

I am deeply concerned that uncountable numbers of people are being harmed by criminal use of both psychiatric pharmaceuticals and microwave and laser weapons. I feel that evidence of this is showing up in things like the Gulf War Syndrome as well as the immense push for the prescribing of psychiatric drugs, like antidepressants. I am deeply concerned that victims seem to include both common citizens and government officials. . .and that literal technological mind control is being performed on them after technological and/or pharmaceutical alterations to their brains are completed.

**A baffling and horrible part of these crimes appears to be a process of staging deaths and performing false "rescues" that are literally enslaving targeted people into a program where they are used to help covertly target and then "rescue"/recruit other people.** I understand how unreal this sounds. I sometimes struggle with believing it, although I have witnessed enough of it to feel that it is happening. Could I be wrong? Yes. Its possible. But what if I'm right? What if this is happening and is not only harming, but also permanently damaging and even killing more and more people with every passing day? I beg you to investigate - to do everything in your power to find and expose the Truths and stop these crimes from continuing.

In my books, blog and websites, as well as in various letters and emails, I have strived to report and expose these crimes. But I do not know how much of what I write is allowed to reach people who can help. My statements and books may be a bit confusing due to my being heavily targeted, and due to interference through infiltrations into my computers and websites. But its the best I can do without safety and protection from those who are targeting me. In case you cannot reach my books on [www.poeticpublications.com](http://www.poeticpublications.com) I am including parts of a few of my blog entries as well as a small personal statement here.

#### **September 8, 2015: Another Staged Death?**

On September 6, 2015 I heard that Dan Nadeau, of Greenland, NH, was listed as being dead on February 22, 2014. On September 8th 2015, this was confirmed, through the local news paper. But is he really dead?

Dan had been one of my advertisers in the 2008. He had helped me when my car had been disabled and I was stranded on the streets in the fall of 2013.

In 2014 his "Gold Buyers" shop was broken into shortly after he'd told me that he'd sponsor "the next" Heart Bud publication. Dan appeared to be being targeted, probably due to his association with me - his aim to support another one of my publications. If not for my experiences in the past couple months I'd think that he was truly dead and was probably inconspicuously murdered by the same people who target me.

Those who target me have repeatedly recruited (or abducted) and used people whom I knew or had been close to, in efforts to perform a covert "rescue." Due to my insights and experiences with this, I feel that this "rescue" (into a place they call "home") leads to enslavement under the very same people who are targeting us.

In a recent round of this (starting on July 28, 2014) it appeared that Dan was being used to try to get me to leap into his car - to "rescue" me from the targeting. "He won't go without you," one of them said as this was happening. On one occasion Dan parked next to me and walked in front of my parked car then appeared to be sitting in his car waiting for me to leap into the back seat. **This was months after his "death" and around a month BEFORE I realized that he was "dead."**

Dan is one of several people who may be still alive although thought to be dead by loved ones and the rest of the world. It appears that staged deaths around false "rescues," to a place that they call, "home," is one of the recruiting methods of those who target humanity and appear to be also aiming to take over the USA.

#### **November 11, 2015: Disturbing Headlines in a Popular Magazine**

I was shocked to find these headlines, which read, "I think my child is Mentally ill" on top of a picture of a sad little girl who has the words "I feel sad," printed above her head. This was on page 10 of the November, 2015 issue of the New Hampshire "Parenting" magazine. And, to me, it is a blatant reminder of the unhealthy push for false mental illness diagnosis and it's treatment, which often includes psychiatric drugs and other methods of suppressing feelings, instead of healing. These sorts of ads come across as brainwashings aimed to make people think that sadness is wrong or worse - that it should raise concerns about "mental illness." These sorts of ads should raise red flags in those who care about children and the future health and safety of humanity.

Sadness is one of the natural emotions we were born with and we were born with the capability of feeling it for a good reason. When encouraged, sadness is part of a healthy grieving process, which helps us to release our pain. When we do not allow this process of feeling and releasing our pain our hearts become blocked and this is not good for us. Actually, its harmful for natural feelings of sadness to be suppressed and blocked, instead of felt and healed, especially in children. **(And this is aside from the dangers that psychiatric drugs, which support technological mind control, can inflict!)**

**Dr. Paula Caplan on the dangers of false "mental illness" labels**

<https://www.youtube.com/watch?v=dwxEdRYQqCU>

(I believe that Dr. Caplan is also being targeted for standing up. And there have been repeated efforts to hide this video, which is why I recently made my own recording of it.)

As for my personal situation, I am being covertly harassed and threatened, as well as experiencing various types of microwave and laser weapon attacks. **As I send this report I am concerned about the normal process of psychiatric evaluations of victims of these types of crimes. With the field of psychiatry being used to help perform the part of the crimes that often forces people to take mind altering drugs after inflicting false "mental illness" labels, which can also lead to the loss of our rights through being declared "incompetent," there is a grave danger for people like me – a danger that could have worse results than a physical death. So, I am hoping that you will realize what is happening and not follow the normal protocol of psychiatric evaluations out of respect for my safety and wellbeing. Clearly, the most effective method of proving the technological part of these crimes can be done through honest medical tests for radiation, cell structure damage, brain damage...etc.**

## **A Sample of my Recent Experiences With Electromagnetic (Microwave) Targeting**

Aside from the types of things I list here I experience ongoing (almost steady) ringing in my ears, which ranges from mild to very loud; covert harassment, which includes being stalked and delivered confusing cryptic messages....etc.

One of my survival techniques is to do my best to ignore as much of it as I can, especially the covert messaging stuff, so I rarely write them down. I also do not write down all of the technological stuff.

I often do not notice exactly when the technological attacks stop, especially when they slowly lessen, because I try to ignore it and focus on other things, in order to bear the pain.

When gaps appear in my logging dates and times it means that I am being hit too hard to even want to write, or that its just about the same as usual with no heavy vamp ups, or that I am getting one of those rare breaks from it.

Rounds of targeting appear to have gradually vamped up over the decades. It has been really bad since around 2001, after I had written my "Embracing Feelings" book and had shared a prophetic dream I had about criminals working underground and contaminating a public water supply...etc. But the worst of it has been since 2005 after I was isolated from most avenues of possible help and financial ruined.

I have experienced covert harassment and microwave weapon attacks in Peru and Canada as well as many states in the USA, including New Hampshire, Maine, Vermont, Arizona, Utah, North Carolina, California...etc.

**How do I know that these are weapon attacks? Because of the timing of them and the fact that they often come with verbal threats...etc. But, again; with the field of psychiatry being used to inflicting false "mental illness" labels...etc., there is a grave danger for Targeted Individuals – a danger that could have worse results than a physical death. This makes it scary to even report these crimes to agencies that are trained to direct us toward a psychiatrist, in order to prove our sanity - prove that the targeting is really happening. Would you be willing to shift toward proving these crimes through honest medical tests for radiation, cell structure damage, brain damage...etc.?**

These are rushed statements, so please excuse their dysfunctional nature. I am writing this on infiltrated computers so there is no guarantee that it will remain the same as I wrote it. I hope these are not tampered with. But they are copied from my hand written journals, so the originals still exist.

Sept 28, 2015

Pm; sudden onset of torture levels of pain in head, which included nausea, after I purchased a camcorder and did a small test video exposing the targeting. The severest levels of this lasted through the evening and half the night.

Sept 29, 2015

Have body bloating and swelling in my face, (worse than normal) as a result of last night's attack. Moderate levels of pain in my head, and interference with my brain, continued through this day as I aimed to do a video about my work and the mind control obstacle.

Sept 30, 2015

Moderate levels of pain in my head, and interference with my brain, continued through all of this day as I aimed to do another video about the targeting. I felt a sudden piercing pains in my throat as I tried to talk about the more critical parts of the targeting. And I experienced obvious interference with my brain as well. The pain in my head suddenly completely stopped directly after I posted this video on the web, then later picked back up again.

Oct 1, 2015

I felt a sudden infliction of what felt like a microwave attack to my lungs, which appears to be a cover up for the attacks to my throat - to make it look like I have a cold. I have no cold and it stopped as quickly as it began.

9:00am; another sudden burst of pain in my head as I think about perfecting the videos.

1:30pm: Extremely painful blasts of heat in head until early evening when it subsides and becomes just a loud ring in my ears.

Oct 2, 2015

Torture vamps up as I put four targeted videos into one. . .and continues on a moderate scale.

Oct 5, 2015

Moderate levels of torture continue for the past few days. Am surrounded by stalkers who are slamming doors and saying things like, "Bad girl."

PM; I am up half the night and vomited.

Oct 6, 2015

I have been experiencing sleep deprivation since I picked up the camcorder to do the videos. Today I experienced what felt like a chemical attack. Sudden burning in my throat and nostrils, as if I breathed in something. This was followed by a lot of coughing. It appears that they are still trying to make it look like I just have a cold and that I was not being attacked while making the videos.

Oct 7, 2015

I was half the night last night - still experiencing unusual inability to sleep. Experienced another sharp stabbing pain in my throat as I was about to say something to a minister about the targeting.

Oct 8, 2015

I'm experiencing swarms of stalkers (puppets) parking around me and slamming doors...etc. (This often happens and I do not write it down most of the time.)

Oct 9, 2015

Sudden problems with my elimination system - have the runs and unusual bright yellow discharge.

Oct 11, 2015

8:18am: Felt a sudden stabbing pain in my throat and infliction to my lungs as I talked to a store clerk about a mild targeting thing. It suddenly stopped after I left. Then stabbing pain in my right shoulder that lasted an hour or two.

3:33pm; Torture levels of pain suddenly start in my brain directly as I work on videos again and re-post some.

Oct 12, 2015

AM; Woke in pain, light headed and dizzy. 10:00am; torture continue on moderate scale - heat and pain in head and loud ring in ears.

Oct 13, 2015

Woke crying for the children who are being targeted. Sudden back off in the technological targeting. I worked on a video for the children all day. Tortured for only a short time, while I am posting the video on the web.

Oct 16, 2015

AM; lot of lasering of pubic area. (this is an ongoing thing and do not always write it.) Lot of interference on the web today. I found my facebook "Targeted in America" page switched to private and the spelling of the title altered.

Oct 18, 2015

Woke feeling sad. I silently prayed and cried for a couple of hours.

10am; Torture levels of weapon attacks to my brain.

Oct 20, 2015

Heavy weapon attack to my brain as I woke. Sudden infliction of pain in my hips and back as I was waking. When I experience rounds of this it appears to be to draw attention away, from or make me forget, a dream I had. Experienced foggy thinking and heavy ring in ears all day.

Oct 21, 2015

AM; heavy ring in ears, blurred vision and mentally sluggish.

Oct 22, 2015

PM; lasering of back of my head.

Oct 23, 2015

AM; heavy electronics - loud ring in ears, pain in head and foggy thinking.

Oct 24, 2015

Heavier than normal electronics in head all day.

11pm; Very loud ring in ears and can't sleep.

Oct 25, 2015

Steady electronics all day, ring in ears and pain in head. Its appears that I am getting covert threats through puppet who insinuated that I kill myself in order to save other people. I wrote that God wants us to live and a truck with a license plate that abbreviated "live to kill" pulled up next to me. . .and a song in the next place I went into was, "if I saw you in heaven..." (These sorts of media and puppet messaging are ongoing and I do not write most of it down, because I try to ignore it.)

11:14am; Heavy laser shot to back of my head. Sudden heat and pain.

Oct 26, 2015

9:00am+-; Car pulls out in front of me appearing to try to make me crash into it. I had to quickly veer into oncoming lane, which luckily had no vehicle in it.

10:30am Heavy interference with my brain starts as I aim to meet a minister who wants to talk to me about my family of origin whom he'd tried to pull together I before closed the door to it. Very difficult to bypass the brain interference, which tried instigating literal rage.

10:50am; microwaves vamped up severely as I sat and waited for the minister.

3:00pm; another car yanks out in front of me, though I have the right of way, at a rest area, in the same place where the same thing happened a few days ago.

Oct 27, 2015

Still experiencing electronic interference with my brain as I think of family stuff.

PM; I cried heavily and experienced a painful weapon attack to my brain.

Oct 28, 2015

Early am; Sudden inflictions of pain in my back legs and hips. Experienced sudden infliction of severe pain in my head - torture level with nausea, as soon as I woke.

PM; Electronic torture continued all day.

Oct 29, 2015

Torture of brain continues! I feel drained, exhausted, beaten. It lets up by noon, but then starts back up after I talk about God working through many Hearts to save humanity.

Oct 31, 2015

As I prepare to do a 13th edition of my "Ramblings of a Targeted Individual" book a puppet says, "If you can stay awake." 9am to noon; I cannot stay awake. I nap for over two hours and forget my car doors unlocked.

1:40; Extreme fatigue. Having difficulty staying awake. (This happens to me a lot, especially when I aim to write or try to report the targeting or work...etc.)

Nov 2, 2015

5-6:00am; mild weapon attack on brain stops by 7am.

Ring in ears remains mild (often unnoticeable) all day.

Nov 3, 2015

AM; Heavy ring in ears and pain in head. Puppets doors slamming around me... the usual type of attack on both levels.

11:00am; Sharp pains into top left side of brain, making that whole side of my head ache.

Nov 4, 2015

5:30am ring in ears vamps up as I think about our military and worry about them being controlled.

11:00am Sudden weapon attack to back of my head directly after I refuse to join and begin to ignore a group of puppet musicians. Deep pain in back right side of head as well as loud ring in my ears. (I often get this sort of attack, with the same pain in the same place) when I defy or ignore obvious advances by perpetration puppets.)

4pm; Torture stopped by now, but still have dull ache in head and ring in ears.

Nov 5, 2015

2pm; Extreme fatigue suddenly starts, while I drive, after puppet points to a bumper sticker that says something like, "asleep while driving."

Nov 6, 2015

7:55 am weapon attack to head.

Lot of sudden body bloating. (like another round of the Lupus type microwaving.)

PM; After doing a blog post about crop circles being done by same sort of weapons that are used on me (microwaves/electromagnetics/lasers) I experience severe heart attack symptoms, which I feel sure are from being lasered and not a real heart attack. This was very uncomfortable for at least an hour or two. Pain in my chest and left arm as well as difficulty breathing and a gassy feeling.

November 7, 2015

8:30pm Sudden heart attack symptoms again - same as yesterday. This time accompanied by sudden sharp pains in other parts of my body, which stop as quickly as they start. This attack happened as I published my third edition of "Poetic Voice of a Targeted Individual." These sorts of weapon attacks appear to be like death threats.

Nov 8, 2015

7:59am Sudden sharp pain in the back right side of my head as I write down a dream I had. This was followed by increase in the ring in my ears and shortness of breath - the usual microwave attack symptoms.

9:20am; Sudden pain in head directly after sending an email to a senator. Moderate and mild attacks continue through most of day.

Nov 9, 2015

Very restless night - unusual for me.

7:40am Weapon attack to head - sudden flash of heat and pain.

8:35am Still heat and pain in head.

Lately uncomfortable body bloating, unusual hair loss, difficulty breathing...etc. (Another round of the usual lupus type of microwave attack.)

10:09am Pain subsides but ring in ears vamps up.

11:48 Pain in head vamps up again.

3:57 Lot of heat in head, mild pain. Feel extremely weak and tired.

Nov 10, 2015

11:54am Sudden short blast of pain in my head, along with a puppet parking next to me and slamming a vehicle door, while I work on this list of targeting events.

9pm+- Heavy microwaving started - loud ring in ears and pain in head.

Nov 11, 2015

Heavy microwaving continued through last night and this morning but let up in the afternoon.

I am feeling a lot of anger around an article I found in a Parenting magazine, which suggests that a child's sadness is signs of "mental illness." I am getting interference with my computer as I write a blog entry about this. My computer is repeatedly shut down and turned back on as I try to resurrect the repeatedly vanishing video of Dr. Paula Caplan's statements about the dangers of false mental illness diagnosis.

Late Evening; The battery on my car is suddenly drained and I am up until past 2am trying to complete my work, bypass the computer interference and find someone to help jump start my car.

Nov 12, 2015

9:54am I try to log into my email account and the page vanishes after I type in the access code sent to my phone. I have to do it over again and get a new one. I worry that someone is in my account, but, like all the other times, there is nothing I can do about it.

I finish uploading Dr. Caplan's video, posting it on youtube and replace its broken links on my websites. (I feel that Dr. Caplan has been being targeted with mind control stuff, probably since she did this video.)

11:30am Heavy microwaving after I printed out the post I wrote yesterday. Sudden onset of pain in head and vamped up ring in ears, diminished eye sight and mental sluggishness - the usual.

1:06pm torture levels of pain in my head and shoulders as I post this list and last blog post in book and on web. Also a lot of interference on the web.

9pm\_+" I experience a fast, sudden, sharp pain in my right but cheek, which appears to have been a laser shot. This happened after getting an email, which asked, "How can I get the heart but?"

More is in my "[Ramblings of a Targeted Individual](#)" book and my "[Targeted in America](#)" book, which may soon be updated. They can be freely downloaded from [www.targetedinamerica.com](http://www.targetedinamerica.com) or [www.poeticpublications.com](http://www.poeticpublications.com)

**Please help us**

With hope for all of humanity

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