Faraday Cage

The cheapest and, for some lifestyles, most readily available materials for use in shielding from dynamic, self perpetuating energies or radio freuencies (RF) include aluminium foil and wire mesh. These two are readily available, usually from the nearest retail outlets. They are easy to put together but require hard work to ensure they are safe. This is because they are easily perforated by heavy attacks. One has to constantly check for holes and, in the case of wire mesh, rusting that takes from the shieding potential. When used in a faraday cage construction, they are only good in layers. I have found that upwards of 2 (two) layers of wire mesh offers sufficient protection, while 6 (six) or more is good enough with aluminium foil. More layers are required when the shield is partial, ie. shielding an angle of attack only. The number of layers should also vary depending on whether the shield is active or passive. Active shields are shields that are electrified, for example.

Sheet metal is the better option in all types of shielding. The thicker the metal is, the better the protection provided. It is a good idea to combine types of metal. A layer of aluminium over a layer of lead provides better protection than a layer of lead alone.

Try not to leave it at layering alone where metal pieces overlap. Folding is the better option. If you have no choice, then lengthen the overlap. Above 4 centimeters is good enough. Ensure that the sides of the metals are touching throughout.

All static structures you make should be grounded, and there should not be any loose metals on or close to them. When perps realise direct attacks are foiled, they usually go for indirect attacks that will include creating hotspots by bombarding metals in the vicinity.

Be aware that not all sensations you will feel in a cage or behind a partial shield indicate a breach of the shield. Your perps could just be heating the air around you, or chilling it, using various other frequencies that achieve the result, or they might have switched to ultrasonics if there is no shielding against sound energies.

If you are not sure your grounding is safe from tampering, then try to find a metal weight to use as an alternative. A fully laden barbell or a lighter dumbell with the weights firmly attached will do the job to some extent. The heavier the metal, the more the sum of the electric charge it will take away from the load on the shield.

The armour in the picture above resembles that which I wear when I get out of a faraday cage. The difference is that mine opens from the front and does not have the shoulder extensions. It is designed to fit the shape of my torso. When expertly made, this shield can be worn over a long sleaved vest and under a shirt. People will not be able to tell you are wearing it. Unless you are prepared to carry a weight around to ground it to, the shield works well without grounding.

Conventional wisdom has it that it is not safe to move around with an ungrounded shield against RF, especially when experiencing V2K assaults because the metal then acts as an antennae. What those who say this do not realize is that (a) you are moving about and it is not easy isolating any part of your body and (b) the attenuating effect of sheet metal on RF means direct, strait lines of fire into your system are either lessened or thwarted in effect. What you get most of are dynamic frequencies turned into static frequencies, meaning you have shifting hotspots around the shield that cannot have as damaging an effect as linear attacks to major organs.

Speaking with authority over the use of such ungrounded shields over the head and around the torso, I can certify that they work, very well at that. They even give protection when you are merely sitting in one place. I know this because things get worse when I do without them. Causing me to have a running stomach or vormit after a meal was how perps/operatives attempted to destroy my health. All this became a thing of the past when I took to permanently wearing such shields. Whats more is the fact I no longer suffer from malaria (not at all) since I started the habit. My bike rides were an anticipated event because of the exercise involved and the mobility. I always got such brutal RF and ultrasonic attacks I would usually be enervated after a short distance, and very sore as well. I almost gave the sport up but that is no longer the feeling. The attack issues have now largely been dealt with since I started wearing shields like this. I noticed that my energy levels rose when the shield went as low down the torso as limb movement allowed. This pointed to the fact attacks were mostly aimed at my guts, preventing them from functioning properly, rendering them incapable of meeting the energy supply needs of a body engaged in strenuous activity.

The choice here really is between better or worse. For me, preventing directed energies from cutting into my body and causing all kinds of conditions is preferable to preventing V2K. The one thing you need to ensure where ungrounded shields are concerned is that they are thick. Should you make them using aluminium foil, then use a minimum of thirty layers.

Rubber Shielding Against Ultrasonic Attacks

Shielding against ultrsonics is easier than shielding against RF. But here also there are some facts you need to know to get it right and safe. As is the case with shields against RF, the thickness of the rubber matters. Thinner sheets offer less protection.

The best design should be six sided because ultrasonics tend to behave like microwaves around shields. It should in fact be like a faraday cage.

If you cannot put rubber on especially the floor, then do not sleep on or near it, unless you have no choice. Placing a foam matrass on the ground will not be a good idea. The unhealthy vibrations from the sound carefully aimed to get around the upper shields will get through. Sleep on a raised surface, such as a bed of course.

If you design a rubber shield to put around your torso or hat to combine with the conducting shield, then place the rubber on top of the metal, and, better yet, isolate the two with a non-conducting layer. Perps can launch attacks on the metal that then creates intense heat on the rubber that in turn releases fumes that will cause odors or negatively affect you when inhaled.

Once you have these shields up, you will be safe enough from the worst that directed energies can cause. You could leave it at that, or increase security by placing shields that deal with exotic energies. Knowing your body is made up mostly of water, the directed energy that manages to pass these shields and affects you within can be dealt with by a shield made up of water. These energies will then get caught in this water and not reach you within. Rather than placing around you jugs of water, or sprinkling your walls with water and have to deal with the dripping, you can purchase large plastic bags open on one side like bin-bags. Wet some foam, wrinse it thoroughly or hang it so that the water drains from it, leaving it moist but not dry. Stuff it in the plastic and seal so there is no evaporation. Place the plastic filled with the moist foam where shielding is needed.

Out here on the farm, I sometimes fill plastic bags with treated grass. You can actually use any material that is readily available to you for this, provided it absorbs water. The preferable thing to do is use extra large bags and shape them flat, then build your house of whatever it is you filled the plastic with.