may wish to support your elbow on a pillow. A different technique is the *under-finger*: Just put a finger under your nostrils, close but so close you can't breathe. The hot exhaust from your nostrils will hit your finger and make it a little harder for the perpetrators to see the exhaust and thereby target your breathing. This will not stop the most determined attacks, but for less intense attacks it is very convenient and also doesn't attract as much attention as the other defenses do.

   You can do some variations on the *under-finger* by using two fingers underneath your nose instead of one (say, your index and middle finger together), or by bending the fingers slightly and also by getting a knuckle or two involved.

5. *Window/vents/fan:* Air moving across your face can help obscure your exhalation a little bit. Sometimes the car's ventilation/fan system can be helpful, especially in hotter weather; but the most helpful air circulation comes from opening your car windows all the way and letting the air blow free. The downside of this is that all this air in your face is often uncomfortable, and while this technique does obscure a bit, it does not obscure completely.

Defenses While Not Driving or Walking, but Awake

Protecting yourself while you are not moving is much more difficult than when you are moving (in a car or on foot) because a moving target is more difficult to attack accurately. For all of these defenses, try to get to a ground floor; otherwise, they may shoot you from below. These defenses are designed to protect you from above, while you are stationary. Try these defenses:

1. The *face cover*: Sit in a sturdy chair and bend your head down so your nose is pointing at your lap. Cover your face with *both hands*, taking care to completely cover both your nose *and eyes*. It's important to cover the eyes because a very common trick of the perps is to shoot your nose with a beam that comes very close to the *orbital bones* of your eyes. You must cover the eyes in order to defend the nose. Also, you may get more protection by bending your head over your knees, making your head more and more parallel with your knees, and if necessary putting your head on or between your knees. Remember that while *covering* your nose and eyes completely, including the sides (corner edges) of the nose, do not press so tight that no air may go in and out. You still must be able to breathe, of course. You want to cover as tightly as possibly while leaving just enough space underneath for air to go in and come out. In essence, what you are doing is preventing the perpetrators from "seeing" the heat in your nose, eyes, and air exhaust by "blocking" those traces with your hands and head.

2. The preacher: This defense can be used against the most dire, vicious attacks. As far as I can recall the perpetrators have *never* breached this defense when I performed it properly. You need only a flat, level area of ground and a flat, normal, vertical wall. The ground should be carpeted for comfort, but in an emergency it need not be.

Sit close "on your knees" (that is, with your knees under your legs) close enough to the wall that you may put your head against the wall and close to the ground. The effect is sort of like you are praying, when someone sort of "prostrates" themselves before a statue, kneeling and bringing their hands and head close to the ground. Keep the top of your head against the wall and your nose pointing down towards the ground, with your nose just barely above the ground. Bring your hands around the sides of your nose with the tops of your fingers covering your eyes. For

maximum protection in the most extreme cases, bend your head inward (with the top of your head still touching the wall) so that your nose points toward your knees, still covering nose and eyes with hands. Such an inward position is far from comfortable but makes it very difficult for the perpetrators to see your “air exhaust”.

3. The *elbow:* Sit at a table. Put your crossed arms on the table. Lay your head on your arm that is “on top” with your nose and eyes tightly in the crook (inside corner) of your elbow, and with your nose resting on the fist of the arm that is “below”. This defense is not absolutely impenetrable but it's really good and most of all relatively comfortable.

4. *Redirection*: You redirect your airflow. This takes effort but is highly effective. You will not be able to do it forever, only for short periods of time, but it provides a needed respite for 3-5 minutes or longer. You will find that the more you practice this, the longer the period of time for which you can do it. Practice makes perfect.

The idea here is that they can only shoot what they can see. They are “visualizing” the exhaust from your nostrils. Divert this exhaust and they will shoot the wrong place. A easy form of redirection is to simply breathe in your nose and out your mouth. This will stop light to medium intensity attacks, but with the side effect that they will be attacking your mouth and jaw area, which will unfortunately begin to spasm, and extremely high intensity attacks will rattle your jaw and head and be very uncomfortable and even suffocate you still a bit, as the “fallout beam” of the HPM is still intense and close enough to your nose. (In a directed-energy weapon like HPM there is the “central beam” or inner part of the beam that is of the highest intensity and very very narrow in diameter, as narrow as the head of a pin or narrower; and there is also the “fallout beam” or large radius beam that, while not as intense as the central beam, can still be powerful and do damage. While being attacked intensely, I have at times “noticed” the fallout beam causing bystanders within up to a *20-feet radius* to start to sneeze. That's powerful.)

More advanced redirection involves “bending your mouth” to redirect your exhaled breath out the *corner* of your mouth and to the side of your head. This does take some practice, but once you perfect this there is very little they can do about it. If they shoot at what they see, they simply end up attacking the wrong location. They could hazard a guess about where your mouth or nose actually are but this is a guess and a very dangerous game for them indeed, as they may end up “hitting” someone else unintentionally. At any rate, it is very difficult for them to attack you effectively while you are doing this. On the downside, it requires substantial conscious effort, and you may find that you can only do it for 10-15 minutes at a time (and that's with practice), but it's often well worth the respite it provides.

Redirection is <u>very important</u> when you are doing something dangerous, such as trying to cut something with a knife. If the perpetrators time their suffocation attacks just right, just as you inhale, and with enough intensity, then you *won't* notice that you just *lost* one breath, two breaths, and all of the sudden you will become lightheaded. Movements you make will become *clumsy*, and you may well cut yourself. This has happened to me on several occasions. When you must use a knife or something sharp, *know* that they can do this and prepare by automatically redirecting your exhalation during the time you are using the knife or other dangerous object. (Of course, a *car* is a very dangerous object, but this tends not to be so much a problem while driving because you are *moving* and they cannot target your nose/exhalation with the same level of accuracy.)

Another version of redirection is to breath out your mouth but with your tongue in the center of your mouth (making turbulence) or even with your tongue hanging out your mouth. This looks silly but which would you rather be, silly looking or suffocated?

5. Hand blocking: Simply move your hand or arm in from of your exhaled airflow while you breathe out. For example, you breathe in normally, and then just as you exhale you move your hand in front of your nose, with the exhaled air hitting your hand. Then drop your hand to your side until the next exhalation. The downside is it requires enough energy to move your hand and arm, but often this is more convenient than other defenses.

6. The Dodge: How in the hell do you dodge a weapon whose output moves nearly at the speed of light? The answer is, *you don't*. You dodge the *operator* of the weapon.

Weapons don't fire themselves. Between the time that an operator visualizes you, takes aim, and finally pulls the trigger, is a good number of milliseconds. If you learn to move at that time, and to *anticipate* an operator's moves, you can actually "dodge" the beam. What actually happens is *you* are already moving as the operator *commits* his finger to the trigger/button/whatever and by the time it's depressed you're not where you used to be. This is not easy to do, and it's also physically exerting and exhausting, so use this only as a last defense when you have no steel and no other way to stop the nasty suffocation attacks.

When moving (dodging), the most effective movement is *up and down (vertical) movement*. It is not that hard for the operator to retrain the weapon on you when you make moderate horizontal (left/right) movements, but up/down movements are much harder to compensate for. A quick "dip" downwards can be enough to make a perpetrator (maybe it should be *perpe**traitor**)* miss entirely. Dodging is also useful when you are *not* on the ground floor of a building, as the perpetrators have to worry about the beam missing you and hitting someone else on its way to the ground.

7. The Glasses Block: If you already wear glasses, then you can use this defense. If not, you may wish to purchase a non-prescription pair to wear just for this purpose. The main thing is the frame, not the lenses. The frame should have as much metal as possible. Attach the glasses to your head with "Croakies" or "Chubbs" or any other cord made for keeping glasses in place. Adjust the glasses and the cord so that they hang down a bit over your nose, with the metal of the frame blocking a bit of the sides. If you adjust the frame properly, it can obscure what they can see a little bit.

8. *The Bottle Block:* Even drinking from a 700ml-sized bottled water can obscure your exhalation a bit. The bottle and the water in the bottle obscure your exhaled hot air, making it harder for the perpetrators to see your exhalation thus harder to suffocate you. This works best while you are holding the opening of the bottle right up to your lips, and with water in the bottle. It is not as effective when the bottle is empty. By the way, when you do actually drink from a water bottle or other container, cover up your throat with your free hand to prevent the perpetrators from shooting you in the throat as you drink, making you cough and gag.

8. *Electric Fans:* Fans are sometimes helpful, but usually they are corded (not cordless) and it is cumbersome to move and use the fan at the same time. When you are not moving at all, such as when you are sitting in a chair at home, a fan blowing across your face can help a little bit.

7. The Hot Water Block: This one gives you the best *obfuscation* (obscuring) of your nose and exhalation heat signature. When you're in the shower, make the water nice and hot (not scalding, of course) and put your face right into the hot water. If the water is hot enough and the pressure is sufficient, the perpetrators won't be able to visualize *anything* useful! It's a total block. This is a nice respite; but of course the downside is you must be in the shower, with your head in the water. If you have the money, I believe that a hot water tank in front of your face while you sleep would also obscure your heat signature; and this even suggests some custom hot-water tank possibilities that could very effectively inhibit the perpetrators' ability to visualize you.

8. *Point Your Head Down*. The perpetrators seem to attack from above, and I have found that simply pointing my head down (looking at the ground, with my nose facing the ground) helps to obscure your nose and exhalation's heat signatures, making it more difficult for them to attack you.

8. *Mix it up:* It is highly recommended to vary your defenses and "mix it up" to make it easier on you and to make things harder for the perpetrators. That's why it's good to have a multitude of defenses in your bag of tricks. Start with a nose grab; then do visor for 3 minutes. Suddenly dip your body toward the ground. Come up but redirect your airflow out a corner of your mouth. And so on.

Defenses While Walking

Many of the stationary-awake and driving defenses work equally well while walking. The *hand visor* is very effective as is the *nose grab, face cover,* and *under-finger. Redirection* works very well, and you can even do a form of the *elbow* by just wrapping and elbow around your nose and eyes while you are walking. If you don't mind looking quite weird/spasmodic in public, you can even *dodge* a bit. The *glasses block* and *bottle block* are also helpful. You can always *point your head down* as well.

There is one attack that the perpetrators can do while you are walking or stationary that is very hard to defend against: the "sneeze" attack. What they do is to make the HPM central beam as tiny as possible, causing it to be extremely penetrating, at the cost of it not having the impact or power of a normal attack. It will make you sneeze, which is annoying, but it will not suffocate or rattle you like more extreme attacks. Because of this, you do not *have* to defend against a sneeze attack, but because it is annoying, you may wish to do so. I have found only one surefire way, a modified *elbow*: Wrap an elbow around your nose and eyes area with one arm, and with the free hand on the other arm *grab* the remaining lower part of your nose, reaching under the elbowing arm. At times you may actually have to squeeze your nose a bit (for a short period of time while they're attacking) to stop the sneeze.

Defenses While Sleeping

<u>*Defenses That Do Not Require Steel*</u>

The easiest target of all is one that is asleep, because such a person is both stationary and unable to consciously defense him/herself. These are the most difficult suffocation attacks to fend off. Again, remember to try to be on the ground floor to avoid attacks from below.

1. The Elbow. I have at times had some success with the *elbow* (described above), falling asleep with my head on top of my arms on top of a table, but this is a far from ideal position to sleep in, and it will

not stop the most determined attacks.

On one occasion I was able to use an *elbow* over the top-facing side of my nose, with my other hand in a fist, supporting the other arm and pushing up the upper arm "flab" into the nose area to provide additional protection; my head was supported by one of those cylindrical pillows. This actually was not too bad comfortwise, but as I only did this for 15 minutes in the morning (albeit successfully, staving off attacks by obscuring what the perpetrators can see), I cannot vouch that this will really do the trick through a whole evening of sleep.

2. The Arm bar. There is another position I call the *arm bar*. You can (in fact you must) do the *arm bar* lying down. Lie down on your side, on a comfortable, flat surface close to a wall. Extend your "top arm" completely, like right bar. By top arm, I mean that if you lying on your left side, then the right side of your face faces upwards (toward the sky) and your right arm is on top; if on your right side, your left arm is on top. Extend your top arm completely and rigidly like a straight iron bar and put your arm directly over your upward facing part of your nose and eyes, with the back side of your arm resting against a wall. You may find you need to *stretch and stretch your arm* to get it full extended and rigid to best protect your eyes and nose, and in the most dire circumstances you will find that you unfortunately must actually exert pressure on the top of your eye to prevent nose attacks via your eyes (via the orbital bones or ridges of your eyes).

3. *Prone Position/Bird Hands (Updated 4/12/09).* If you have done any Tai Chi, you may have heard of "bird hands". It's part of Tai Chi form. It's also similar to wrist strikes if you are familiar with that in martial arts such as Kenpo. First, make a flat board with your hand—just stretch it out flat like you were feeling for heat above a burner on the stove. Turn your hand so that your palm faces your body and you are looking down at your thumb sitting atop a flat ("judo chop") hand. Then bend your wrist about 90 degrees so that your flat hand's fingertips face your body. *At the knuckles closest to your wrist*, bend your fingers slightly. The result is sort of a "bird's beak" with a nice, tight wrist.

The idea here is lie down, face pointing towards the ground, with your two bird's beaks covering your eyes and nose. Your eyes sit atop the wrist part of your hands (which remain in bird's beak form), and your fingers cover the sides of your nose. This takes a little getting used to but is actually pretty effective for a sleeping defense that uses only your body. You need only a flat, comfortable surface below you such as carpet. Ideally you want your neck bent so that your head is tucked under with your chin resting on your chest (so your face is point down and under your body). You do this by creating a *fulcrum* (bending point) at either your neck or at both waist and neck:

1. <u>Bend at the neck only</u>: Prop up a sheet of steel against a wall (leaning *away* from you). Lie down prone with the top of your head against the angular sheet of steel; you head will automatically point down and under your chest. Rest your eyes on your bird hands.

2. <u>Bend at waist and neck</u>: Lie down prone with a firm, large pillow under your waist, so that your body is bent like slightly like an upside down V. Bend your neck so that your head points down and under your chest. Rest your eyes on your bird hands.

Of the two methods, I find the "bend at neck only" method far more comfortable, but it does require a sheet of steel (preferably) or other strong, flat surface propped against a wall.

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These are emergency defenses to use when you have no steel (except for prone with bend at neck only, which requires a sheet of steel or other hard, flat surface). None of these methods is ideal for those looking for decent protection *and* decent comfort. To get anywhere close to that, I have found (so far) that only steel structures work (often in combination with steel bricks; see below).

I have tried using *electric fans*; they are the most helpful when you lie down with your head on a pillow and your nose and face propped up right against the face of the fan, with the fan on max; even so, the airflow will not totally obscure your exhalation, and the position itself is uncomfortable.

General Principles

The perpetrators seem to be attack mostly from the sky, from an airplane, helicopter or unmanned aerial vehicle (AEV) or some other aircraft. The main reason for this, I believe, is because there is a "fallout cone" from the weapon. They want the output of the weapon to go either into you, or into the ground, and ideally not to have the central or fallout beam come into contact with others. To do this, they need to attack from above, and my experiences seem to validate that they do attack from above. Also because of this, the perpetraitors will very often park one of their cars to either side (or both sides) of your car (and then get out of their cars) to prevent the public from parking there and being subjected to fallout.

Because of this, favor low places in general. For example, avoid sleeping on the top of a high hill, because the aircraft can come *much closer to you* that way and thereby do more damage. In general it appears that the perpetrators keep the aircraft within cloud cover to avoid having other people witness the spectacle; and the closer *you* are to the clouds, the worse off you are. Remember that the power of the weapon (of the energy) decreases with the inverse square of the distance between you and the weapon source. In other words, the farther away from their weapon that you are, the less damaging the beam is when it reaches you. Sleeping at the base of a hill/mountain can provide some protection because they must avoid slamming into the hill/mountain with the aircraft. I would guess that if you could somehow get underground, that sleeping underground would be better still; but there are not too many underground structures available to the public.

It is always beneficial to sleep near public places or around other people, because the perpetraitors must avoid hurting others around you. Depending on how near you are, they might have to turn down the intensity of the weapon to avoid creating a fallout cone that affects others too greatly.

In general, steel and other *dense* metals will help obscure your heat signature and absorb some of the directed energy that the perpetrators shoot at you. One source of steel that is not particularly risky is to simply sleep in a cargo van, as I do every night. In a cargo van you are surrounded by steel. The steel of the van obscures your heat signature a little, but certainly not totally; nor does it reflect/absorb the energy totally, only a little. Still it is a good start. The downside is that you are sleeping in a van, without the typical comforts of sleeping in a bed in a house. You must deal with issues such as staying warm (thermal clothes, sleeping bag, cap are essential) and going to the bathroom (one solution is a portable toilet, such as what you may buy from an RV store).

At times it appears that they have attacked me from vehicles such as large semis (big trucks) that pull up near my van. In particular on one occasion I heard the sound of large metals pipes very similar to sounds I had heard on other occasions. So it may be possible that they may attack very locally, concealed within relatively large vehicles. Nevertheless, the principles are the same: They need to shoot downwards (like a sniper) toward you to avoid a large fallout cone affecting others, and because

of that these vehicles tend to be large like trucks or vans, so that they can get to a relatively “high” place to shoot *down* at you; and they must make sure that no other people come between your vehicle and theirs, and also worry about witnesses. Moreover, your main defense is still one of obfuscation (making it difficult for the perpetrators to visualize you). They must still visualize you before they can shoot you.

Attacks from neighboring vehicles seem to be far less frequent than attacks from above, which *might* be for one or more of the following reasons. First, they must bring the weapons to wherever you happen to be sleeping in your vehicle, and it's much quicker to deploy an aircraft than a vehicle. Second, there is a greater chance of discovery/stealing of the weapons if the weapons are transported in a vehicle. (A plane, for example, is either on a military base or in the air; the chance of discovery by the public is mitigated.) Third, there may be safety and pragmatic issues such as cooling and ventilation that are more properly attained in an aircraft than in a ground-based vehicle.

Where to Sleep/Types of Protection

I currently sleep in a cargo van. This has both its advantages and disadvantages. The main advantage is that you have some steel all around you. The disadvantage is, this is not so great an advantage as you might think. The sheet steel used in most vans today is thin compared with what is needed to absorb the directed energy, or to obfuscate your radiated heat.

Moreover, the cargo van has distinct disadvantages. Unless you have your own home and a garage to park it in, you will not have a good place to park it while you sleep. The “perpetraitors” will come as close to you as possible in their own vehicles, from whence they can either shoot you directly (less frequently) or “light you up” with active millimeter-wave technology to make you visible from the sky, so an aircraft can snipe you from above (more often). Outside of my van at night it is an unbelievable circus. If I had a good video camera I would tape it all so others could see for themselves.

Also, in the van you do not have much space—not nearly as much as you would like to spread out and move around. You are hampered by a lack of space. And, if you drive the van as well (using it as transportation), then any steel fort or defense you build will be subject to the shocks and jolts of driving, which means that you must either (a) build it every night and then take it down each morning, or (b) build something that is stable enough to stand all the time, but in general won't offer the level of protection that a fort of type (a) would. Still another drawback is that water-based defenses don't work because the temperature at night is difficult to control (see *Water Defenses* below). Because of all this, I really *don't* recommend the cargo van; you have more opportunities in your own dwelling (preferably a house of your own). I sleep in a cargo van because I am presently homeless.

If you do choose to sleep in a van, try to park the area of the van where your head will be nearly highly trafficked areas, which for nighttime might include the wall of Denny's or other all-night establishment, or near a main boulevard or avenue where cars will be passing by. Another approach is, as said elsewhere in this document, to park at the foot of a mountain, or even halfway up or down a mountain.

If you do choose the “home” route rather than the “van” route, try to get to a place that is as far away from neighbors as possible. Perpetraitors who are your own neighbors will attempt to shoot you/illuminate you from adjacent walls and dwellings. In their minds, they cannot say “No” to those who order them to do so.

Whatever type of protection you use, you definitely want something that you can "set and forget." To have to rebuild it each night is taking a chance each night that you will be too tired to do so. I have suffered many a night simply because I was too tired to build protection. Build it, make it stable, and *verify* that it's stable each night, but try not to start again from scratch every night. If you go with the van, you will sacrifice some level of protection to avoid having to rebuild every night; but if you have a home-based dwelling, you do not have to make such a sacrifice, and you can build whatever you want and not have to take it down again in the morning. During the day the perpetraitors will attack you as well, and they will make you tired. By the time nightfall (or whenever you need to sleep) comes around, you will be glad you at least have something.

One more thing to remember, and this is key: When you sleep (when *everybody* sleeps, or at least most people), *you turn and toss in you sleep*. Your unconscious mind turns your body, moves your arms and hands. This is contrary to what we want if we are trying to protect ourselves! Therefore, when you build whatever type of fortress/protection you build, try to set it up so that once you "get into" the fort, your body/arms/hands are more or less *restrained*, or have "enough" of a fortress that if you *do* end up turning, there is still more steel/water/whatever type of protection around you. It is frustrating to go to sleep in a good, protected position, and wake up from being suffocated and find that your body has "moved itself." Unfortunately, this is just a natural part of sleep, and you must prepare for it.

Other places to sleep: A moving target is harder to hit than a stationary one. You could sleep in a hammock or "swing bed" or other type of bed that moves, and hook up some motor to it to push you to and fro while you sleep. (I hate to mention it, but a certain type of "sex toys" you see advertised on the Internet is an apparatus that could be used to "push" a swing to and fro at some frequency. Use your imagination.) Such movement while you sleep will decrease their accuracy, but by how much I do not know, as I have never tried it. Also, I do not know how easy or difficult it would be to sleep under such circumstances.

Still better movement is the movement of *travel*, and that can be accomplished by bus, train, or plane or other vehicle. If it is any sort of *public* travel, the perpetraitors will get on the vehicle with you, carrying duffel bags that contain either some small version of the weapon or something to illuminate you for an aircraft above. Even so, you can use your hands and arms to protect yourself to good measure (I know, I've done it), and anything that small and portable cannot pack too much of a punch for too long, and aircraft attacks will be much less accurate because you are moving. You can do a round-trip on a Greyhound bus for as little as $38.00. It may seem silly to make a long journey at night, only to return right back to where you came from, but it's not silly if it helps you sleep and be safe. This is actually a very good technique, with the main drawback being the discomfort of having to sleep in the bus chair and the cost, which while cheap is not something that most of us could afford to do every night. A taxi would be more private, and you could lie down in the back, but of course it is much more expensive. Trains and planes are more expensive still, and actually trains don't provide as much protection because the perps can bring big cargo onto the trains, and plane trips are in general prohibitively expensive.

Sleeping during the day can sometimes be achieved just by putting you head down on a table of a busy shopping mall's food court, or other heavily foot-trafficked place. You may be able to sleep day or night in a hospital lobby, bus terminal or train terminal, but nowadays they may be cracking down on this and may force you to show leave if you can't show a reason for being there. Because of 9/11, it is no longer possible to sleep in airports; prior to 9/11 I used to do this and in fact it *did* limit what the perpetraitors could do.

Cover of Darkness

The perpetrators' desire to get as near as possible to you, whether from planes above or vehicles on the ground, whether to “shoot” you or to “illuminate you” for those trying to shoot you with directed energy. Because of this, they tend heavily to favor the cover of darkness—night time. A black-painted plane or helicopter is not as visible in the night sky, and there are fewer people on the ground at night to notice the large truck or semi that pulls up behind or your vehicle. Moreover, fewer people on the ground also means fewer bystanders to worry about coming between the weapon's beam and you.

Because of all this, it may well be advantageous to seek third-shift work so that you can work at night and sleep in the daytime. It is not impossible for them to shoot you in the light of day, but it does make their job more difficult, and if you sleep in heavily populated areas (during the day) with lots of foot traffic, it limits the intensity and frequency with which they can shoot you.

Water Defenses

My understanding, inasmuch as I can infer from publicly available scientific resources, is that the perpetrators are using millimeter-wave technology to “visualize” our bodies in order to shoot us with penetrating directed energy. Millimeter wave technology is used to “interrogate” the hot water content of our bodies; they are visualizing the heat signature coming specifically from the hot water molecules of your body, especially from the hot water in your eyes, nose, and exhalation (water vapor).

Your body is naturally hot. That is a part of being human. In fact, it is naturally hotter than most anything else around it, except for other living things. The defenses mentioned above in which you use your own hands or arms to block what they can see work because your hands and arms contain hot water, just like your eyes and nose. In essence you are putting hot water you want them to see (your arms and hands) in front of other hot water you *don't* want them to see (your vulnerable eyes and nose); *you* are the heater! The normal chemical reactions in your body that keep your body temperature at around 98.6 degrees Fahrenheit keep you full of hot water!

You may be wondering, then, what about other people? They're full of hot water, too. And in fact, if you have a loved one, *and he/she is willing*, you could have them hold you in their bosom while you sleep; that is, they could cradle your head in their chest, with their arms around you in a great big hug, while you sleep. The perpetrators could not visualize your eyes and nose. The main difficulty here, however, is finding a willing volunteer to do this for you, because for one thing, for them to remain in such a position, with your head on their chest, is uncomfortable for them (but not as uncomfortable as suffocation is for you, however!). Moreover, the perpetrators may well choose to target *them* because they are helping you. This is the risk and sacrifice they must be willing to take, so you will find few, if any, volunteers.

You may be wondering about dogs and other animals as shields, and while I'm sure it could be done, there is no way to do this without inflicting animal cruelty. As sure as the sun rises, the perpetrators will attack the animals, and they will try to get away from you, and you would have to confine them, which is cruel. Moreover, animals cannot speak and cannot voluntarily give their consent to help you.

It's true that you can turn on a stove, but that is a *different* kind of heat from *hot-water* heat (even though it may heat some of the water vapor in the air nearby it). The one main exception is hot water itself, such as the hot water in your shower or in your hot-water heater. This truly obscures what the perpetrators can see, and this is one of the best defenses, possibly the very best. The trouble is, hot

showers are impractical while you sleep, and to use a hot water heater properly and safely, a large, custom job is required, which is both expensive to purchase and to run. It is possible but not for most of us with our limited budgets.

But there may be some other opportunities. In particular, what you exhale *is* water vapor, hot water vapor, to be exact, which can be converted back to hot water through *condensation*. Condensation is the conversion of gas to liquid through cooling; it typically happens when a hot gas (like water vapor) meets a cooler material (such as a relatively colder piece of plastic or metal, or even liquid water). We see condensation all the time on glass and plastic bottles when he take them out in the hot sun; the hotter water vapor in the air condenses into water "beads" on the relatively colder can of soda that just came out of the refrigerator.

So one idea is to have some object nearby such that as you exhale hot water vapor, it condenses onto *the very nearby but relatively colder* object. It must be *very* near your eyes/nose, maybe even touching, so that the sooner it condenses, the less chance the perpetrators have of *visualizing* the water vapor you exhale. (The perpetrators can visualize any hot water *molecule*, be it water vapor or water liquid). So this obscures what they can see a bit. I believe this is one of the phenomena that makes steel useful: As I breathe out, my exhalation condenses against the cold steel and obscures to some extent what the perpetraitors can see.

Furthermore, if the object on which your breath is condensing actually contains water itself, as a bottle full of water does, then your breath may actually *heats* the water in the object to some extent, creating even further obfuscation. Eventually, the idea is to inhibit the perps' ability to see the hot water in *you* by putting hot water in *condensation* and in the *water-containing object* in the way.

Now, condensation will work in any ambient temperature so long as the object is colder than the air you exhale; but for you to actually *heat* water in a water bottle or object with either your breath or your skin (if held against your eyes or nose, for example), the object's temperature must be relatively close to your own body's temperature; your skin or breath will not be able to substantially heat up any water-containing object that is too cold, and this is why water defenses for those sleeping in a vehicle (whose inside temperature is not climate-controlled) are extremely difficult or impossible. Conversely, to use water defenses effectively you want to sleep in an environment where the ambient temperature is as close to your body's temperature as possible without making you uncomfortable. The less difference between your body's temperature and the temperature of the water-containing objects around you, the greater the chance your skin/breath will be able to heat the water in those objects and create obfuscation that way.

Any kind of liquid water you have around you may help, and you could even keep a moist towel or towels nearby your face, though there is always the matter of comfort. It is not comfortable to sleep with a wet towel on your face. Also, as the towel heats, it will dry. You can fill some thermoses with hot water and keep them nearby too, and that will help greatly, but they will eventually cool. All of these are ideas to explore. For the thermoses, make sure not to keep anything whose outside is hot to the touch too near to your face or body to avoid burning yourself. **A possibility with great potential is to sleep sort of face down in a <u>heated waterbed.</u>** I have never owned one and thus have never tried this.

You may be able to use a small, waterproof bag whose thickness is not to great, to fill with water and hold against your face, warming the water inside the bag through conduction. In such a case you must leave pockets of air between your face and the bag so that you can still breathe air in and out, of course. A couple small bottles of bottled water, with soft plastic, have actually proved helpful at times, but the

most helpful water defenses have been containers made of paper. You can buy juice “bottles” in the supermarket that are made of cardboard; empty the juice, fill with water, and sleep with your eyes/nose against them. (Again, remember the ambient temperature must be relatively warm). Exactly *how much* protection these offer will depend on the exact nature of the containers, your dwelling's ambient temperature, and how close to your eyes/nose they are. Also important is whether or not the perpetraitors are using *active* millimeter-wave imaging to see you or just passive. Passive radiation is always emitted from your body, and I believe it is much easier to obscure than active millimeter-wave microwaves that are used to “light up” your body so that the perpetraitors can see your heat signature better.

When you use water defenses (such as cardboard bottles of water against your eyes/nose), it's possible that one source of obfuscation is *refraction.* One of the ways that heat leaves a body (like our human bodies) is *thermal radiation*. Heat radiates out in all directions, and radiation is a wave that operates in a vacuum (unlike other heat-transfer types like conduction, convection, condensation and so on). Radiation is a *wave* and thus subject to *refraction* as all waves are. Whether or not the water is actually refracting the heat naturally radiating from my face I cannot know for sure, but it's at least a possibility that such refraction of our *passive* heat signature is going on. Whether or not it is possible to refract the heat signature generated by *active millimeter-wave interrogation* is something I don't know.

Is it possible that the water is actually “absorbing” the directed energy, thereby preventing it from touching us? At first I thought this might be possible, but now I must confess I don't know the answer, and my intuition is that the answer is No. Steel and lead absorb/block/reflect the directed energy because they are *dense* metals, and water is not dense at all. My intuition is that hot water works as an *obfuscating* defense but not as an absorbing or blocking one. Probably, the hot water is easily penetrable by the incident HPM energy. My guess is that the perpetraitors try to “tune” the weapon so that its directed energy penetrates all our shielding and *stops* in us (and goes no further). Such tuning may be possible since microwave energy heats and they can see the effect of heating by viewing our heat signature with thermal imaging technology; as they successfully attack us, our heat signature may glow “hotter” or “brighter.”

Previously, I thought the water was absorbing (in a substantial way) the directed energy because I remembered that during rainstorms they were still able to hit me, and not just randomly, but in the nose, with the only difference being that it didn't pack as much of a punch. I attributed this to some actual *absorption* of the microwave energy by the raindrops, thinking that if the water was *only* obfuscating, then hits would have been more random, and those that hits would have had full force. However, on second thought, this could still be merely obfuscation, with the “less powerful hits” attributable to a *shorter pulse duration* rather than a shorter intensity. The amount of damage a directed energy “pulse” does is attributable to two things, intensity and pulse duration. In fact, the intensity may not have been affected, but because they could only see me for “briefer moments” of time (in between the raindrops getting in the way), the pulse durations may have been shortened. Also, the perpetraitors may have purposely chosen to decrease the intensity themselves simply by virtue of not having as detailed an “image” and not feeling confident enough to do high-intensity pulses (possibly hitting unintentional bystanders with such high-intensity energy).

(Note: I have tried some of the “cold bags” that you put in the freezer to keep food cold, or to put on an injury, but so far they have only yielded mixed results because such products typically contain water *mixed with something else* such as ammonium nitrate. The most effective combination for water defenses is plain, old water in some kind of paper/cardboard container. Water in plastic bags may also

be effective, but I have not tried it. Special “waterproof” bags must be ordered in order to try this, and of course you must still have a relatively warm ambient room temperature.)

It is possible that in a warm enough ambient room temperature, “enough” water around you may, by itself, have enough heat in it (by virtue of the ambient temperature) to provide at least some obfuscation without you having to “warm it” with your body or breath or other means.

More about rain

For more on this, see *Water Defenses* (above). I have noticed on numerous occasions that the perpetrators' ability to hurt me is lessened on rainy days, and during great rainstorms it is very much lessened. I have a couple hypotheses as to why this is the case:

– The air outside always carries some amount of water vapor, with the water vapor carrying some amount of heat; it may be because of this that on rainy days, the perpetrators have greater trouble visualizing you. The “warm water” of *all* the raindrops between the perpetraitor's visualizing technology and you *may* collectively serve to obfuscate your body's warm-water heat.

– The rain drops may collectively act to *refract* the thermally radiated heat (either passive or actively induced) from your body (see *Water Defenses*, above). *If* this phenomenon is true, it may be helpful to buy a *humidifier* and point it at an object full of water and very near to your face; the idea is that the water vapor and water in the object would refract your heat signature. The problem is, humidifiers tend to make water vapor that is at a relatively low temperature, compared with the water vapor you produce when you exhale, so they probably won't provide the *hot-water-based* obfuscation that your breath would. And even for refraction-based obfuscation, simply humidifying the air in your room may not be enough, because water vapor is only one gas of the many gases found in air, and there is a *saturation point* beyond which no more water vapor can be added to the air. Because of all that, and because there is not nearly as much air in your room (or wherever you sleep) as there is outdoors (where it rains), the potential for obscuring by merely using a humidifier in the room is not as great as one might hope, even if refraction is a significant obfuscation factor of rainstorms.

About Hand/Arm-Based Defenses (New 4/12/09)

Often your hands/arms won't be positioned perfectly around your nose/eyes, in which case some of your exhalation/heat will be visible to the perpetraitors, and they will be able to successfully hit the part of your nose that is visible to your nose, either directly constricting your airflow (suffocating you) or causing facial/nose convulsions. Suffocation is what we're trying to stop; but the convulsions can be either good or bad. If it's a really large convulsion, it may be accompanied by suffocation (bad) or just so violent that you cannot sleep through it (also bad). However, often the convulsion is a slight shaking or vibration that continues throughout the duration of the directed-energy pulse and does not constrict airflow; such a convulsion is OK! Do *not* move your hands/arms. What is happening is that the directed energy is being dissipated kinetically (by movement) instead of being absorbed by (and causing constriction of) your nasal passages. You can breathe; and since the shaking is slight, you can continue to sleep.

Sometimes, out of plain luck, you may arrive at a particular hand/arm configuration around your eyes and nose that, when attacked, causes a convulsion *that makes an even tighter, better seal*. That is, you've put your hands or arms around eyes and nose to obscure the perpetraitors visualization, and though it does not totally obscure it, when they shoot what they can see, it causes a convulsion in you

that automatically pushes your head *tighter* into your hands/arms, so tightly that for the length of the convulsion they cannot visualize your nose at all. Do not move your hands or arms in such a position! This is a good position, as they will only be able to harm you for a very, very short fraction of a second at the beginning of each pulse, and for the remainder of each pulse you will be protected. You should be able to both breathe and sleep in such a configuration.

Defenses Using Metal

There is some debate about whether using lead is a good idea or not. Certainly lead is talked about in the mainstream media as being a terrible terrible danger, yet it seems to me that this may be at least in part a government hoax, as I have never known any children to go around scraping of paint chips and eating them. The whole "evils of lead-based paint" thing seems to me to probably be more about the government being able to "see" into anyone's house accurately without being inhibited by lead-based paint.

That said, I do not really and truly know the ramifications of using lead as a defense against HPM and in fact I have never used it. It could be truly lethal, or maybe not. It could depend on the thickness of lead you use. Because there is at least the possibility of great danger using lead, I have shied away from it and cannot recommend it.

On the other hand, I have used all sorts of steel, and so that is what I will talk to you about. Steel, even in readily available literature, does not have the dangerous properties of lead, and in my experience is safe to use. I will tell you in a moment what to look for when selecting a steel for protection. But before I do that, **please heed these words of caution**. Using steel (or any metal) for protection while sleeping *always* comes with risk. Let me say that again: **Using steel (or any metal) for protection while sleeping *always* comes with risk.** It is a last resort measure when you are being constantly suffocated, every night, getting no sleep, and risking other serious health consequences.

Here are the risks you must know about be willing to accept.

Steel is heavy. It can crush you. Literally. Set it up the wrong way, sleep under it in the wrong way, and **it can fall on you and kill you**. If you know what you are doing you can mitigate these risks but there is always the risk you could set things up poorly and seriously injure, maim or even kill yourself. Know this going in.

Steel has sharp corners. By default, when you buy the steel it will have sharp corners that can slice and lacerate you. You will need to cover and pad these corners appropriately or risk severely cutting yourself and bleeding all over the place.

I say all this not to scare you but so that you know, and have been fully warned about, what you are getting into when using steel to protect yourself from criminals trying to harm you with directed high-power microwaves (HPM). It should always be a last resort, and you should always choose the *least dangerous and least demanding option that will do enough to protect you. Steel* is a last resort and not to be taken lightly. As part of the learning process for me, I have learned the hard way that steel is sharp and heavy. I have the cuts and scars to prove it; and I have been knocked in the head with a piece of steel on many occasions when I have not been careful. I have not been hit hard enough to cause a concussion, but nevertheless it smarts, and if you are not careful you can easily self-inflict a concussion or worse.

Steel is heavy and even when you properly set it up, you still need sufficient arm and hand strength to move it around. If you are not particularly strong then you will have to get strong or have others available and willing to assist you, which is often impossible. Moving steel around on a daily basis, you will *get* strong and you will also get callouses on your hands. Be prepared.

If you are still interested in steel-based defenses, read on.

Why Steel is Useful

Steel is useful in two ways: (1) In stopping the perpetrators' ability to "see" or visualize your heat signature (a technique I call *obscuring* or *obfuscation*), especially that of your exhalation; and (2) for physically deflecting or absorbing the high-power microwaves themselves. Of the two ways, *obscuring* is the better property, because they really cannot shoot what they cannot see; if they can visualize you, even though steel, they will likely be able to still shoot you to some degree. Coherent, directed HPM can penetrate all but the densest, thickest steel, though good quality steel certainly does attenuate (diminish) the strength of the beam. In all likelihood, only steel (or denser materials) can stop or lessen the effects of the attacking microwave energy.

Material Choice

You need the densest possible steel you can afford. Density is the key—both to *obscuring* their ability to see you and to *absorbing* the energy they shoot at you. There are many different types of steel. Avoid *hot roll* steel; it is not nearly dense enough. I personally wasted $500 on hot roll steel, thinking I could compensate for the lack of density with extra thickness. Impossible! It takes a HUGE amount of thickness to compensate for even the SMALLEST variation in density. It is futile to try. You need **DENSITY**. Do not be afraid to ask for it. Go to your nearest steel supplier and tell them you need their highest-density steel; density is what you chiefly need. Shop around to get the best price. In general, **cold roll** and **stainless** type steels have the highest densities. Stainless usually has the highest density of any steel, and the price is also accordingly more expensive. You need steel **sheets** big enough at least to cover your nose, and often you may want them big enough to cover your torso; more on that later.

By the way, just in case you were thinking of trying it, I have tried aluminum and it was totally useless. So was file cabinet steel. Again, think **DENSITY**: Neither aluminum nor file cabinet steel is dense enough to help you in reasonably manageable thicknesses.

Cold Roll Steel

Cold roll steel may come in a variety of densities and thicknesses; always choose the highest density and largest thickness, which is measured by *gauge*. The lower the gauge, the thicker the material. Do not buy a cold roll sheet with a gauge higher than 16; 16 gauge is the *minimum* density that is useful, and 14 gauge is better still. At 16 gauge you will have to bond several sheets together to be truly useful.

Stainless Steel

Stainless comes in a variety of forms and sizes. Check with your steel supplier and make sure to shop around to get the lowest price. I have often thought that a *custom face mask*, custom shaped to the contours of your nose/face, would be ideal, but as this is an expensive option, I have never been able to explore it. The idea is to have just enough curved to stainless steel to obscure your breathing so that the

perpetrators cannot suffocate you. The stainless steel would not sit completely flush and airtight on your face, but rather there would be enough of a gap for air to enter and escape at the sides.

Stainless steel sheet could be used in the same way as cold roll sheet (see below), and to even better effect because it is more dense and thus obscures better.

Welding Steel

Welding steel is a sort of hybrid between hot roll and cold roll, and as such it often has a density that is in between the two. *Welding, cold roll* and *stainless* steel can all be useful, but in general *cold roll* and especially *stainless* will protect you more. Again, favor the steel with the greatest *density.*

Steel Preparation

You may wish to cover the steel, at least one side of it, to avoid having your face/ahead right against the cold steel. If you do so, use a *thin* contact paper (available at hardware stores). Do *not* use anything that is thick, because every bit of thickness matters. If you use a thick cardboard on every side of the steel, the perpetrators can "see" through the cardboard *and* shoot through it. Keep coverings thin.

The exception is the corners, which you *must* cover to avoid cutting yourself. Use a heavy-duty duct tape on the corners. If this is not enough, you can put a small amount of cardboard on the corners and *then* cover that with heavy-duty duct tape.

Always wear good-quality gloves when lifting or moving steel to avoid harming your hands. Even with gloves, you will still get callouses. And even with gloves, still use great caution to avoid pinching your fingers between sheets of steel or between steel and concrete.

Steel Setup

Because the perpetrators attack from above, it is most important to have steel directly above your head and to the sides of it, while you sleep. The basic idea is to build some sort of protective structure where you head is surrounded on most sides by steel. You must still leave room for air to enter and exit from such a structure. One thing to keep in mind is that air can travel around corners, but the perpetrators' weapon cannot; it is a *line of sight* weapon. In other words, the "beam" travels in a straight line, not around corners; so your structure can have corners that let air in and out, without opening up "holes" that the perpetrators can visualize and exploit.

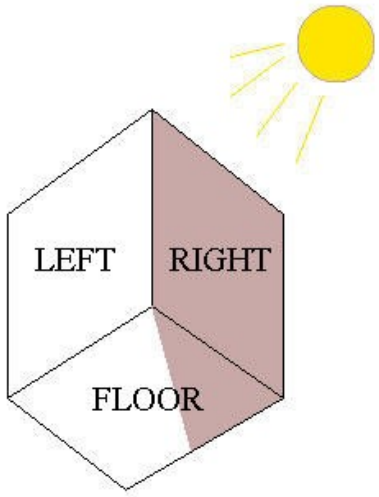
I cannot say strongly enough, or enough times, that you must construct your steel "fort", if you will, with the greatest of care. To support the overhead or side steel, you can use other steel, or concrete blocks, which you can purchase at any home supply store. Use *just enough* steel, and no more, to protect yourself "adequately" from the perpetrators' attacks.

Test any structure your build before putting your head under it. Put your hand on it. Try to wiggle it. Satisfy yourself that the structure will not collapse on your head. You cannot be too careful. If at any time you feel the structure is unsafe, get out from under it quickly and carefully. If you feel you cannot breathe, get out of it. Listen to your body and do what is safe.

Steel Structures

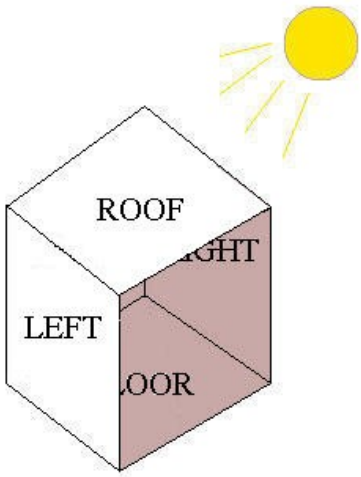
The following are some structures you can assemble out of steel. The use of any of these structures can be supplement by other techniques as well, such as sleeping in a structure but also using your hands to obscure your nose.

The ***demicube*** is half a cube: One wall of steel on the left, one wall on the right, and one below. Each wall can be one sheet of steel or a composite (bonding) of several sheets. It looks like this:



Sleep with your head to the side facing right, head to the side facing left, or for maximum protection head down and as far into the corner as possible. For maximum safety it is good to lean the left and right steel walls against *real* walls of your house/dwelling, at an angle that points *away from your body* so that there is minimal chance of the steel falling on you. You do not need a very oblique angle; a slight angle toward the wall is usually sufficient. Test the walls by tugging on the them moderately and seeing if they start to fall toward where your body would be. If they do not immediately return to their reclining position, but start instead to fall down, increase the angle towards the wall.

The ***semicube*** is similar to the demicube but adds a roof and a back wall:



The roof wall should *extend over the edges of the left, right and back walls*. To know how much weight the walls can hold, consult the material data sheet for the steel that you're using; the factory or store where you bought the steel should have the data sheets for it, including load/weight-bearing data. It's and advantage to have a roof, but it limits the orientation of your body inside the cube to one direction. Still it is a huge advantage. Use cinder blocks to prop up the left or right wall (whichever is not propped against a wall of your home). Cinder blocks can also be used to prop up the roof and other sides when building walls are not available.

A natural extension of the semicube is the *semi-rectangular-solid*, which is the same as a semicube but with the roof, floor, left and right walls being long and rectangular to shield more of your body. Knowing that directed energy is a line-of-sight (straight line) phenomenon, you will find that the semi-rectangular-solid provides better protection not only of your lower body but also (especially) of your head and nose.

Even in a semi-rectangle one edge of the "rectangular solid" should be missing (open). To increase airflow in a semi-rectangular-solid, open the roof slightly so that the roof does not rest on the back wall but instead remains about ¼ inch to one inch away.

Steel bricks are large "gobs" of steel you can use to prevent suffocation by HPM directed energy. Sometimes you just simply need more steel between you and the high power microwaves; what you need is thickness to absorb the incident directed energy. You don't need large sheets; what you really want is thick, thick steel very near to your nose and eyes to prevent suffocation. The answer is to buy *small* pieces of steel (short length and width, but as thick as you can get) and bond them together into bricks. Bond multiple bricks together to make even greater thickness. Finished structures should be entirely covered with contact paper.

Make absolutely sure to position the bricks so that there is no chance of them falling on you; you may wish to build some kind of framework or holding structure (also out of steel) for this very purpose. I am still working on developing such a framework.

You should cover at least one side of all of your steel walls with contact paper, as this is the side that your face will be near/against. The contact paper makes cleanups easy and may have another potential benefit I am investigating now: By "misting" the contact paper side with water, and then sleeping near the contact paper side, you may more quickly and effectively create hot-water-based obfuscation by virtue of your hot breath hitting the moist water on the wall.

Smaller walls can be used inside of any demi/semicube or fort (semi-rectangular-solid) you build, if properly supported with cinder blocks or bricks or even strong duct tape. Such smaller walls not only provide another layer of shielding and/or obfuscation; they can also be positioned at ***angles***. It's good to have steel around you propped up at various different angles because that helps to prevent the directed energy burst from coming through the steel at a pure 90-degree (perpendicular) angle. The further away from 90 degrees, the *more steel* the burst must travel through, and thus be attenuated by. Consider a steel wall that is 15" x 15" by 1" thick. If the ray travels *perpendicularly* through the wall, it will only meet an inch of steel. But if it comes in *lengthwise* or close thereto, it must travel through 15 inches of steel. This is why a variety of angles is very beneficial.

Diet and Exercise

I know it's hard to eat healthy when you're stressed, and the criminals who do this to us will stress you, that is for sure. Still, it doesn't help any to subsist on a diet of junk food. Try to eat healthy. Just do your best.

I cannot stress enough the importance of drinking water, throughout the day but especially while they are attacking you. The high-power microwaves literally heat you and interact with/destroy the water within you. You must replenish it. The directed energy will do *more* damage if you do not stay sufficiently hydrated. I always keep bottled water around for this purpose, and this is a good habit to have. Having to go to the bathroom a lot is a small price to pay for being healthier.

I have on occasion had some luck with the *Breathe Right* brand nose strips, that are designed to "open up your sinuses" so that you no longer snore. Designed for people who snore, these strips are nevertheless sometimes helpful, depending upon the kind of other defenses you are using. You can experiment with them and see what works and what doesn't. Anything that increases airflow (oxygen) is in general helpful.

Psychological Defenses

You may wonder why "psychological" defenses are even necessary. After all, what can they do to you "psychologically"?

The perpetrators are going to do everything they can do hurt you. They will have their members (who are mere strangers to you) glare at you hatefully, and make menacing gestures at you. (A favorite is the mafia hit sign—a finger laid upon the side of the nose.) They will shine their bright car headlights at you. They will scream things at you from their cars. They honk their car horns at you abruptly and unnecessarily.

A particular psychological trick they like to use is to have their members drive by you with huge American flags draped across their vehicles, very flashy and very much in your face, to try to make you feel that *you* are the traitor, when it is indeed *they* who are the traitors to America and to everything America stands for and is based on.

Those these tricks may all seem like small things, the sheer *number* of people they can mobilize to do this to you, on a daily basis, takes its toll psychologically. You will need to develop the patience of Job.

One trick that I have found helpful is to *ignore everyone*. Don't look at those around you; don't make eye contact. If you don't pay attention to them, they can't hurt you. You cannot be psychologically harmed but what you do *not* perceive. When someone approaches you, look the other way. Learn to "cross focus": to focus on something far away when some nearby approaches, or to focus on something nearby when someone approaches from far away. True, not everyone out to get your attention is trying to hurt you, but if there is no harm in keeping to yourself; it is not a personal affront against good people, and it most certainly helps you psychologically against those trying to intimidate and harm you psychologically.

It can be a catharsis to keep a website and post every day. Trust me—they are going to hurt you anyway, either now or later, and upon their whim; you are better off publishing the truth now and letting them do whatever violence they choose to do, then trying to appease them and then looking back

years from now, when they're torturing you anyway, and wishing you had spoken out earlier. Fear doing evil, not evildoers; fear the hand of justice, not the hands of the unjust. At any rate, the reason why they are attacking you is probably because you have a conscience; and this is nothing to be ashamed of. You may as well be yourself.

If possible, actually try to “have fun”, at least a little, every day. Most people are unfortunately cowardly and selfish (that's why we had a Holocaust in World War II) and are not going to help you in your endeavors to do what is right, so you may have to be your own best friend. Try to laugh every day. Watch funny movies. Most of all be proud of who you are and that you have a clear conscience at the end of each and every day. You answer to a higher authority—your conscience—and not to a bunch of criminals. Listen to your conscience and you'll have no regrets.

Value quality over quantity. This is as true of the days of your life as it is of your choices in food, clothing, and most things. No one lives forever. What is important is the quality of your life, not the quantity. You cannot live forever, so at least live with honor.

Try to get some exercise every day, no matter how little or how easy or difficult. Exercise improves both your physical health as well as your mental state and mood.

Don't be afraid of dreaming big. It's good to have dreams, even if they never come true. The dream itself is pleasurable. Don't *expect* any dream to come true; but at the same time, don't deprive yourself of the dreaming.