

TI Defenses

These are some techniques that I have found helpful. Note that they are not always helpful, and sometimes I switch from certain techniques to other ones and back again. Listen to your body and do what it guides. 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.

Summary of Defenses

Physical/Physiological:

Note that these techniques are for intended for defending against directed energy attacks.

1. **Modified 6/1/08.** At first I was trying to use a steel tunnel or steel coffin technique, where the TI is completely surrounded by steel very close to him; this turned out in the end to be bad, as there was not sufficient ventilation and also that you possibly end up absorbing radiation induced in, and/or particulate matter released from the not-thick-enough steel. To really do a steel coffin or steel tunnel correctly, where it acts as a thorough shield with no side effects, I think we unfortunately need 5-6 feet thick walls of steel all around to stop the huge amounts of energy we're being targeted with. At first I was safe when I made a tunnel out of steel file cabinets; but in the end, they turned up the intensity of their beam and penetrated the cabinets, and I got very sick. They actually made the walls of the steel cabinets flex and make noise.

I have had more success with using the file cabinets in a U-shape; I took six file cabinets, left in their boxes, and put two in front of where my head would be on the ground, two on the left, and two on the right. These pairs were stacked, so I have a stack in front, a stack on the left, and a stack on the right. I have nothing directly overhead, and no steel from my hips down. I'll try to illustrate with a top-down illustration (looking down from the sky):

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-----FRONT-----  
|                       |  
L                       R  
E   (head/pillow)     I  
F                       G  
T                       H  
|                       T
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where FRONT, LEFT and RIGHT each represent a pair of steel file cabinets, one stacked directly on top of the other. So basically you have walls of steel around your head but not directly above and not around your whole body. In addition, you will need to protect your nose with your hands and arms, and you should also probably put a fan somewhere nearby to keep the air circulating. I have had good luck with this so far with preventing suffocation, but of course it will not stop attacks on other areas of your body.

I found aluminum to be unhelpful. It seems to be easily "seen" through and easily "shot" through.

2. Hands, arms, elbows, flesh and bone between ray and intended part of body (usually defending head and nose).
3. Anything steel: desks, waste bins, computers, garden sheds, cars/vans. Found aluminum to be unhelpful.
4. Wear glasses with Croakies--pull down on nose, makes it harder for them to target nose.
5. Breathe across a plastic bottle (just like you were drinking from it).
6. Breathe in through nose, out through mouth. Makes targeting nose more difficult.
7. Fans blown across face and a cold environment around you make it harder to target you. You can stay warm but if room temp is colder it may be a bit harder for them to visualize you.
8. In shower: hot water coming from shower head helps obscure your own heat, makes it harder to visualize you.

Psychological:

1. Stay focused. Ignore everything but yourself and what you're doing.
2. Have fun and be happy. No one else is going to help you, so you have to be your own best friend. Laugh every day. Watch funny movies.
3. 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. Enjoy every day and you'll have no regrets.
4. Keep a website with your picture and contact information, and post daily. Try to post daily, even if it's just one sentence, so you get in the **habit** of posting the truth and **not** letting them dissuade you from posting.

Detailed Descriptions:

Physical/Physiological:

A. Nose defenses

As a TI, I have found that the vast majority of attacks are against my nose, apparently to make breathing difficult. This is the most bothersome of all the attacks, in my opinion.

a. Nose defenses while asleep

Using hands/arms. You can always block with your hands and arms. Use your elbow, forearm, and cupped hands to block incoming radiation while still allowing room for air to be inhaled and exhaled. Think about where your attackers may be in relation to you and from what angles they may be attacking you, and interpose your arms and hands so that those angles are blocked and another angle is open. You may need to make adjustments until you feel comfortable. Additionally, can try to interpose

hands or fingers so that the stream of hot air that you exhale is not immediately visible to them--that is, so that it only becomes visible to them, say, 3 inches from your nostrils.

I have found balling up hands into fists, and putting the fists on the two sides of your nose to be helpful. Another technique: curl up the fingers (but not thumb) of your right hand (suppose you are lying down with your head facing to your right). Lay the index and middle curled up fingers over the part of your right eye closest to your nose, and fold the rest of your curled fingers and hand over your nose, leaving some pathway for air to get in/out of your nose. Let your thumb rest close to your index finger. Then do the same thing with your left hand and left eye/left part of nose; your left hand should be resting on the pillow (you're facing right) and your right hand should be resting on your eye, nose, and maybe a little on your left hand as well. The trick about this technique is that it helps prevent attacks that come very close to your eyes, as they will often do on the way to attacking your nose.

b. Nose defenses while awake (standing or sitting)

You can't do the same stuff outside that you do inside because it may not be convenient and it may attract attention you don't want. But there are some things you can do.

Walk with your head down. I don't mean you should look depressed, just look down. Makes it harder for them to shoot you from above, and I have found them (at least recently) to be doing a lot of attacks from above. (Seems like often these days there's a helicopter following me.)

If you wear glasses, choose a pair with lots of metal. If you don't wear glasses, buy a pair anyway and use clear-plastic (no prescription) lenses. Attach them to your head with Croakies (a thing that tethers them to your head for sports). Loosen them a bit so they hang over the bridge of your nose. Makes it harder to target.

You can breathe in through your nose and out through your mouth. This takes some practice. You can switch off, be random, sometimes nose in, sometimes mouth in, sometimes nose out, sometimes mouth out.

You can put your hand over your eyes like you're looking at something far away or are bothered by the sun. This also makes it harder.

Worst comes to worst, just cover your nose with your hands. Who cares what people think?

Psychological:

The perpetrators are going to do everything they can do hurt you. Strangers to you are going to put their fingers on their nose to threaten you; strangers will stare at you angrily, make threatening gestures, do anything they can get away with doing to hurt you. They will shine their bright car headlights at you. They will scream things at you from moving cars.

The answer to all of this is: stay focused. Focus on yourself and ignore everything around you. Focus on the nice people, on your friends, on your family, and on the moment at hand. Ignore everything else. If you don't pay attention to them, they can't hurt you.

And don't take what they do to you personally. Their appearance may say anger, but they are acting from a place of fear.

Keeping a website and posting *every day* will go a long way toward strengthening your resolve and not letting them dissuade with violence from publishing the truth. 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.