

For Freedom's Peace

by Sharon R. Poet



(Please print and share this eight page paper.)

Deep in the heart of freedom there is peace. This is what this article wants for humanity – freedom, healing from all that has been hurting us, and to settle into a place of peace.

Have you noticed the sad state of our world; the growing discord and confusion and greed and hate and acts of vengeance, and the growing emptiness that can be felt in even the most crowded places? I think most people can see how troubled our world is and that positive change must take place. The first step in making those positive changes is knowing what the core problem is. This article exposes the core problem so that it can be fixed. It is also a personal testimony that stands for victims of all types of microwave targeting.

About Microwave Targeting

There is a danger in washing away the validity of crimes with things like "conspiracy theory," or "mental illness" labels because this enables the crimes to continue and leaves victims without the proper kinds of help or protection and without validation, understanding and support. Please care to be objective.

The truth is that various types of microwave weapons have been being criminally used against humanity in many different ways. We now finally have a bit of it exposed in the main stream media, but much more needs to be realized by them and everyone else.

Microwave weapon attacks are VERY real and can range from temporary inflictions of pain and interference with brain function to inflictions that cause permanent brain damage or death. Although the reports below talk about a sound happening during the attacks, other types of attacks can happen without any sound being present at all. I know because I have experienced several different types of microwave and laser weapon attacks.

Microwaves suspected in attacks on US diplomats in Cuba and China; <https://youtu.be/Su0uc5UvLvq>

Possible energy attack being investigated near White House <https://youtu.be/cWgLACGpGyc> HYPERLINK "https://youtu.be/cWgLACGpGyc"

Officials say 130 suspected victims of possible energy weapon <https://youtu.be/QUXnDbCIW8s>

'Havana Syndrome': Microwave Energy Suspected In Mystery Illness Targeting U.S. Diplomat | TODAY <https://youtu.be/7AohfhX6uE4>

"Microwave weapons are targeting US officials at home and abroad" [ht HYPERLINK "https://www.foxnews.com/politics/microwave-weapons-are-targeting-us-officials-at-home-and-abroad"](https://www.foxnews.com/politics/microwave-weapons-are-targeting-us-officials-at-home-and-abroad)

For those of us who are long term victims of ongoing microwave attacks, these news reports are a ray of hope for the hell to finally come to an end. I hope the light quickly shines deeper and deeper into the full TRUTH until freedom is gained for all victims of all types of microwave targeting.

In one of the above videos, a CIA agent who was attacked, said, "This was the most terrifying experience of my life." Tears welled as I listened to this. I can relate. It truly is terrifying. In this type of attack, it can feel like your head is about to explode and can get so intense that you just want to die, in order to get it to stop.

The types of attacks that torture victims, like myself, experience are mostly milder but are ongoing. There really are no words to express how horrible it is to not only experience the attacks, but to also know that another could come at any time. **The worse part has actually been people not believing that its really happening and having no way to protect myself from it.** There are many times when I did not know if I would survive the attack or if I would end up brain damaged. Even the milder ones can be scary and debilitating in the way of draining energy levels and interfering with thought processes and causing physical pain.

The timing of the attacks proves to me that I am being very closely watched by whoever does the attacks. According to some of my experiences, I feel certain that at least some of the attacks are being done with space based microwave and laser weapon technologies in conjunction with satellite surveillance systems. But I imagine that ground based technologies, which can emit and direct radio waves can also be criminally used. **Criminal use of ANY technology that can emit and direct radio waves is a VERY dangerous thing. And at least some have indeed been used to torture or terrorize or influence many people.**

It appears that there have been microwave attacks, as well as other forms of targeting, on many people whom I had been close to prior to the mid 1990s when the targeting vamped into severely destructive levels on me. Among those people is a chiropractor who found a microchip in an X-ray, a woman/counselor who was so severely brain damaged that she forgot her past and had to be re-taught how to eat and dress...etc., a dear friend who suddenly had an "aneurism" that made her forget who I am, my daughter who woke with temporary brain damage that prevented her from speaking properly and dressing herself...etc. There is more in the family part of this paper.

I hope criminal use of all land and space based radio wave technologies will be quickly exposed and stopped on a global scale. It is my hope that high officials, in all countries, will pull together to bring it all to an end on a global scale, and stand up for all the victims of all sorts of microwave targeting.

P.S. Aside from tortures and brain damage, microwaves can create many different types of physical illnesses from heart attacks and cancers and lupus to flu types of symptoms and muscle aches and head aches....etc. The many names that have been used to describe the microwave weapons and their attacks are confusing. In the above news broadcasts, microwave weapon attacks are being called "Health Incidents" and "Havana Syndrome" and "Sonic Attacks," but they are the same type of things as the "Directed Energy Weapon" (DEWs) and "Electronic Harassment" and "Technological Targeting" that Targeted Individuals (TIs) have been calling them. And there are many other names that have been used. But no matter what they are called, they are all intrusive, criminal attacks, which are remotely inflicted with various frequencies and intensities of radio waves - microwaves.

The Plight of Torture Victims

There have been rumors which claim that torture victims ("Targeted Individuals" - "TIs") are just "crazy tin foil hat people" who are "mentally ill" or "dangerous." These rumors have gained a lot of ground due to some people being used to pretend they are "Targeted Individuals" in social media just to make genuine victims look crazy, and due to genuine torture victims getting microwaved, in ways that effect their emotions and brain function, when they try to speak publicly. Its also gained ground due to the statements of either unaware psychiatrists or those who are involved in the cover-ups. **The truth is that this is not a "theory" or "insanity" - it is a VERY sad and painful reality.** Although some genuine torture victims may have been cruelly driven/tortured into insanity or rages, long term GENUINE torture victims tend to be kind and compassionate and creative and independent people, which is partly why they are being targeted by evil forces to begin with. This is what I've experienced and witnessed. (However, there appears to also be other reasons for the targeting of some people.)

There have been various types of microwave and laser weapon attacks happening to targeted families and individuals as well as humanity in general. Many people have been hurt by it in many different ways. This is just a bit of the worse things I have experienced and a few that I've witnessed.

Torture victims, like myself, are remotely watched and experience inconspicuous covert targeting, which includes microwave attacks. This appears to be done with BOTH laser weapon shots and various forms of general microwave weapon attacks, at strategic times. I have experienced both. The timing of the attacks, and the fact that they often stop as abruptly as they started, proves to me that they are indeed microwave and laser weapon attacks.

I experience ongoing rounds of microwaves being shot into my head, which sometimes causes a mild ringing in my ears and mild pressure and/or pain. The more severe rounds of torture do not happen as often and can range from painful laser shots to the head or other body parts to excruciatingly long painful microwave attacks that made me vomit and/or lose consciousness. Most of the time there is no ringing sound during the severe attacks.

Some of the laser weapon types of attacks are like bee sting types of pain or little irritating vibrations. Some have left blistered burn marks on my skin or a swollen lump at the base of my skull. In 2012 I was threatened to be shot if I continued writing articles about the targeting. I continued writing and my left pinky finger started getting lasered when I wrote. This was very painful and it crippled my finger. (A doctor said it was not arthritis and that he did not know what could have caused it. But I know and so does the person or group of people who did it). This lasering later progressed to two other fingers. Three of my fingers are now crippled.

My throat has been lasered, in a way that makes me feel like I am choking. This has often happened when I try to talk to someone about the parts of the targeting that are not yet known enough. And I have experienced laser shots that damaged my muscles at times when I was about to get a job...etc. Some of the tortures have been to sabotage my income and keep me in a state of poverty.

The more severe tortures can last for seconds or hours or days or even over a week. Most of the time it stopped within a few hours. I once experienced excruciatingly painful attacks, literally every time I opened my mouth to speak, for eleven days in a row. Each attack lasted for either hours or all day. This was an obvious effort to silence me at a time when I was talking about the targeting. I will never forget this!

I have also often been tortured for crying. Those who do the targeting seem to be against the process of grieving and healing and opening our hearts to deeper levels of love and compassion, which is what my work is about. This is why I feel it is being done by some sort of evil satanic occult. Who else would be against what aims to help bring more Love into our world? (My work has been sabotaged in many ways. And it appears that parts of it has been being plagiarized by those who target me and prevent my success with my own work.)

I have also experienced periodic microwave attacks that feel like a vice grip on my head and completely blocks my emotions. I feel like a numb zombie when this happens and it has happened to stop me from crying/grieving as well as at other times. I also experience periodic microwave attacks that seem to permeate my whole body and makes either my torso or bones ache. The torture that makes my bones ache is sometimes extremely intense and often aimed at my upper spine and face/jaw in the past few years. This sort of attack is a horrible and painful feeling that can not be related to anything else. Its indescribable.

I have often experienced a type of attack that causes pain in my chest, as if I am about to have a heart attack. This appears to have been done as a death threat at strategic times; it started after I experienced a microwave attack on my heart, which caused a very fast vibration type of feeling and made my heart go haywire and induced extreme pain. This attack was different from the others and appears to have been done locally, because it

stopped when I shoved my car into drive and left the area. I could feel the vibration of it on the back of my neck as I turned and drove in the opposite direction.

Aside from the tortures, I have also experienced covert harassment and microwave interference with the function of my lungs, my digestive system, my mucus membranes, my emotions, my muscles, my eye sight, my hearing, my thoughts, my sleep, my energy levels...etc.

Some people, who are involved in the targeting (or are manipulated by it), have tried to make me and other people think, that I am "mentally ill", in order to hide the targeting. But no psychiatrist has ever inflicted me with that diagnosis/stigmatization. And I am sure that it is not true, because I have seen a psychologist and she knew I was not "mentally ill". In fact she told me to stay away from the people who tried to convince me of that. She said they were "toxic" for me and she was right. The "mental illness" thing is actually psychological abuse in situations like this. I went through a couple periods of doubting myself, but I bounced back stronger than ever. It is good that a professional found me to be sane, but it is far more important that I know I am OK. I feel so sad for the victims who are convinced that they are crazy. My heart literally aches for them. **This is one of the most horrible parts of these crimes (if not the most horrible part) - the cruel, sadistic process of making a person lose trust in themselves and lose all chances of the proper kinds of help as the horrid covert targeting continues. These unaware victims are the worse victims of all. As for aware ones; the "mental illness" label (or assumption) completely discredits the victim's testimonies. Who would believe a "mentally ill" person? It is ALL very hurtful and it must be stopped!**

As for the PROPER kinds of help; severe, long term torture victims are deprived of help in many ways. There are even manipulations to make us blame people who could help us; one example of this is something that ALL police departments and ALL aware victims of microwave targeting should be made aware of; after I became aware of the microwave targeting, those who target me started blasting me with microwaves when police cars came near me on roads or in parking lots. I feel certain that this was at least partly to make me think it was them doing it, so that I'd blame them and not turn to them for help.

Prior to that I had gone to some police departments and some of them appear to have been being covertly targeted due to this. One time, when I had proof (including a mechanic witness) of life threatening damage done to my car... the police department was suddenly inundated with phone calls as I aimed to call them, and microwave tortures vamped up on me so terribly that I forgot about the car and calling back until it was too late; the mechanic got targeted too. It appears that some police officers are victims of many parts of the targeting themselves, or become victims after torture victims like myself turn to them for help. They need protection and freedom from it too.

The severe microwaving of me when certain cars park or drive near me appears to have also been to try to convince me that the microwaving was being done locally, after I had written that it was being done with satellites. In my situation, at least most of the microwaving is NOT done locally. I feel certain of this, because I did a test with blocking an attack with lead and it proved to be coming from the sky. And there are many times when I woke in the back seat of my car, in the winter, and noticed a round melted spot on the top of my frosted windshield, where the microwaves were being shot in at me; the location of it proved that it could not have been coming from anyplace but the sky.

Through most of my life, I didn't know I was being targeted - I just thought I was having a lot of bad luck. The obvious tortures on me began in the year 2011. This happened directly after I had started realizing the microwave part of the targeting and was putting some of the puzzle pieces together. My life has been an indescribable hell since then.

In recent years I have been slowly weakening and I do not know how much longer I will be able survive. It appears to be a miracle that I have survived this long. The ongoing microwave attacks, and the homeless situation they have shoved me into and hold me trapped in for over a decade now, has taken its toll on me. I feel very scared, not only for myself, but also for all the other victims I've been standing up for. Some aspects of the targeting are even more devastating for unaware victims. (I know because I was once one.) And aware victims need validation, understanding and support from fellow human beings. Who will stand up for them if my writings keep getting blocked or wiped out and if I get wiped out? How will my loved ones, and all the other victims in our world, get set free if aware people like me keep being unfairly disbelieved or inconspicuously murdered or enslaved or abducted? **The time for the truths to be known to the whole world has to come quickly. It just has to! I beg aware media and government officials to openly stand up and expose these horrid crimes so that they can be stopped and victims can get the validation, understanding and support that they need from fellow human beings.**

Why are people being tortured or covertly targeted? It appears that there are different reasons for different victims. Among other things; its to control, to inflict suffering upon people who are kind and compassionate, to silence witnesses, to threaten victims, to sabotage various things including the success of a creative person whom they are plagiarizing, to suppress or sabotage people who are advocates for bringing more Love into our world, to prevent a victim from being able to work - to shove a victim into poverty and isolation, to inflict suffering and play sadistic games with a victim, for eugenics based targetings, to get aware victims discredited with the "mental illness" stigmatization, to inconspicuously murder a person, to force an aware victim into an abduction/"rescue," to punish people for refusing to join the evil secret society or for speaking out against it...etc.

I think that most long term victims of the sadistic targeting do not survive it for very long. I am sometimes amazed that I am still alive, but I know that if they wanted me dead I would be. With me it has seemed like a sadistic test to see how much I can stand. It is evil and must be stopped.

I hope this testimony reaches people who can realize the truths about microwave targeting and can care. I beg aware officials, especially experts who are capable of protecting themselves from the microwave targeting, to please stand up for the victims, especially for those who are not aware. We are not "crazy" - we are really being hurt and we need you to stand up for us and be here for us. Please bring us the validation, understanding, support and protection that we so desperately need and should have.

Criminal use of both space and ground based technologies, which can emit and direct radio waves, is not only a danger to heavily targeted people, but is a danger to ALL of humanity. Please be sure to read the next article.

The Core Problem

In the 1960s, USA President John F. Kennedy stood up to expose hints of the core problem. He did this in a speech he gave to the press, shortly before he was killed. He said, *"I want to talk about our common responsibilities in the face of a danger. . . the dimensions of its threat have loomed large on the horizon for many years. . . there is no escaping either the gravity or the totality of its challenge to our survival and to our security - a challenge that confronts us in unaccustomed ways in every sphere of human activity. . . Today no war has been declared, and however fierce the struggle may be, it may never be declared in the traditional fashion. Our way of life is under attack. Those who make themselves our enemy are advancing around the globe. The survival of our friends is in danger. . .no war ever posed a greater threat to our security. . .for we are opposed, around the world, by a monolithic and ruthless conspiracy that relies primarily on covert means for expanding its sphere of influence - on infiltration instead of invasion, in subversion instead of elections, on intimidation, instead of free choice, on guerrillas by night, instead of armies by day. . .its preparations are concealed, not published. Its mistakes are buried, not headlined. Its dissenters are silenced, not praised. . . This is a time of peace and peril, which knows no precedent in history. It is the unprecedented nature of this challenge that also gives rise to your second obligation, an obligation which I share. And that is our obligation to inform and alert the American people - to make certain that they possess all the facts that they need, and understand them as well. . . it is to the printing press - to the recorder of mans deeds, the keeper of his conscience. . . that we look for strength and assistance, confident that with YOUR help, man will be what he was born to be - free and independent."*

JFKs full Speech - "The President and the Press" <https://www.youtube.com/watch?v=zdBmdFOvTs>

Much of the freedom, that JFK tried to preserve, has been taken from us and we must regain it.

The first step in regaining it is to become aware of how we lost it.

If enough people knew it is happening, and how it is happening, it would not be able to succeed or continue. So, I beg you to give this the benefit of your doubt. This is NOT a "conspiracy theory" - there is proof of it really happening. Our most important freedoms - yours and mine and that of the rest of humanity, depend on this core problem being fully exposed and stopped as quickly as possible.

Microwaves - radio waves, which are tuned to the same frequency as the human brain, can be used to brainwash individuals as well as whole communities. They can be remotely sent through the air or locally through electrical or phone wires. And the microwave brainwashing is more effective on people who are ingesting brain and feeling numbing pharmaceuticals, which have been heavily distributed throughout humanity. Psychiatric pharmaceuticals have been prescribed to HUGE masses of people through the field of general medicine as well as more directly through the field of psychiatry. And other people are ingesting them through "traces" of them that have been being found in public and bottled drinking water.

These pharmaceuticals are effective with stopping things like depression or anxiety, because they block people's feelings. **The negative results of this, which EVERYONE should be made aware of, is that they block people's ability to feel compassion, and people's ability to tune into their own instincts, and they also numb people's minds.** The pharmaceuticals alone are VERY destructive; the lack of compassion and increased discord is VERY evident in our troubled world today. It hurts ALL of us through fueling things like greed and hate and violent aims to seek vengeance instead of resolving issues peacefully...etc. (The brain and feeling numbing pharmaceuticals also block the natural process of personal and spiritual growth, preventing people from healing from the past and evolving into more whole and healthy people.)

People whose instincts and brains have been numbed are apt to blindly believe almost anything they are told. Under the influence of these pharmaceuticals; their natural instincts or intuition will not kick in to alert them of dangers or inform them of the truth.

Without the pharmaceuticals, the microwave brainwashing, as well as all other types of brainwashings, are not nearly as effective. **The combination of the pharmaceuticals and the brainwashing microwaves is a tool that has been being used to enslave humanity. It is the root cause of many of the problems we are faced with. Its the core problem.**

Many psychiatrists have stood up against their own field, in efforts to try to expose and stop the process of masses of healthy people being told that they are "mentally ill" and forced to take psychiatric pharmaceuticals. The distribution of the pharmaceuticals is probably now mostly being done by MDs in hospitals, but it began in the field of psychiatry.

The DSM - the manual for diagnosing "mental illness", is what justifies and enables the distribution of the brain and feeling numbing pharmaceuticals as well as the stigmatization of the "mental illness labels. In it, there are many things listed as "mental illnesses," which are merely

natural human feelings, like sadness and fear and anger. And the DSM lists other things that are symptoms, which can be inflicted with certain frequencies of radio waves being shot into certain parts of a person's brain. It appears that microwaves were known to have these effects long before they were listed in the DSM as "mental illness." This says a LOT! **How many people have been being microwaved into going to any sort of hospital where they are then drugged/controlled through being prescribed a psychiatric pharmaceutical? The true number is probably staggering. General practitioners now even prescribe psychiatric pharmaceuticals, like antidepressants, to people who have none of the "mental illness" symptoms and just have minor physical illness symptoms.** I have witnessed this happening.

I am not a doctor or an expert in the field of psychiatry. I have worked in that field and only have a bit of wisdom from that and other things I've experienced and witnessed. But for those of you who need the "doctor" label, in order to believe this problem; below are a few quotes from expert psychiatrists and other facts.

The DSM was created around the 1950s.

By the 1950s, microwave weapons had perfected their ability to remotely inflict many of the same symptoms that were being listed in the DSM as "mental illnesses," according to a microwave weapon expert. (Experiments with the effects of radio waves being shot into the human body actually began with people like Nikola Tesla in the late 1800s.)

Bernard Schreiber wrote a report called, "Men behind Hitler - a German Warning to the World." **In it he exposes the field of psychiatry being part of a covert continuation of what most of us view as "Hitler's holocaust."** I freely share his book at the following address; www.targetedinamerica.com/menhitler.html. Someone has recently also published it on Amazon. Schreiber freely gave his unfinished book to humanity. It is sad that he could not finish it, but I do not wonder why.

Dr. Thomas Stephen Szasz was a psychiatrist and a pioneer in the stand to save humanity from the harmful "mental illness" labels and psychiatric drugs that the DSM was inflicting upon humanity. He said that, **"The task we set ourselves to combat psychiatric coercion is important... Its a noble task - a task in the pursuit of which we must, regardless of obstacles, persevere. Our conscience commands that we do no less."** He was old enough to see and know the differences between psychiatric care before the DSM and after - he witnessed the bad switch in the 1950s. It appears that he was targeted for standing up and became an unaware mind control victim. He is reported to have committed "suicide". But some of his wisdom is still here for us.

Dr. Paula Caplan said that, **"the whole process of mental illness diagnosis is unregulated. . . there are categories in the DSM that have scientifically proven not to exist and they're in there anyway. [Normal] things that everybody goes through. . . get diagnosed as "mental illness" for example; if someone close to you dies and your still depressed two weeks later, now, according to the DSM, you have minor depressive disorder."** It appears that she has also been being targeted since she stood up. Her video was being removed from the web, so I recorded someone else's and posted it here; <https://youtu.be/dwxEdRYQqCU>

Dr. Colin Ross has extensively studied scientific data which disproves the validity of "mental illness" labels and renders most of the prescribed drugs harmful or ineffective in most patients. He said, **"Its not going to stop until psychiatry takes responsibility for what its doing and the public gets educated and says wait a minute I'm not buying this anymore."**

In the 1990s I worked at a mental health facility where the goal was to label and drug as many children as possible, no matter what problems they may or may not have really had. I tried to stand up against it, but was not able to create any change inside that facility. In 1999 I wrote a book, in order to counter what they were doing. The final manuscript was lost in a suspicious fire in my home, then the editions I rewrote were altered, but I have recently pulled it back together.

Researcher Philip Coppens wrote, **"In April 1953, CIA Allen Dulles gave a lecture at Princeton University, detailing Soviet developments in the field of mind control. He stated they were out to control the mind of free men, both individually and collectively. . . Dulles proclaimed that the Cold War was moving into a new era of psychological warfare. . ."** This does NOT mean that we should all be blaming Russia. Lets stay objective, because the truth is that there are surely many people, both inside and outside the governments, who took off with experimentations with microwave technologies since the late 1800s. Leaders in the medical field were very interested in Tesla's inventions and experiments. I think criminal use of them is VERY wide spread at this point.

It is VERY possible that, since so many people have been exposing the psychiatric pharmaceuticals, many other pharmaceuticals, which have been being heavily pushed upon humanity in recent decades, may contain the same feeling and brain numbing chemicals that psychiatric drugs do, if not new and more advanced substances. I suspect the pharmaceuticals that are prescribed for high cholesterol and the flu. There may be others too. I beg for investigations of this.

There appears to be a lot of mind control victims, in ALL walks of life, especially in the places that have been being used in the process of drugging and controlling humanity. I have no doubt that there are mostly good people in these places, even in the field of psychiatry. But all who were taught to follow the DSM, and take part in the mass distribution of brain and feeling numbing pharmaceuticals, have been grossly misinformed and have been being used to help destroy the most important freedoms that humanity has, including psychological freedom - the freedom to feel and think and

sense in the ways that we were born to and in the ways that we need to, in order to navigate our lives properly. Please help them and everyone else to become aware, especially since our medical professionals have been so trusted and relied upon for advice by most of us and even many government agencies. **We have all been literally brainwashed into thinking that "the doctor knows best," but in this situation, as well as some others, they do not know what is best and are actually being used to harm humanity.**

There are masses of mind control victims in humanity, ranging from mild to severe. It may even be accurate to say that most of humanity is already enslaved to some degree.

I think that the ability to feel deep enough levels of compassion is the most important thing, because without it the world fills up with the darkness of careless indifference or greed and hate and vengeance. Can't you see how much this has already happened in our world? Much of humanity is already enslaved to some degree. The numbing of our feelings and our senses and our natural spirituality MUST be stopped - humanity MUST be set free!

P.S. It appears that caffeine and marijuana also help microwave mind control to be more successful.

For the Sake of Targeted Families

Through the eyes of unaware people targeted families look like they are just very dysfunctional. But they are really groups of people who are trapped in whirlwinds of cruel sadistic manipulations and who do not even have the opportunity to be themselves or to evolve. This needs to be understood so that they can have the compassion that they deserve and should have.

The targeting has been cruelly tearing families apart. It appears that many families were initially remotely targeted in the process of experimenting with various parts of the microwave targeting, and that this grew into even more sadistic targetings against some individuals in these families and even against some whole families and cultures. At least some of these families are poor, live out in the country and have indigenous roots.

I believe that my whole family has been being covertly targeted in various ways, most likely initially for BOTH experimentation and suppression. This appears to have started due to my Grandmother's Native American roots. And it appears to have gotten worse than the norm in my family, due to things that happened to my mother and other children at the Catholic school they were sent to in Canada. (My mother grew up in Canada, but moved to the USA in the early 1950s.)

After I realized the microwave and other parts of the targeting, and then looked back over the past in my family, many previously confusing puzzle pieces clicked together. It explains why my second youngest brother suddenly forgot how to read when he was in middle school, even though he was an intelligent person who had read well enough to pass tests through all of his grade school years.

It explains why my mother got sick after she started looking back at and talking about her own childhood; it appears that she had witnessed the murder of a child in the Catholic school she was sent to. She died in December of 1977 and I experienced a VERY unusual chain of "accidents" in that last year of her life.

It explains why my oldest daughter suddenly woke with severe pain in her head and neurological problems that effected her speech and limbs. (She could not speak properly or even dress herself as I aimed to rush her to the hospital.) It was proven to not be meningitis or a brain tumor. The cause remained unknown after extensive medical testing. Her personality changed after this event. And I now feel certain that what she experienced was a severe microwave attack and that she has been a severe mind control victim since then. BOTH of my daughters have been targeted in various ways. But I have not been able to help them, because they remain unaware and because the targeting has vamped up when I've tried. (Words can not describe how painful this has been.)

It explains my youngest brother's sudden death; he was the first person to start realizing the targeting in our family. But, shortly after he started talking about something "weird" happening and my father suddenly behaving strangely...etc., he was killed in an "accident." My older brother and I sensed something wrong about his "accident", but further investigations were halted due to the targeting vamping up in various ways and a second sudden death in our family. (I wish I'd known, what my youngest brother was talking about, but I didn't at that time. I do now. But the rest of my family has remained unaware and easily manipulated.)

In targeted families, like mine, it appears that (for the most part) those who have the deepest hearts and most creative minds experience more of the sadistically cruel covert targeting. And it appears that the others become more severe mind control victims who are either unwittingly used, or recruited into the secret society, to help target the rest of us. It appears that I was one of the primary targets in my family. Since 2003, I have been forced to remain mostly separate from my family, for the sake of my wellbeing and safety. I am a family person and I deeply love my family, so this has been very painful for me. I have felt as sad for them as I have for myself. And I feel sad for other targeted families.

I wish so much that the targeting and it's sadistic manipulations of families would be exposed and stopped, so that peace and healing can take place for everyone in them.

If you feel sure that you are a victim of the covert and microwave targeting; please write to me if you want. It may help you to share your experience. I may not be able to respond, especially if I am too overwhelmed with the targeting...etc., but please know that someone cares

about you. I hope my writings have helped to validate you and all other types of victims. And I hope they have helped you to know that you are not alone. I need to know that I am not alone too. Sharon R. Poet, PO Box 383, Mont Vernon, NH 03057

What Can We Do About It?

As we begin to realize the truths, the first question we tend to ask is who is doing it? And many manipulations have been being set up to make people blame the wrong people or organizations. We must be VERY careful about not misplacing blame so that the discord is kept to a minimum and the hell can truly end, instead of the problem being compounded with even more fighting.

It appears that the horrid sadistic targetings are being done by some sort of satanic occult that has been enslaving and using people from all walks of life while they hide behind the scenes. No matter who they have used or what organizations they have infiltrated, they are the ones who are doing it and they have been manipulating things to make their various types of victims blame and fight against each other. (Even those who are unwittingly manipulated by it are victims of it and there are MANY of these types of victims.) If we look only at the smaller picture; where 'this person did that' and 'that person said this', we'd all be fighting against each other (victims against victims) forever. And this is NOT good at all. Its what THEY want. Too much of this has already been happening. It MUST stop.

In the bigger picture; almost every human being is a victim of the hell to some degree. This problem has gotten so big that the bigger picture is the only way for most of us to look at it. Even in the places that have been most obviously used in the targeting, like the pharmaceutical companies and the whole field of medicine, most of the people in these places are not bad; most of them are either unaware or are mind control victims who just mechanically either believe or do what they are told to. They need to be informed and set free too.

We are all victims of hell. Surely us, but them as well.

As their crimes get exposed to a certain degree; the evil forces have zoomed in to be the leaders in the exposing of it so that they can keep some parts hidden and blame the rest on their victims or on people whom they do not like. This is just another level of the targeting. And they do this through severe mind control victims, so be careful not to blame them either. (There have also been a lot of people trying to stand up, although they are not fully aware or have been fed misinformation, like I experienced in the beginning of my stand.) Just **be very careful about who or what you believe. Tune into and listen to your own instincts as much as possible.** (The radio wave and pharmaceutical mind control is a part that THEY have fought hard to keep hidden and they appear to have even used it to brainwash humanity into blindly disbelieving that "mind control" is even possible.)

BE VERY CAREFUL NOT TO MISPLACE BLAME AND DO NOT SEEK VENGEANCE ON ANYONE WHOM YOU 'THINK' IS RESPONSIBLE. BE KIND.

It is up to trained officials to find and catch and prosecute the real perpetrators - the ones who hide at the top of a giant pyramid of control. (Hopefully they will all become aware enough to ask and know who is a real perpetrator - who is acting upon their own free will, and who is a mind control victim that is just being used, and who is a torture victim or some other sort of target who is being set up to be unfairly blamed.

What the rest of us should be asking ourselves and each other is... what can we do to protect and/or help ourselves and each other? We should do all that we can to support each other and be as kind and compassionate as is possible to ALL of our fellow human beings. I list a few other things below that we can do. Its not everything. But hopefully you will think of or learn other things as well.

No matter what we do, it should be done PEACEFULLY and with kindness and consideration for everyone.

The evil secret society is extremely dangerous, but without their spying technologies and brain washing drugs and torture technologies and the masses of people whom they carelessly use as foolish puppets, they would not have much power at all. Changes must take place; criminal use of satellite surveillance systems and pharmaceuticals and space based laser and microwave weapon systems truly are the most dangerous things humanity will ever have to face and stop, and they MUST be faced and completely stopped as quickly as possible! If you are officials who can help in this process, please do so.

We can help spread awareness, especially in official places where there are people who can help bring it all to an end. We can print out copies of this paper and pass them out. We can encourage officials to investigate this and do all that they can to help stop it from continuing. (Many of them appear to be victims of it too, so be patient or understanding.)

We can do our best to stay calm. If we feel too scared or anxious we can do deep breathing or physical exercises to release the stress. We can form support groups with friends and neighbors. We can help each other through this. And after it is over we can help each other to heal from it. For many mind control victims, healing will be a process of finding their authentic Selves - reconnecting to deeper levels of their hearts and feelings. For severe long term torture victims (like myself) a long healing and grieving process, followed by a rebuilding of our lives, will have to take place, because the losses and pains have been many. Give ALL types of victims your love and support.

Those of us (who are free to) can let ourselves more fully feel our feelings; we can ignore the fabrications that call feelings of sadness bad and let ourselves feel them. Nothing helps to open our hearts and release grief or fear better than a good old fashioned cry. These are horribly tough times for many of us and its OK to feel sad or scared. These feelings are just a natural part of being human - they are NOT "mental illness". Know that you are OK and that ITS OK TO FEEL SCARED OR SAD. (Crying is like giving the heart a shower to wash away accumulated dirt. :-) ITS OK TO CRY.

We can strive to be as objective and as caring as possible; if someone says that they have been being targeted or tortured, give them the benefit of doubt, because the blind disbelief just hurts them more and leaves them with no help or support or understanding or validation. Do all that you can to help them in the ways that they want and need it. Some of them are suffering beyond description. The situation of people being remotely tortured with microwaves and laser weapons, and harassed

by loved ones and other community members who are used in the evil secret society, is a VERY REAL and truly inhumane holocaustal situation. Our suffering is indescribable.

We can avoid joining (or following the text orders of) any sort of secret society. And we can not blindly believe or repeat bad things we hear about other people. Part of the targeting process is false rumor campaigns against torture victims. Negative gossip hurts people. So, please don't blindly believe or repeat it. We can be kind and considerate of other people's feelings.

We can get products that block, or at least lessen the impact of, radio waves and take steps to legalize the ones that have been outlawed, like lead and radio wave detection and blocking technologies that do not have a filter to bypass the low frequencies used for mind control. I hear that at least three feet of earth and some untreated woods and some types of cement and some metals can help to block radio waves as well.

We should be creating radio wave free zones throughout ALL of our communities... at least until officials can stop criminal use of ALL the space and ground based technologies that can emit radio waves. After that; the effects of just normal levels of radio waves in our communities should be VERY seriously re-evaluated for the sake of our safety, especially that of our children. If you can help make this happen please do.

The direction of growing our own plants for medicine and eating only natural unprocessed and unchanged organic foods is a VERY wise direction for humanity to be heading into. We would not even need most pharmaceuticals if we ate properly. Anything you can do to help promote not only organic gardening, but also the use of heritage/natural seeds would help. (The older the variety is the better it will be, it seems.)

We can do our best to tune into and listen to our own hearts and instincts as much as possible. Science and proof are important. But the real truth and the process of listening to our own wisdom and instincts above all else is vitally important in all aspects of our lives. It is a wonderful thing when ALL of these things unite. But they can't always - sometimes we must rely solely on our own instincts, until scientific proof arrives, because this is often HOW proof arrives - through our instincts calling for investigations. Please do this. I hope you are free to feel the truths in these pages. **I hope many experts get this and let their HEARTS stand up with more proof, all around the world.**

We can choose to avoid the pharmaceuticals and caffeine and marijuana and any other substance that numbs the mind and blocks feelings; if someone is telling you to start taking them, or if you are already taking psychiatric pharmaceuticals and would like to stop taking them; either listen to what is left of your instincts or talk to a type of doctor that is not an advocate for the pharmaceuticals. If you are already on them you may need to wean yourself off of them very slowly and possibly use some sort of natural plant medicine, in order to aid this process.

We can filter the pharmaceuticals out of our drinking water; This is what I do. Only UNTREATED charcoal is needed to filter city water or bottled water, but sand and pebbles are also needed, in order to filter water from ponds or streams or rivers. I made one with only charcoal; I started a fire with natural untreated wood, (using common woods that are not toxic, like pine, oak, maple, spruce, beech, cherry, apple, birch...etc.) I built the fire in an old cooking pan. (a metal barrel or bucket would work too.) I let the fire burn strongly until the wood was about half gone. Then I tightly covered it with a lid so no air could get to it. I let it cool and then collected my charcoal. I cut the bottom off of a plastic water bottle, put in a thin layer of rocks, a large layer of charcoal, and then a layer of pebbles to keep the charcoal weighted down. Then I Ran water through it, until it came out clean, before I drank the water I put through it. This is the simplest and cheapest form of filter. Glass or pottery containers would be better. A bit of creativity can come up with a lot of other designs that are larger or smaller. Info for larger ones is on the links below, if you want to learn how to build your own.

Video for 300 liter - four barrel system <https://youtu.be/kazEAzGWulc>

Printable design of 300 Liter Per Day Water Filter System <https://www.aqsolutions.org/wp-content/uploads/2020/04/blue-barrel-system-manual-English.pdf>

Printable design for 2000 Liter Per Day Water Filter System https://www.aqsolutions.org/wp-content/uploads/2020/04/2000LPD_English.pdf

Thank you to the many brave people who have already let their hearts stand up to pave the way for me and others. Many have died doing it. Lets not let their deaths be in vein. I think its time for us to stop dying and for a strong Light to finally be able to shine for all of humanity to be set free.

Be brave. Be kind. Be objective. Be considerate. Be caring.

BE FREE



Please excuse any mistakes I have made in this paper. You can find more information on my primary website; www.poeticpublications.com and there is a link on that site, which leads to more free info on the targeting. But be aware that I have had computer infiltration problems and web infiltration problems. My writings have sometimes been altered by those who target me. I have published several papers and books since 2011, in order to avoid the web infiltrations, but have found some of those altered too. :(And I did not do a very good job with some of them, due to the targeting and due to writing some before I had much of it figured out. Please do your best to listen to your own instincts while reading my writings, as well as anyone else's, on this subject. (My birth name was Sharon Y. LaBree. My married Name was Sharon Buck. And my pen name was Namatari Neachi.)

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