

SECRET TORTURE OF CITIZENS IN WESTERN COUNTRIES



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Secret Torture of Citizens In Western Countries

Abstract

Secret Torture of Citizens in their Habitat in Western Democratic Countries

Western governments say they do not torture, but they do. Like all other countries in the world. The justice and security systems in Western democratic countries are built around torture and (non-consensual) experimentation. Torture is the secret cornerstone of Western democratic countries.

COINTELPRO and MK-ULTRA never stopped. Today this is called: Organized Stalking; Attacks and torture with Directed Energy Weapons; Neurotechnology experiments and torture. Many victims never did anything special, are not accused of anything. The attacks started one day, and, for most, never stop.

In their laws, governments mention that they use interventions. But many interventions are torture and have nothing to do with human rights or the ECHR (European Convention on Human Rights). And because these interventions are a state-secret, victims can go nowhere.

The objective is to dehumanize a person, to cause the mental or physical death of a person. You can call this organized murder. Force a person into psychiatry, make a person commit a (staged) crime, make a person commit suicide, or use other methods. Once this has been achieved, survivors are used as a guinea pigs for all kinds of experiments. Some are used to create false flags.

Many citizens are involved and recruited by law enforcement and intelligence agencies to assist with the torture. Many have no idea that they are torturing their fellow citizens. The torture system also includes many disinformation agents used to discredit the real victims and/or delude them. Many Western human rights organizations, human rights lawyers and psychiatrists know about this but stay silent.

Torture by Western democratic countries is one of the most cruel forms of torture in history and a disgrace to humanity.

Summary

Something - a secret torture system - is very wrong with democracy

[Democracy is a Demiurgic operation. World domination through democracy. Democracy is fantastic. And we, the US, help you implement your country's security system, read: After that we control everything.]

One of the distinguishing elements of a democracy is that there is no torture ... they say. Ingeniously conceived but of course that is not possible at all. So torture is state secret in a democracy. Today, everyone has been so brainwashed that no one believes torture is practiced in a democracy. (I couldn't believe it myself in the beginning, while being non-stop attacked, it took a year to flip the switch).

Sometimes citizens must be stopped, coerced, punished, sometimes people are needed for (human) experimentation or even other purposes. This is where torture is used in democracies. Because there is freedom of speech and a rule of law, secret torture is the only option left. People are suddenly attacked, without any official accusation, not in prison but in their habitat (living environment). The attacks, called interventions, are carefully crafted and designed to be short, that is why they are no less than maximum psychological torture. They aim to cause the mental or physical death of a person, read: Remove them from society, destroy their credibility (mental case, criminal record).

Problem: This all worked fine until the Internet became commonplace. Then victims of this torture started posting their stories online. In the meantime, the US had developed new weapons, Directed Energy Weapons, and are developing Neurotechnologies. This enabled them to torture people invisibly, from a distance and even through-wall: Unprovable physical and psychological torture.

Problem: Since the Havana Syndrome (pulsed microwave attacks on US and Canadian diplomats and security personnel), there is mainstream information that these kinds of weapons exist. In March 2023 the United States blocked all information about this, but they were too late.

Survivors of this torture in democracies found similar stories on the internet. They connected and call themselves Targeted Individuals. They are a kind of "leak" of the system, they should never have survived, should never have been able to share their stories with everyone. That is why they ALL must be ignored, ridiculed or labeled mentally ill. Otherwise, the system will fall over.

The torture system, yes it is a system, includes many disinformation (government) agents. Some are pretending to be victims trying to make the real victims look bad,

distract and/or mislead them. Other disinformation comes from psychologists, journalists, Wikipedia pages, etc. Many people, including psychiatrists and human rights lawyers, know what is going on, but stay silent.

If you never heard of this then ask yourself the following question: Why would anyone want to associate with a group of people (Targeted Individuals) that is ignored, ridiculed, or labeled mentally ill. Why would people put their stories online, sometimes even with their full names, why would they write letters to their governments, human rights organizations, the OHCHR, the ICC, why would they testify before the President Obama Bioethics Commission? Why would they start their own human rights organizations? Why would they do this risking more punishment and destruction of their lives? The reason is, of course, that they are fighting to expose these crimes, fighting for recognition, for investigations, for compensations. Everything that is done to them is against the law, violates basic human rights, international agreements against torture. You can compare them to the MK-ULTRA victims.

Many victims of these crimes mention that they are experimented upon, that they are guinea pigs for new methods and weapons development. Others mention that they are provoked to commit crimes. If the victim survives and/or attempts to expose these crimes, the torture does not stop. It is a lifetime sentence. And because the torture is a state secret in democracies, victims can go nowhere.

The war on terror gave unprecedented powers to law enforcement, intelligence agencies. No longer committing a crime, but prevention became most important. Who decides, who is responsible? Serious oversight is lacking.

One should never compare torture. But here we have on the one hand people that are tortured in prison (like Guantanamo Bay), and recognized as victims by human rights organizations. And on the other hand people that are tortured without any official accusation, in their habitat (living environment), often also victims of the most heinous abuse of weapons and scientific-military experiments, not recognized but ignored, and with a lifetime sentence.

Something is very wrong with democracy.

All countries in the world use torture¹⁾

	Other countries	Western democracies²⁾
Torture is	Public	A State Secret
Torture reasons	Stop, coerce, punish	Stop, coerce, punish, human experimentation ³⁾
Torture location	Prison	Habitat (person living environment)
Torture methods	Mostly physical torture	Psychological torture and unprovable physical torture ⁴⁾
Torture names	Punishment	Interventions
Victims are	Recognized	Ignored, ridiculed, declared mentally ill
Where victims can go	Human Rights orgs	Nowhere

¹⁾ Almost all countries. ²⁾ Or countries that implemented 'Western democracy'. ³⁾ Other reasons are revenge, nepotism. ⁴⁾ Often includes classified Directed Energy Weapons and Neurotechnologies.

Preface

After many, over 20, years of being attacked in all possible ways, I decided to write down (almost) everything that I know, in a single document, a book. During the years, I already put a lot of information on the internet, on several websites. Some information is in Dutch, I am from the Netherlands, most information is in English.

This book focuses on why, mostly innocent, people are attacked, and how exactly they are attacked.

In the beginning of the attacks I was extremely confused, I could not believe that these kind of crimes were committed in my country. Western democratic countries say they do not do these kind of things. I was taught at school that there is a rule of law, freedom of speech and that they do not torture.

It turned out that this is all a lie. I should have known better. A Western democracy is just like the system in many other countries except that part of the security system is (very) hidden. What they exactly do is a state-secret. Just a few decades ago, programs like COINTELPRO and MK-ULTRA were exposed and forbidden. It is extremely naive to believe that this all stopped. These programs continue in different forms and are much better hidden. And they not only run in the United States but in all Western democratic countries. To make things worse, the War on Terror gave unprecedented powers to the security system.

Do not consider this book as a personal account of a victim, but as a description of attacks that are experienced by many victims. I categorize the attacks, the torture, and give many examples. While almost all examples are from my own life, you will find many similarities with attacks described by other victims who also wrote books about this, and victims on the internet writing their stories and making videos.

This all had huge impact on my life. They were not able to destroy me as a person. but I consider my life destroyed, the attacks never stopped, only got worst. This was probably due to the fact that I never fully collapsed, that I wrote a letter to the Prime Minister of the Netherlands in the beginning, and after several years decided to expose these crimes by starting a human rights organization. I suffered and still suffer a lot, often have a lot of, physical and mental, pain. Despite all, I never gave up, and continued for various reasons. One is being a father.

There is something very wrong with the ones organizing and perpetrating these crimes. Secretly torture and murder innocent people to make a living. Get a life. If these crimes would be exposed, they would all be jailed for life. But many other things are wrong too. Western human rights organizations, weapon developers, Neurotechnology scientists, many politicians, many psychiatrists, etc. are all part of the same gang that keeps silent and can be regarded complicit.

Finally, being a victim gave me a much better understanding of many things that are going on in our world. The most important one being that recent advances in Neurotechnology and Artificial Intelligence means that we are heading at full speed towards a world where everybody will be remotely controlled. This is not science fiction but already happening on a small scale today. Our brain is the battlefield, but it is not really a fair battle because the brain does not have a firewall. Would you know if someone remotely controlled your brain?

Feel free to contact me if you have questions or want more information.

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1 Introduction

Western democratic countries constantly lecture other countries that they must stop torturing their citizens. The fact is that every country in the world uses torture, Western democratic countries included. Torture in Western democratic countries is an integral part of the system. The difference with other countries is that the justice and security systems in these countries have been very carefully crafted to hide the torture. Torture in Western democratic countries is a state secret. This means that victims and survivors can go nowhere.

People in Western democratic countries are brainwashed. When they think of torture, they think of torture used to get information, to get a confession, or just to punish. And, they think of terrorists that threaten their democratic way of life. Only few understand that their democracy cannot exist without torturing their own citizens.

In this document I explain:

- Why Western democratic countries cannot exist without secret torture.
- How Western democratic countries use secret torture.
- That non-consensual experimentation is part of the secret torture programs.
- Why secret torture of citizens in their habitat (living environment) in Western democratic countries belongs to the most cruel forms of torture in history.

Note that this not only applies to Western democratic countries but also to countries who implement(ed) the system of Western democratic countries, like India.

2 Secret torture of citizens in their habitat (living environment)

2.1 Introduction

Before going into details I decided to create this section. Here I make an attempt to describe the most important problems the Western democratic countries are facing: How can you stop people saying what they are saying, doing what they are doing, and how can you punish people, when there is freedom of speech and a rule of law.

2.2 How to stop, coerce, punish people

Western democratic countries had to find a way to stop people from what they are doing, from saying what they are saying. Or find a way to punish people because someone decided to punish them.

How to silence whistleblowers, investigative journalists, how to stop people with many followers who question the government narrative, in other words, how to force people to stay within the limits of the 'system'.

They cannot take them to prison, and beat them, because they did nothing wrong. There is freedom of speech, and there is a rule of law.

One way of how Western democratic countries deal with this is, is to remove financial support of such persons. They are forced out of their jobs, people without a job are considered less credible. Another way Western democratic countries use is to ridicule such persons. They create a lot of disinformation, introduce people who say the opposite. And make sure there is enough media coverage. And then there are also incidents, like car accidents, people suddenly getting heart attacks. But they cannot do this all the time.

What remains is a large group of people who cannot be stopped or punished these ways. So how do you stop them, coerce them, how do you punish them?

2.3 The solution: Secret torture

In many other countries, people are taken to jail, beaten and then released. Western democratic countries have created their own version of this. They use secret torture.

Let's assume you want to discredit a person that releases sensitive information about a person from the elite. How do you stop this person? Here is how they do it in Western democratic countries.

The torture suddenly starts, nobody will inform the person about this. You start following this person everywhere, and let this person know that he is being followed. But you do it in secret, nobody around this person will ever see anything about this. The targeted person will become paranoid, anxious. He will start telling to people close to him what is happening, but nobody sees anything suspicious. Eventually, the person, often on request of close relatives and friends, will visit a medical doctor, and finally a psychiatrist. The person will be labeled with a Pursuit delusion,

Schizophrenia, and that is the end of the credibility of the person. A person may also commit suicide out of desperation.

To make this process much more effective, the person is prevented from sleeping at nights, with secret targeted noise campaigns also known as sleep deprivation torture.

It does not have to go this way. If the person keeps faith in his own beliefs and refuses to be diagnosed, the torture will continue. In the next phase, the person also will be provoked in secret. These provocations are suggesting that certain people are involved with his torture. For example, people you pass by on the street, repeat words you spoke in private in your home just a few minutes ago. The person, who is very exhausted already, may attack one of these persons. In this case, the police will be involved, the person will receive a criminal record, and that is the end of the credibility of the person.

Again, it does not have to go this way. If the person keeps faith in his own beliefs, and refuses to be diagnosed and ignores the provocations, the secret torture will not only continue, but become much more aggressive, cruel. In many cases classified technologies and weapons will be used to break the person. These are often called Directed Energy Weapons and Neurotechnologies. These technologies and weapons use invisible electromagnetic waves, can be used from a distance, including from neighbor houses, vans, aircraft, and usage can easily be denied. Some operate through-wall, meaning you can be attacked inside your own home, there is no protection. Because these technologies and weapons are classified, many people will not believe, or prefer not to believe, the targeted person.

Using classified technologies and weapons opens a whole new spectrum of torture methods. Some examples using Directed Energy Weapons: Sting, burn, cook, give (maximum) physical pain. Some examples using Neurotechnologies: React to body and brain activity, force thoughts. And what they can do to the targeted person, they can also do to people around the person, like loved ones, children. They can easily synchronize attacks on both the targeted person and the persons around him, where the persons around have no idea what is happening.

2.4 The torture is on/off, there is no in-between setting

The aim of the torture is to destroy the credibility of a person, or to remove the person from society. This should not take years but weeks. There is not something like 'a little bit torture'. This means that the torture is already maximized from the start. A term that summarizes this type of torture is: Mind Rape.

If the person does not collapse, and classified technologies and weapons are used, then again the torture is maximized, but now using new methods.

2.5 Citizens used by law enforcement to torture their fellow citizens

In many Western democratic countries, law enforcement (police) involves many citizens around a targeted person. This is sometimes called Community Policing, but is in many cases simply part of the torture program. They get their co-operation by telling lies about the person. Remember that the

aim of the torture program is to discredit, destroy the person. In laws, they mention that they use citizens to keep an eye on things. Sometimes they recruit citizens as informants.

What they do not tell is that they often ask citizens to do things or say things at specific moments. Examples:

- They ask citizens to leave their home at specific moments
- They ask citizens to make noise at specific moments (cough, shout)
- They ask citizens to turn lights on/off at specific moments

Although this may seem innocent, it is not, because the actions of the involved citizens are synchronized to the actions of the person. Thus, the person leaves his home, a neighbor leaves his home (at the same time), the person goes to the toilet, a neighbor upstairs goes to the toilet, the person walks into the kitchen, there is a person outside shouting. These are very simple examples, but if you keep doing this, the whole day, every day, then this is horrible torture. The keyword here is: Now. Go outside your house now, stand in front of the window now, shout now, etc.

Some citizens who participate in this torture know exactly what they are doing, Asked to do such things, they assume that there must be something very wrong with the person. Other citizens have no idea. They are asked by a 'friend' to walk outside and look if they see a child. At the same time, the targeted person arrives at the same location.

The above is only used to show how citizens are involved in torturing their fellow citizens and how easy it is to achieve this.

2.6 The torture never stops if the person remains credible or exposes these crimes

If the person that is secretly tortured these ways does not collapse but tries to continue his extremely difficult life, then there is no other option for the system to continue the torture. The same applies to any victim that shares his stories on the internet, groups of victims, and victims who started organizations to expose these crimes and support other victims.

The torture continues with the main purposes:

- To keep trying to discredit the person(s).
- To prevent the person(s) from starting / winning lawsuits etc.

Understand what is at stake here. A single court case that is won on this issue, anywhere, against a Western democratic country, will be the end, all over the world, of what today is called democracy. Democracy would have to be redefined. The justification for the continued torture comes from laws. All victims that expose these crimes and advocate for investigations into this matter, are, according to laws, a threat for the proper functioning of the 'democratic' state. Many have done nothing or nothing special, but government organizations are allowed to keep running interventions against them. There is something terribly wrong here!

The ones organizing and executing this torture would all be jailed for many years if the truth comes out. Also, in many cases, the citizens in the habitat of the person that have been involved by law enforcement will start questioning their actions and feel betrayed by law enforcement and their government. Did the police, government agencies, turn them into murderers?

2.7 The internet problem

A very big problem for the Western democratic countries is the internet. Since the internet became common place, survivors of these crimes have put their stories online and found people attacked and tortured in similar ways. They connected. Some started human rights organizations, groups. Many call themselves Targeted Individuals.

In addition, people that suddenly are attacked find information what is going on. They are better prepared. But, because most people knew nothing about this when it started, it is hard to believe that this is by your own government.

2.8 Disinformation and disinformation agents

There are studies on the internet discrediting victims. Psychologists discrediting victims, psychiatrists discrediting victims. People using these studies to discredit victims.

There are many government agents claiming to be victims, but they are only there to discredit and distract the real victims. Many psychiatrists and human rights organizations know about this but they stay silent.

2.9 Brainwashed fellow citizens cannot comprehend this

Citizens in Western democratic countries have been brainwashed that they live in a democracy, that there is freedom of speech, that there is a rule of law, that their countries do not torture, that their countries are the good guys. This makes it very difficult for them to believe that secret torture is going on: That secret torture is a cornerstone of the justice and security system in their countries. If they would believe this, then everything they believed in had to be reconsidered (cognitive dissonance). Most cannot handle this. For these people, democracy is like a religion: Believe.

2.10 Information about secret torture suppressed

Evidence that Western democratic countries secretly torture their citizens is hard to find. There are several reasons for this:

1. Torture in Western democratic countries is a state secret.
2. Information about torture in Western democratic countries is censored, the media are very much controlled.
3. Torture in Western democratic countries is often using classified (secret) technologies.
4. Victims of this torture are discredited.

But everyone can find a lot of information about secret torture by Western democratic countries. Some keywords: Targeted Individuals , Gang stalking, Organized stalking, Electronic torture, Microwave torture, Directed Energy Weapons, Neuroweapons.

There are some articles in the mainstream media about this but most have only the intention to discredit the victims.

2.11 Citizens in Western democratic countries more vulnerable to secret torture

The Snowden leaks revealed that all persons in Western democratic countries are monitored by the NSA, using their mobile phones, internet behavior, and that this data is fed back to national intelligence agencies. Persons are profiled, eavesdropped everywhere, followed everywhere. Citizens in Western democratic countries are totally dependent on communication technologies. This, and advances in many technologies, like camera's, through-wall surveillance, enabled new forms of torture. For example, these technologies make it very easy to take away all privacy of a person.

Also, the last decades new types of weapons, called Directed Energy Weapons, have been developed based on electromagnetic waves, that are silent, invisible and easily deniable. Main countries are the Western democratic countries, Russia and China. We read in the news that the military can shoot down adversary drones with a laser weapon from a distance of 30 kilometers. Or that they can destroy computer equipment from a distance using an EMP-pulse. These technologies are also used in Western democratic countries to torture citizens. And there is more. The last decades enormous advances have been made in Neurotechnologies. It is possible, with limitations, to monitor and control brain activity from a distance.

With these technologies and weapons you can torture a person from a distance without touching him, sometimes referred to as no-touch torture.

2.12 No oversight and unlimited power because the torture is a state secret

Because the torture in Western democratic countries is a state secret, there is very limited oversight. Who decides who must be tortured (eliminated), who decides what kind of attacks are used and how often, who is responsible, who is accountable?

At the attack level, initially only police, secret police units and intelligence agencies are involved. Per laws, (national) police always is involved. Sometimes they communicate with (city) authorities, and often involve citizens in neighborhoods. Here already many things go wrong.

The war on terror has given endless more powers to law enforcement and intelligence agencies for prevention of terrorism and extremism: You do not need to commit a crime, a suspicion is enough. Again, no oversight, who decides?

There are many discussions as to whether the police's actions are outside legal frameworks and human rights. Questions of politicians are not answered by governments. Instead, governments are

twisting human rights, add new legislation, mentioning that it is necessary to give certain powers to the police and that they only violate human rights only 'a little bit'.

Classified technology and weapons attacks are mainly done by intelligence agencies and the military. These groups have a carte blanche, they can do what they want with one limitation, they should not kill the target ... well not all the time.

2.13 Abuse of power and human experimentation

The secret torture system can easily be abused by those who control it. Revenge, nepotism and more.

The secret torture system can also very easily be used for human experimentation. All methods, new weapons capabilities, can be tried first on (almost) random civilians. Once they work fine, they can be used on more high profile persons or groups of people.

The secret torture system can also very easily be used to create 'incidents' like the mass-shootings in the United States, and other countries.

2.14 How many people that are being tortured did something wrong?

Many victims reporting that they are being tortured these ways, say they do not know why they are tortured. Most have no criminal record. Some may have sensitive knowledge about certain things, some may have done something that some other people do not like. But nobody ever came to them or warned them. The torture just started.

This raises the question: How many people that are tortured these ways in Western democratic countries did something wrong, something really bad? Or were they selected for other reasons:

- Guinea pigs for development of the control/torture system?
- Guinea pigs for development of advanced methods and weapons?
- Selected to create false flags, justifying counter-terrorism laws?
- Selected to be able to 'easily' recruit new (citizen) agents in a neighborhood?
- Selected because the security system needs reasons to expand?

2.15 Victims can go nowhere because the torture is a state secret

Being secretly tortured in Western democratic countries, is one of the most cruel things that can be done to a human being. When people are in prison, we know that they are in prison. We know what happens in other countries in prisons, in Guantanamo Bay. But victims of secret torture in Western democratic countries are tortured in their habitat, in their living environment, without leaving evidence and can go nowhere.

There are thousands of citizens from Western democratic countries on the internet reporting they are attacked these ways. But so far they are ignored by Western human rights organizations and the mainstream media is covering up or ridiculing their stories.

2.16 Summary

In this section I summarized why Western democratic countries use torture and how they do it. They violate human rights in all possible horrible ways, and ignore their agreement not to torture. If judged by their own laws, the enablers, organizers, and executors would be jailed for life. Unclear reasons, vague assumptions, sometimes called prevention, often are used to start torture. The objective is the mental or physical death of a person. That is why you can call this secret torture also organized murder. Often, classified technologies and weapons are used. The secret torture system includes psychologists, psychiatrists, and fake victims, to discredit the real victims. Western human rights organizations and mainstream media ignore these crimes. If the person survives, remains credible and/or tries to expose these crimes, the torture never stops.

There is something terribly wrong with the way Western democratic countries function. They have chosen to make torture a state secret, which implies that oversight is lacking. Their ways to stop, coerce and punish people rely on the fact that the torture will be successful in a short time. That is why many forms of torture they apply is maximum torture. In reality, many victims survive, or collapse and recover. They will understand what happened and many of them will become part of the movement that exposes these crimes. Horrible things done in the past could be suppressed, but with the internet this is no longer possible. For every web page of a victim removed there will be web pages of new victims. For every victim organization that falls apart, there will be new victim organizations.

Because exposing these practices conflicts with the core of Western democratic countries, for many victims the torture never stops. Lifelong punishment. And because the torture is a state secret, victims can go nowhere. Welcome to democracy!

3 The war on terror as justification for torture

3.1 Introduction

Societies need enemies, it binds people together. It has always been like this in history. Elites know this. How many wars have been started to distract people from domestic problems? Or to enable other things?

Western democratic countries needed 9/11 because they knew that their societies would fall apart if there was no change. Now they had a new common enemy, the Muslims.

3.2 Muslim extremism used to create laws that apply to everyone

After 9/11 new laws were created, called counter-terrorism laws. All these laws were justified by referring to terrorist attacks committed by Muslim extremists. In discussions about these new laws you will find information about cases like: This is a potential terrorist because he has relationships that have links to ISIS.

Muslim extremism is not only used in public discussions about new counter-terrorism laws to justify certain measures. Also, in court cases you will hardly find anything that involves native citizens. It is mostly about Muslims.

3.3 Every citizen is a potential terrorist

However, all these new laws apply not only to (potential) Muslim extremists but to everyone! Today not only terrorism is mentioned in laws, but extremism as well. In the UK: "Extremism is the vocal or active opposition to our fundamental values, including democracy, the rule of law, individual liberty, and respect and tolerance for different faiths and beliefs. ...". The conditions for being labeled a potential terrorist or extremist have been greatly stretched. Criticism of government policies quickly falls within the legal frameworks of terrorism.

3.4 Prevention as justification for repression

In many counter-terrorism laws, prevention became the most important aspect. It is no longer necessary to have done something unlawful, instead it is enough to be suspected from maybe doing something unlawful in the future. And 'doing something unlawful in the future' is not related to Muslim terrorism or extremism but was linked in laws to all kinds of activities that may damage the interests of the state.

The important question here is: Who decides that a person may be 'doing something unlawful in the future'?

3.5 Prevention by interventions is by definition against human rights

Here we are at the core of what is going on in Western democratic countries. How do you stop people what they are doing when they have done nothing wrong? How do you punish people for exposing government crimes? If you want to adhere to human rights then you can do nothing.

Western democratic countries say they use interventions. They have twisted human rights and say that their interventions make only a small intrusion into the life of a potential suspect. How small, they do not say. Serious oversight is lacking. Trivial interventions are documented in laws. But interventions related to disruption, are a state secret because they often use torture and violate all basic human rights.

3.6 Many disruption interventions are torture

Somebody can decide that a person must stop what he is doing, must be punished, or removed from society. But legally the person has done nothing wrong. The solution is that the police puts this person under suspicion, allowing them to take certain actions. In the Netherlands the following terms are used: 'Letting a person know that he is subject of surveillance', or 'Letting a person and his environment know that he is subject of surveillance'.

Jan Brouwer, professor-director of the Center for Public and Security in the Netherlands is extremely critical: "Based on extraordinarily vague clues, they are going to make life difficult for potential suspects - these are not crime suspects. The police follow them on the street. Visitors are addressed, and local residents are asked to report suspicious things around the person's home."

Please try to understand what is going on here. The life of the person is destroyed, and the habitat of the person, not a crime suspect, is destroyed. The person is not informed by authorities, and there is nowhere to go. And for what? Because somebody not accountable, made a decision.

Many disruption interventions in Western democratic countries use psychological torture, and/or physical torture that does not leaves evidence. These are not just some random interventions but carefully crafted. The interventions are not meant to continue endlessly, but should be short and effective. This can only be achieved with 'maximum torture': Drive a person out-of-his-mind in the shortest possible time. Make the person do things he would never do, say things he would never say. And be ready to handle the matter.

3.7 The objective of disruption interventions: Psychiatric diagnosis, criminal record, suicide

The interventions intend to achieve one of the following:

- A psychiatric diagnosis
- A criminal record
- Suicide (who cares)

Once this has been achieved, the person can be considered 'neutralized'. No one will believe the person anymore or take the person serious anymore. Police, judges can refer to this and discard any complaints. Case closed. Persons aged below 30, will often be diagnosed with schizophrenia, above this age the diagnosis will be psychosis.

3.8 Community Oriented Policing and Third-party policing

Police already involved citizens in all kinds of activities, and after 9/11 this was more formalized by the introduction of Community Oriented Policing, or Community Policing. To prevent crime they created Pro-active or Predictive Community Policing. And then there is also Third-party policing.

In all these variations, citizens and organizations are involved to assist police with reducing crime and maintaining order. To achieve this, the police creates a network. The problem is, again, that this network can easily be abused.

3.9 Summary

After 9/11, laws were introduced that gave unprecedented powers to law enforcement and intelligence agencies. Prevention became the key component, and as a result you end up in situations where oversight and accountability are lacking and human rights are easily violated without any consequences for the violators. Western democratic countries say this is inevitable and that they violate human rights just a little bit. This is just laughable. Their disruption interventions use maximum torture methods in many cases.

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4 Human rights, interventions, and torture in Western democratic countries

4.1 Introduction

Torture of citizens in their habitat (living environment) in Western democratic countries is almost always clean torture. Clean torture is torture that leaves no scars, no evidence. This is in contrast to scarring torture. The reason is obvious, clean torture can easily be denied.

4.2 Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (CAT) - United Nations - OHCHR

Related articles:

- Article 1 1)
 1. For the purposes of this Convention, the term "torture" means any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected of having committed, or intimidating or coercing him or a third person, or for any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity

1) Many countries made one or more reservations.

There are four cumulative elements in the definition of torture:

- The intentional infliction.
- Of severe mental or physical suffering.
- By a public official, who is directly or indirectly involved.
- For a specific purpose.

4.3 European Convention on Human Rights (ECHR) - European Union

Related articles:

- **Article 3 — torture.**

Article 3 prohibits torture and "inhuman or degrading treatment or punishment". There are no exceptions or limitations on this right. This provision usually applies, apart from torture, to cases of severe police violence and poor conditions in detention.

The court has emphasised the fundamental nature of Article 3 in holding that the prohibition is made in "absolute terms ... irrespective of the victim's conduct".[25] The court has also held that states cannot deport or extradite individuals who might be subjected to torture, inhuman or degrading treatment or punishment, in the recipient state.[26]

- **Article 8 — privacy.**

Article 8 provides a right to respect for one's "private and family life, his home and his correspondence", subject to certain restrictions that are "in accordance with law" and "necessary in a democratic society". This article clearly provides a right to be free of unlawful searches, but the court has given the protection for "private and family life" that this article provides a broad interpretation, taking for instance that prohibition of private consensual homosexual acts violates this article. There have been cases discussing consensual familial sexual relationships, and how the criminalization of this may violate this article. However, the ECHR still allows such familial sexual acts to be criminal.[35]

4.4 Psychological torture

Psychological torture can be regarded as one the worst forms of torture. Not the body is broken but the mind. And mental pain and suffering also can cause physical effects. Much can be written about psychological torture, but I limit myself to some examples I believe are relevant.

Nils Melzer, former UN Special Rapporteur on Torture, on Julian Assange: "Once he had been dehumanized through isolation, ridicule and shame, just like the witches we used to burn at the stake, it was easy to deprive him of his most fundamental rights without provoking public outrage worldwide."

This is very much what happens to all victims of torture in Western democratic countries. Many victims report that they are prevented from sleeping, all their communication is sabotaged and manipulated, friends, co-workers start acting different, random people ridicule them, it seems impossible to find a place without people around, without people following you, things start happening with unlikely frequency, nothing seems private anymore, information about your life is fed back to you in all kinds of ways.

This is all extremely frightening, and you start wondering who is doing this, and why, because you have never been in contact with the police. The longer this goes on, the more isolated, desperate and paranoid you become. Nobody ever told you about this. There is a rule of law right, you live in a democracy. But that does not appear the case anymore.

At a certain moment you will understand what the 'plan' is: Run away, end up in psychiatry, commit a (provoked) crime. You are afraid to tell other people about this, they will think you have a mental breakdown, psychosis. And when you do tell them a little bit at a certain moment, they say you should consult a doctor. And all the time this goes on and on, it even gets worst, more intense. You must make a decision: Surrender or continue.

Examples:

- Everywhere you go there is loud noise. People are drilling in walls, hammering on walls.

- On the highway, cars overtake you and immediately take the exit. And this happens multiple times during a trip
- Every time you go the toilet, a person in the apartment above you also goes to the toilet. When you reach for the toilet paper, you hear the sound of a person taking toilet paper above you. Just before you flush the toilet, the toilet above is flushed.
- You are looking for a relationship but that appears impossible with the manipulated communications. Then on a nice day outside, you are enjoying a view, there are not many people around. Suddenly a couple walks towards you, they stop walking when they are in front of you. Then they start kissing very intense.

4.5 Unprovable physical torture

The last 50 years a new category of weapons has been specifically developed to attack human beings. They operate by transmitting invisible radio frequency, or invisible electromagnetic waves. Examples are lasers and microwave weapons. A number of these weapons can attack people through-wall.

They can be used to give pain, vertigo, burn, sting, cook, headache, etc. This is physical torture that is almost impossible to prove. Even if these attacks leaves visible damage, then no medical doctor will be able to confirm that this damage was caused by such a weapon.

They can also be used for psychological torture.

- Giving you a short painless sting on your head will make you scratch the first time. But if this repeats and/or is synchronized then this is torture.
- Another scenario is where the loved one of the targeted person, is attacked in exactly the same way. They give you a stomach ache and then do the same to your loved one.
- Another scenario is where the loved one of the person under attack, is attacked to synchronize actions. You open a website and your loved one coughs. You open another website and your loved scratches her head. The loved one has no idea that she is doing anything special. If you do not understand this then you may believe that your loved one is part of the plot against you, while she has no idea.

Many victims report that they are attacked with these weapons, in various ways. And often that not only they themselves are attacked but also people and children around them, and their pets.

The horror of these weapons is that it is no longer possible to protect your loved ones. You can no longer say, stay in this room, you are safe here.

4.6 Reasons for torture

Here are some reasons for torture:

- To intimidate or coerce.
- Punishment.
- Extracting a confession.

- Interrogation for information.
- Intimidating third parties.

Western democratic countries use 'Intimidate or coerce' and 'Punishment' to stop and punish citizens in their habitat, in their living environment, not in prison.

4.7 Disruption interventions violate human rights and are torture

It is interesting to observe two court cases in the Netherlands, in 2005 and 2006, where persons were stalked by police:

- Every day, a police car stopped five times in front of the home of the person.
- Every day, police called the person a few times.
- Sometimes the person was followed by police while driving.
- Visitors of the person were asked questions by the police.

The term used in the Netherlands is 'letting a person and his environment know that he is subject of an investigation'. In one case the judge ruled that the operation should stop, in the other case the judge ruled that the operation could continue. Probably these cases were 'provoked' to get an official go / no-go for these types of interventions. Human rights lawyers, lawmakers, were, and still are, furious that these types of interventions are allowed.

In documents, this type of disruption intervention is sometimes referred to as 'Persoonsgerichte Aanpak' (PGA), or 'Person-centered Approach'. In 2007 the Ministers of Justice and the Interior informed the House of Representatives that the Person-centered Approach is used only very sporadically and a 'light variant' is applied. After the rulings, some laws were adjusted. In 2010 the ECHR had not been able to test the measure of Person-centered Approach against the fundamental rights under the ECHR. The Commissioner for Human Rights is very critical of the measure.

In the mentioned cases the disrupted persons knew that the police was doing it. The interventions mentioned above a form of (psychological) torture. The persons involved got very scared, had no idea why this was happening, nobody told them anything. It just started.

After these cases, there were no other court cases on this subject. Does this mean the police stopped doing this or did they start using other methods? What if the cars, phone calls, etc. could not be identified as being police? In many cases victims report that cars are stopping shortly in front of their homes are not police cars, that they are followed by cars, that are recognizable as police cars, that they are called at weird moments but not by police.

4.8 When interventions are torture

Most people associate torture with physical torture. But computer technology enabled a lot of new forms of (psychological) torture, and some are very easy to apply. Law enforcement and intelligence agencies have the abilities to monitor all our activities online, almost all hardware and software contains backdoors that can be used for monitoring and control. With all the data they

collect, they can not only attack a person themselves but also easily inform and instruct people around the person to do specific actions. Let's look at some characteristics of torture.

- **Torture has to do with repetition.**

First, it is very easy to understand that torture has to do with repetition. Doing something only once may have a devastating result, but may be difficult to recognize as torture.

Example:

Every time a person opens a new website on his computer, he receives a weird email-message.

- **Torture can consist of many different actions.**

Second, torture is not just repeating the same thing over and over again. It can also consist of many different actions that together form the torture.

Example:

Every time a person opens a new website on his computer, he receives a weird email-message, or there is an incoming phone call, or there is a slamming door somewhere, or there is car horn somewhere, or there is loud coughing somewhere, etc.

- **Torture is not bound to a location.**

Third, torture is not bound to a location. It can also consist of many different actions at different locations that together form the torture.

Example:

Every time a person opens a new website on his computer at home, at work, or during travel with local transportation on his mobile phone, he receives a weird email-message, or there is an incoming anonymous phone call, or there is a slamming door somewhere, or there is loud coughing somewhere, etc.

- **Torture is not bound to a certain time or moment.**

Fourth, torture is not bound to a certain time or moment. It can also consist of many (different) actions spread over a longer period of time that together form the torture.

Example:

Every time a person opens a website ABC on his computer at home, at work, or during travel with local transportation on his mobile phone, he receives a weird email-message, or there is an incoming anonymous phone call, or there is a slamming door somewhere, or there is loud coughing somewhere, etc.

In this case, the person may open website ABC only once every few days.

Everyone can imagine that interventions based on the examples above, are torture. It may take some time, but once understood, this is extremely frightening.

The example above is one of the types of interventions used by Western democratic countries reported by victims. Some victims also report that the weird email message refers to what happens in their life at that moment. There are many variations.

If (classified) Directed Energy Weapons and Neurotechnologies are used, a slamming door, car horn, etc. can be replaced by making a person burp, fart, or worst. Directed Energy Weapons are a perfect tool for invisible psychological torture and physical torture.

Wireless communication devices like mobile phones make a lot of torture methods very easy. With it, you can involve a lot of people in torturing a person. You can send messages by Whatsapp and ask for example person1 to come out of their home and look outside in the street. And ask person2 to slam a door, etc. You can involve people who are aware what they are doing, but also people who are not aware of anything, by using neighborhood watch Whatsapp groups.

Many devices can be remote controlled, others are dependent on internet presence. You can do things like:

- Temporary block a bank card when a person is standing at the counter in a shop, or paying in a restaurant.
- Turn on the alarm when a person leaves a shop.
- Block Wifi communications when a person wants to show something on his mobile phone to a friend.
- Crash or manipulate a computer.

The possibilities are endless and can be easily denied.

4.9 Evidence of torture is suppressed by Western democratic countries

It is shocking that there is so little documented about modern (psychological) torture in Western democratic countries, about torturing people in their habitat (living environment), where other people will not have a clue that external forces are actually doing this. The reason is obvious. Western democratic countries say they do not torture, they use interventions. What they exactly do is a state secret. However, although Western democratic countries say they do not torture, and lecture other countries about their torture practices, there is enough evidence that they do use torture.

This evidence partly comes 'trial' cases where countries tell a little bit what they do and check the reaction of human rights lawyers and organizations. The other evidence comes from victims harassed by the police. And the last part of the evidence comes from victims who call themselves Targeted Individuals. These are the people that survived or people who collapsed but recovered and understood what is going on. Although the 'system' tries to suppress their information, tries to ignore and ridicule them, label them mentally ill, these people stick to their stories and share them on the internet. Some unite in what they call Targeted Individual human rights organizations. A number of victims testified before the Presidential Commission for the Study of Bioethical Issues, during the Obama administration, but their claims were not investigated.

The Havana Syndrome is about Directed Energy Weapons attacks on US and Canada diplomats and security personnel. The Biden administration limited compensation to government employees with brain damage only, it was all over the news in the US, and while mainly citizens that are attacked

with these weapons have been sending information about this to them, the mainstream media never mentioned that civilians have been reporting attacks with Directed Energy Weapons since the 1990's. Again they were ignored.

Why would people in different Western countries all report the same types of attacks? I believe no victim would object undergoing a lie detector test. This looks very much like a massive cover-up in Western democratic countries.

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5 Directed Energy Weapons and the Havana Syndrome

5.1 Introduction

Many civilians have been reporting attacks with Directed Energy Weapons since the Greenham Common women peace activists claimed being attacked with microwaves in 1986. The true extent of this problem really came to light when the Internet became commonplace after the year 2000.

People mentioning they were attacked with Directed Energy Weapons have, like the ones mentioning police stalking and torture, always have been ignored, ridiculed or labeled mentally ill.

Patents, interviews, and some declassified information showed that these weapons probably existed, but there was no mainstream media information that these weapons were actually used. This changed when the first reports appeared about US diplomats and security personnel being transferred from Havana, Cuba, back to the United States beginning of 2017. They appeared to have been hit with Directed Energy Weapons.

5.2 The Havana Syndrome

The affected people from Havana were examined by medical doctors. They concluded that many had the same symptoms. Their brains were scanned and the scans showed the same unique damage to their brains. That was called the Havana Syndrome. To be more clear, all mentioned the same symptoms, but only a group appeared to have visible (measurable) physical damage.

Another term was introduced: **Anomalous Health Incidents (AHI)**. AHI is formally used to refer to the symptoms, and the Havana Syndrome is formally used to the visible brain damage.

The mainstream media started reporting extensively about this and called everything related to these symptoms the Havana Syndrome.

5.3 US diplomats, security personnel attacked everywhere

Once investigations were started reports came from other countries. US diplomats and security personnel reported attacks from China, Paris and Vienna, Berlin, Australia, London, India, Moscow, Bogota and other countries. A number were also attacked in the United States itself, even on the grounds of the White House in Washington. The mainstream media reported extensively about this with more articles and interviews with diplomats, CIA officers, and other people involved. In 2023, over 5000 US government personnel have reported these attacks.

5.4 Experts point to Directed Energy Weapons

Investigations by experts soon pointed to the cause: Radio frequency energy, most likely pulsed microwaves, which means a Directed Energy Weapon. The US government did not want to disclose more information and said on 1 March 2023 that ‘there is no credible evidence that a foreign adversary has a weapon that can cause these effects’. Security personnel was not allowed to say if the US had such a weapon. Case closed.

Experts, diplomats, and security officers feel betrayed and call this a cover-up. On 29 March 2023, the declassified version of the 1 March report was released. From this report: 'Electromagnetic energy, especially pulsed signals in the radio frequency range, plausibly explains the main features, although there are gaps in information. There are several plausible paths associated with forms of electromagnetic energy, each with its own requirements, limitations and unknowns. For all pathways, there are sources that can generate the required stimuli, are latent, and require moderate power.' This is the contrary of what the US government wanted everyone to believe on 1 March 2023. Strangely (?), the mainstream media did not report about the declassified report ...

5.5 Very important information for civilians that are attacked

All information about the Havana Syndrome is very important to the civilians that have been mentioning they were/are attacked with these weapons. For many years they have been ignored, ridiculed, labeled mentally ill, but finally, after so many years of suffering, there is mainstream information available that these weapons exist and are used against people. Of course, the Havana Syndrome describes only small part of what is being done to them, but it is a start.

5.6 Some weapons can be used to attack a person through-wall

Articles and interviews about the Havana Syndrome that appeared in the mainstream media, confirmed that some types of these weapons go through-wall. This was already reported by many citizens in the 1990's! This no-one is safe inside his home.

5.7 Summary

Although the Havana Syndrome only shows a small part of all attacks that are possible with Directed Energy Weapons, it is at least something that civilians can refer to. The Havana Syndrome is only part of the crimes, atrocities, that are committed against civilians with Directed Energy Weapons.

I compiled all information about the Havana Syndrome, including some history of these weapons, please read the sections:

- List of events
- What we also know

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6 The Torture Toolbox

6.1 Three main tools

There are three main tools that can be used to achieve this torture:

6.1.1 Organized Stalking

The attacks often include very targeted noise campaigns. The attacks range from neighbors coming out of their house when the target comes out of his house, being followed everywhere, to crashing a computer, to a car horn somewhere every the target walks inside a home or shop, or walks outside.

Organized and executed by (national) police, intelligence agencies, related organizations and contractors. Many civilians are involved by police units to co-operate in these activities.

6.1.2 Directed Energy Weapons (DEW)

Used to create stings, burping, farting, skin problems, to burning and cooking body parts, with electromagnetic waves, using laser weapons, microwave weapons. These weapons can also be used to create sounds.

A glimps of this horror was in the mainstream news the last years as the Havana Syndrome. With Directed Energy Weapons, instead of a bang on a wall, a car horn, you can use the body of a person to burp, fart, sneeze, have pain, synchronized with events. Or, to punish, burn, cook body parts like a microwave oven cooks meat. Much can be done from a distance and through-wall.

Organized and executed by national police, (military) intelligence agencies, military, related organizations and contractors.

6.1.3 Neurotechnologies a.k.a. Neuroweapons

Attacks range from reacting to changes in brain activity like holding your breath for a few seconds, to reacting when the target thinks of a certain person.

Advances in (classified) neurotechnologies have made it possible to access your brain from a distance. Thoughts may be forced into your brain that you cannot distinguish from your own unless you are very aware of them. Same for emotions. And they can control your limbs. It is also possible to read emotions, and (with limitations) thoughts. Much can be done from a distance and through-wall.

Organized and executed by (military) intelligence agencies, military, related organizations and contractors.

6.2 Strategies, methods, actions

6.2.1 Sleep deprivation

These attacks are usually **combined with sleep deprivation** to weaken the resistance of the targeted person. Sleep deprivation can be achieved with targeted noise campaigns and Directed Energy Weapons and Neurotechnologies.

6.2.2 Destroying your current life

What the attackers try to do is keep the targeted person thinking the whole time of this problem. The person is looking for solutions to stop this, tries to get rid of the torture. If you would do this for one year, then your life is a shambles. They will also try to distract you from paying your bills in time, from making important phone calls, etc.

6.2.3 Endless provocations

Suddenly the targeted person is surrounded by many people who feedback information they cannot know, blocked in shops, blocked when driving, noise campaigns, strange phone calls, etc. These are all provocations that try to make the person angry, to start shouting, to do things he would never have done. When you are very tired because of many days of almost no sleep, it is very difficult to control yourself.

6.2.4 Programming, sensitizing

Many people targeted are sensitized to actions in one way or another. They can drive with cars a few days in front of your home and every time a car passes, they honk. You cannot ignore this. After these you are sensitized, and they use a car horn far away, when you leave your house, when you get into your car, when get out of your car, when you enter a shop, when you exit a shop. The car is used to let you know that you are being watched everywhere. When this happens in the beginning of the attacks, many will associate this with fear.

Another example is that they sensitize you for a certain color. On every corner of every street you go, there is a person in a red jacket or coat. After this you are sensitized and will have much more attention for people in red jackets and coats. Are they part of the gang?

6.2.5 Addictions

These attacks also try to create addictions, like an alcohol addiction. For example, when you are deprived of your sleep, then after a number of days you get exhausted. All you want is one good night sleep. Drinking (enough) alcohol certainly will make you sleep. When you start drinking, the sleep deprivation typically diminishes. When you suddenly stop drinking, they do everything to get you drinking again. And I mean everything.

6.2.6 Psychological torture and physical torture

Organized Stalking is often used for psychological torture, but it can also include physical attacks, like persons bumping into you, hitting or beating you. Attacks with Directed Energy Weapons are

mostly physical torture because they are often used to cause pain and physical damage to the body. But they can also be used for psychological torture for example by applying short beams you can feel but do not hurt. Neurotechnologies torture is psychological torture. Forcing thoughts into your brain that you (hardly) can recognize as not your own, receiving feedback that they know what you are thinking of.

And what they can do the targeted person with Organized stalking, Directed Energy Weapons and Neurotechnologies, they can also do to persons around the target.

6.2.7 Maximum pain business

The psychological torture and physical torture are not randomly applied. The whole idea is to cause maximum psychological and/or physical pain. Maximum pain will break a target faster. This means you can also this 'The Maximum Pain Business'.

Maximum pain can be created with psychological torture. The constant acknowledgment of total loss of privacy is almost unbearable. With neurotechnologies, where they react to changes in breathing, brain activity, or use subvocal speech decoding, is cruelty beyond imagination.

Maximum pain can also be created with physical torture using Directed Energy Weapons. These attacks are nearly impossible to prove. Making a person fart or burp every time he passes a door in his house is psychological torture. Stinging, burning and cooking the body, causing horrible headache, chest pressure, are example of this torture.

The attackers do not hesitate to involve children in stalking activities. And they do not care to attack children of the people that are targeted. Of course, they do not do this just like that. The attacks very clearly show to the targeted person that these are attacks indeed.

6.2.8 Gloating

When the person makes a mistake with work, or otherwise, the attackers will respond with more noise and sounds, laughing.

6.2.9 Isolation

One of the first things they want to achieve is to isolate the targeted person. They want him to keep thinking and talking about this, the whole time. Not many people will want to listen to this. Even less people will believe this. For the people close to the person, it will be even more difficult to believe. Nobody wants a person they love, care for, to be attacked in these ways.

Then there is problem of where to go. We did not learn much in life. When there is a medical problem, we go to a general practitioner, when we feel threatened, we go to the police. But the police cannot do anything without evidence. This leaves the medical option. To the person targeted this is so wrong, there is no medical problem, there is no mental problem. He is being attacked but cannot prove anything.

At this moment many people stop talking about what they experience to others. And this is exactly what the attackers want to achieve.

6.2.10 Self-isolation

There may be some people that do not give up on the person. Others want to help the person. The attackers do not hesitate to attack these people as well. But this is done in such a way, that anything that happens can be considered a coincidence. The only one who knows that these people are attacked is the person targeted.

After a number of these ‘coincidences’, the targeted person may opt to self-isolate because he does not want people he cares for to get hurt.

7 Organized Stalking

7.1 Description

With current technologies and mass-surveillance, nobody in Western democratic countries has privacy anymore. Citizens are told that this is needed to track terrorists. Do you really understand what you can do with all this data? Assume someone in the government decides to 'eliminate' you for whatever reason. Then they can use all this data against you. Your private conversations, your deepest feelings, your locations. They can manipulate all your communications. There is nowhere to hide.

Organized Stalking is a term used for an endless number of activities that can be used to target a person. Sometimes it is called police stalking, but that is far too limited. Many actions, including Ghacking into your devices and communications, are done by police, but many other government organizations may be involved, including intelligence agencies, contractors, etc.

A limited list:

- **Stalking, following.**

Often a lot of 'stalkers' are used. Police, plain clothes police, secret service agents, retired police officers, intelligence officers, but also civilians are used. All actions are very coordinated. To the targeted person this looks like a big group of people, and it often is a big group of people. This is where the terms 'Gang stalking' and 'Group stalking' come from.

- **Noise campaigns.**

Can be anything from slamming door to drilling. These are sounds that mean nothing to most people, but can mean everything to the targeted person, if the person has been sensitized for certain sounds, or if the sounds are synchronized with the life of the target.

- **Manipulation of all communication.**

Failing internet connections, dropped phone calls, manipulated computers, crashing computers. Sending messages, emails related to events in the life of the target. Man-in-the-middle attacks. They may use a Stingray portable 'cell tower' to intercept all your phone calls.

- **Hacking of computers and mobile phones.**

Your computer(s) are hacked. They can see what is on your screen and/or see every letter you type. They can make your computer crash, freeze, make your mouse and keyboard unresponsive. They want to suggest that your computer is defective while it is not, for example by manipulating the hard drive software, graphics software. Your mobile phone is hacked. This is often noticed by the fact that the battery is empty very quickly.

- **Manipulation of devices.**

They manipulate your television by using their own remote control, try to connect to Bluetooth of your TV. The refrigerator can be switches of and off.

- **Informants and infiltrators.**

They send informants trying to gain trust and gather information, or infiltrators that try to

influence the actions of a targeted person. They can act as handlers, or persons that try to manipulate, gaslight, a target. Sometimes informant or infiltrators suggest committing a crime.

- **'Random' citizens.**

Many citizens around the targeted person are involved by law enforcement and intelligence agencies. They are asked to do certain things, say certain things. They can ask shop owners, supermarket personnel, shoppers, co-workers, people in the gym.

- **Destruction, damage, smearing and break-ins.**

Destruction, damage from clothing to computer equipment to much more expensive property such as your car. Smearing of the door and window of your house, and car with bird droppings.

- **Provocations to make you angry.**

Endless provocations to make you shout, to make you angry.

- **Media stalking.**

Information related to your life is fed back to you through websites you visit, radio and sometimes even television. Some feedback is very real, such as a news item mentioning specifics about your life. Other feedback is like mix-in. For example coughing mixed into a television show, or, when watching a football match on the television, synchronized shouting is mixed in by a person in the stadium close to a microphone in the stadium.

In many ways, media stalking shows how widespread and criminal the torture system is. Everywhere there are agents, abusing their powers.

- **Constructed accidents.**

This can be accidents by car, or any type of other accident.

The attackers can involve a lot of people, from the neighborhood, work, supermarket, in fact everywhere the person goes. To make people co-operate, the attackers tell lies. That is the way they operate. They are all excellent liars.

During this process new informants may be recruited, sometimes infiltrators are used, sometimes a person close to a targeted person takes a (part-time) job/is offered a job with the police.

There are special cells within the police that operate undercover. They are individuals assuming different identities on the internet and real life. They infiltrate groups, try to become friends.

7.2 Examples of attacks/torture

7.2.1 Stalking, following

- Everywhere you go, there are people. You are never alone.
- Every time you walk into the living room, a car, bicyclist, pedestrian, passes, either in front of your home, or very visible in your view.
- You are blocked by people that deliberately stand in front of you.

- You run an unlikely number of times into the same person.
- Sensitize you to specific sounds. For example, they drive with cars honking their horn in front of your house. Then, every time you go outside, get in your car, get out of your car, walk in a shop, out of a shop, etc. there is a car horn. Never alone.
- A car is blocking you every corner of the road. Always.
- A car is entering the highway at exactly the same moment you are passing. Always.
- Cars with one broken head light, or one broken rear light drive around you.

7.2.2 Noise campaigns

- Making 'noise' to react to everything what a person is doing. This can be a bang on the wall, a slamming (car)door, fireworks, coughing, shouting, drilling, sliding chair, high heels, falling object, car horn, sneezing.
- Sometimes the same of noise follows you to other locations. For example, everywhere you go, drilling close by starts shortly after arriving.
- Also used to prevent you from sleeping, or to wake you up.

7.2.3 Manipulation of all communication

- Your internet connection fails all the time.
- DNS is blocked.
- You receive emails that are a reaction to things you do.
- They insert a man-in-the-middle in your internet connection.
- They route your connection via another country where they filter and monitor
- They use a Stingray portable 'cell tower' to intercept all your phone calls.
- Weird situations with other people because of communication manipulation, like clicking line, fading sound.
- You talk to a person on the phone about peanut butter and shortly after receive an email advertisement about peanut butter.

7.2.4 Hacking of computers and mobile phones

- They can see what is on your computer screen.
- They 'see' every letter you type.
- They crash or freeze your computer at key moments to suggest that something is wrong with your computer.
- They manipulate your mouse, make it go crazy over the screen.
- They manipulate your graphics suggesting there is a problem with your graphics card.

- Mouse and/or keyboard suddenly (at key moments) become unresponsive.
- Your phone suddenly restarts.
- Battery of the phone empties very fast.

7.2.5 Manipulation of devices

- Your television switches off immediately after you turn it on.
- They mix images into a broadcast you are watching.
- They mix sounds, like coughing into a broadcast you are watching.
- They try to connect to your television via Bluetooth.
- The refrigerator is switches on and off at specific moments.

7.2.6 Informants and infiltrators

- They send informants trying to gain trust and gather information.
- They make people call you at specific moments.
- They use infiltrators and handlers trying to influence your actions, or even suggest you to commit certain crimes.
- They can send people that gaslight you.

7.2.7 'Random' citizens

They involve people to say things, do things.

- People from your neighborhood.
- People from shops you visit often.
- People from restaurants you visit.
- People from the gym you visit.
- Etc.

7.2.8 Destruction, damage, smearing and break-ins

- Products you order online are often damaged.
- Clothes are damaged.
- Computer equipment is damaged.
- Your car is smeared with bird droppings.
- Your car is scratched slowly.

7.2.9 Provocations to make you angry

- When you make a mistake there is laughter (gloating).
- A long line at the counter and when it is almost your turn, another counter opens. Always.
- Persons bumping into you, blocking you the whole time.
- Cars on the highway cutting you off the whole time.

7.2.10 Media stalking

Information related to your life is fed back to you through websites you visit, radio and sometimes even television.

- A website you visit often, publishes articles about subjects you spoke of before. For example, you have trouble using a hammer. Then there is an article about how the best way to use a hammer.
- Coughing and or shouting is mixed in at certain moments.
- In a football stadium of a match you are watching on television, they have a person close to a microphone, shouting to actions you do.
- On the television, they pop up a naked woman suddenly when it is late.
- They stop the transmission at very specific moments, meaning the image on the television freezes.
- They create their own version of an intro of a film, with some things images related to your life.

7.2.11 Constructed accidents

- This can be accidents by car, or any type of other accident.
- A car drives with high speed towards a crossing on your road, if you do not brake, you may crash into that car. Always.
- A car makes an attempt crossing your road while from the opposite site comes another car.
- On the highway, a car enters the road at exactly the moment you are there. In the dead angle of your car mirror is another car that is overtaking you slowly. If you had moved to the left, giving way to the entering car, you would have collided with the overtaking car. Always.
- When passing a truck on a dark highway in heavy rain, you receive an SMS message the moment you are next to the truck.

7.3 Children involved by attackers in Organized Stalking

People organizing, co-operating with, stalking attacks, sometimes also involve children, they don't care:

- They attack also the children of the targeted person.

- They use their own children to attack the targeted person.
- They use their own children to attack the children of the targeted person.

When asking children to stalk a person, they place the children in potential harm. This also has a devastating effect on the morality of the used, often young, children.

Examples:

- Children are asked to walk in circles around a person.
- Children respond to phone message bleeps, by shouting, like they see their parents do.
- Children are asked to beat a child of the targeted person.

References / Links:

- [Children Exploited By Stalker's Parents To Stalk Targeted Individuals \(TI\)](https://medium.com/@doesitgo/children-exploited-by-stalkers-parents-to-stalk-targeted-individuals-ti-0000d8389496)
https://medium.com/@doesitgo/children-exploited-by-stalkers-parents-to-stalk-targeted-individuals-ti-0000d8389496

7.4 Animals involved by attackers in Organized Stalking

A dog or cat of the targeted person is beaten up by the attackers.

8 Directed Energy Weapons (DEW)

8.1 Description

Important: In a number of cases it is, for me, not possible to distinguish between attacks with DEW on the body or attacks on your brain. In many cases it is very clear, for example lasting pain in body parts, red skin. Compare observed brain damage in US Havana Syndrome diplomats. Or, from the Active Denial System (ADS) FAQ, mentioning second degree burns. In other cases, the attacks may have been applied via the brain, for example itching, which goes away immediately when the attacks stop.

Weapons using invisible radio waves have been in development for over 50 years. The human body is extremely vulnerable to electromagnetic energy. Civilians have been reporting attacks with DEW for over three decades, some are attacked 24/7. Victims ask the police and their government for help but are not getting any help. And the media is covering up their stories, or saying that these people are suffering from delusions or are mentally ill. This changed when the Havana Syndrome appeared in the mainstream media in 2017. US and Canada diplomats and security personnel were attacked with Directed Energy Weapons, told their stories in the mainstream media. Credible organizations and experts confirmed that these were attacks with pulsed radio frequency energy. Almost all attacks on the Havana Syndrome diplomats and security personnel took place when they were at home, in a hotel, in a hospital, on the street.

Directed Energy Weapons are perfect tools for torture because the torture can be applied from a distance (a room next door, a close building, a car/van, the sky), through-wall, and leaves no evidence. Only very advanced equipment can be used to detect and register these attacks. The US military started in 2021 a project to develop a low cost ‘Wearable Radio Frequency Weapon Exposure Detector’. The results will not be available before 2025.

Directed Energy Weapons can be categorized by the frequency they are using. A limited list:

- ELF, extremely low frequency.
- Sonic.
- Ultrasound.
- Microwave.
- Millimeter wave.
- Laser.

Note(s):

- The term weapons is used because these are devices that are used, can be used, to attack human beings. A surveillance device using microwaves can, with minor modification, be used as a weapon.
- Multiple frequencies may be used at the same time, compare frequency modulation where a low frequency signal (audio) is used to vary (modulate) the carrier frequency.

- RADAR emits pulsed microwaves that can be used to attack human beings.

The human body is extremely vulnerable to electromagnetic energy. These weapons can be used to create all kinds of physical effects, slowly or instant. Depending on the intensity and/or duration, the damage to the human body ranges from none to horrible. Recovery can take minutes or many days. If the attacks do not stop but are repeated or are continuous, the damaged parts cannot (fully) recover and get slowly more damaged. The pain ranges from no pain to horrible (maximum) pain. These weapons can also be used to create sounds inside/outside your home, like 'plock' sounds. You can be attacked from handheld devices, fixed positioned devices, vans, aircraft.

A very limited list of effects that can be achieved:

- Vertigo.
- Nausea.
- Confused.
- Headache.
- Head attack causing short term memory loss.
- Stomach ache.
- Chest pressure.
- Heart attack.
- Heart beat changes, you think you will die.
- Spasms.
- Urge to urinate.
- Urge to defecate.
- Itch.
- Stings.
- Burning.
- Cooked alive, you think you will die.
- Unable to walk.
- Horrible pains.
- Instant damage to body parts.
- Erection stimulation and removal.
- Forced orgasm (women).
- 'Plock' sounds.

A number of these weapons can attack a person through-wall.

Ways how Directed Energy Weapons are used:

- Low intensity / high intensity attacks
- Short attacks / long attacks (with microwaves: slow cooking)

#	Intensity	Duration	Examples
1	Low	Short	Sting, itch
2	High	Short	Damage eyesight, muscles, heart, rumbling stomach
3	Low	Long	Cooking feet, legs, in the night
4	High	Long	Headache, stomach ache, cooking body

In general one can say that all frequencies can be damaging to the body of a human being if the intensity is high enough, and the duration is long enough.

Torture with very low intensities is as cruel as torture with high intensities. Torture with very low intensities is psychological torture, and torture with high intensities is physical torture.

8.2 Examples of attacks/torture

Here are some examples of horrible torture, showing the 'beauty' of Directed Energy Weapons:

- They cook you out of your home. First you feel an intense burning sensation on the back, followed by intense internal burning (cooking), followed by gal coming out of your throat, and very much difficulty to breath. If the beam is powerful enough, you feel an intense burning sensation on the other side of your body where the beam leaves the body. They can also shoot from the sky with the same effect.
- They vibrate your bowels until it feels your intestines are twisted and squeezed. This causes maximum pain.
- They make you fall asleep when driving your car.
- They partly burn away your mustache hair.
- They cook your eyes, causing tearing, when you are working behind your computer.
- They shoot your throat the moment your are drinking, causing enormous coughing.
- They cook your body when are having sex.
- They cook your back every time you bend over.
- They cook your eyes causing tearing.
- The shoot your eyes, causing pain and red eyes.
- They shoot your calf, causing serious damage, to prevent you from doing sports.

- They cause itching on your upper lip, eyebrow or cheek.
- They give your muscle spasms.
- They pressurize your chest, like it is going to explode.
- They produce tinkling all over your upper arm.
- They wake you up by causing urge to urinate.
- They wake you up by burning your legs.
- They keep slowly cooking your legs every night. After some time it becomes very difficult to walk without very much pain.

Directed Energy Weapons are almost always used to deprive a person from sleeping.

One of the things done with Organized Stalking is to react to everything you do. With Directed Energy Weapons this is taken to the next level. Instead of a car horn, a slamming door, or coughing, they can now use the body of the targeted person to react. They make the person, fart, burp, sneeze, sting, burn, shoot.

Examples involving multiple persons:

- Use urge to urinate to discredit a person.
Give a person the urge to urinate, and synchronize this with a person walking past his house. If you do this all the time, the person walking by will notice this if looking into the house and find this very odd, scary.
- Use urge to urinate to make a person look like a stalker.
Give a person urge to urinate, and do the same to another person, who has no knowledge of this, in the same house. They will meet in front of the toilet. Funny, for one time. But the attackers can arrange this all the time. The other person will notice this and this very odd, scary.
- They make your stomach rumble and also the stomach of the unaware person sitting next to you.
- Use scratching to suggest that an unknown person participates in the stalking..
Use it on both the targeted person and persons close to the target. The attackers beam the head of the targeted person that makes him scratch his head. Immediately they beam a random person very visible to the targeted person on the head. The targeted person may think that the random person scratching his head is part of the stalking.
- Use scratching to suggest that a known person is participates in the stalking.
Use it on a known person very visible to the targeted person. Every time the targeted person opens a new web page, the known person in the same room is beamed on the head by the attackers and scratches his head. The targeted person may think that the known person in the room person is part of the stalking.

For the last two cases: If the targeted person does not understand what is possible with Directed Energy Weapons, he may attack a completely innocent person. Also, this can perfectly be used to destroy a relationship or friendship.

A targeted person MUST understand: What they can do to you, they also can do another person. But even if the targeted person understands, this is extremely cruel if for example the random person is the partner of the targeted person. Loved ones used, without their knowledge, to attack you. Sometimes agents, stalkers, are used, but at other times random persons are involved, without having any clue, that they are being used to torture a fellow citizen. And you can imagine what happens if the targeted person knows nothing about Directed Energy Weapons.

8.3 Long-lasting symptoms, damage and pain

Many symptoms created with Directed Energy Weapons disappear immediately or after a few minutes. But sometimes, the attacks are intentionally aimed to caused long-lasting effects and pain.

Examples:

- To prevent you from jogging, running, they shoot, flash, your calf with extremely high power. The result will be that almost cannot walk for a number of days.
- To prevent you from jogging, running, they cook your lower legs and feet in the night. In the morning you have difficulty walking. If they keep doing this, you can forget jogging, running.
- They shoot your heart area with very high power. This will give you extreme pain in the heart area. This pain may last for a few weeks and slowly goes away.
- They destroy an eardrum. It takes a few weeks for this to recover.
- They beam your upper body giving you pneumonia like symptoms.
- They cook you hip on one side of your body, mainly in the night. After some days, you have extreme pain when walking. If they stop, the body slowly recovers and the pain goes away after some days.
- To prevent you from swimming, they damage the muscles in your hand, so you can no longer keep your fingers together. When they stop doing this, the effect goes away.
- They vibrate, cook, your intestines, giving you maximum pain, which may look to other people like appendicitis. It's like your intestines are twisted and twisted. When they stop, it takes ten to fifteen minutes before pain gets less, and a few hours before the pain is gone.

8.4 Attacks on children, family members, friends

The attackers also use Directed Energy Weapons to attack children, especially young children as they cannot express (well) what is happening, or their complaints are not taken seriously by other people:

- Make a baby cry.
- Give a child headache, stomach ache.
- Etc.

When the targeted person is parent, then his children are tortured to torture the targeted person.

Examples:

- Give the person a painful stomach ache and then give the child painful stomach ache.
- Give the person a painful headache and then give the child a painful headache.

Unimaginable cruelty.

8.5 Attacks on, and torture of, pets, animals

More cruelty. Directed Energy Weapons are also used to attack animals. Often pets of targeted persons are attacked, but also other animals on other occasions. Examples:

- Make a dog bark
- Make a horse prance
- Make a dog or cat throw up blood.
- Make a dog or cat walk limp by attacking a paw (leg).
- Make a dog of a person in the neighborhood poop in front of the house of the targeted person.
- Etc.

8.6 Protection against attacks with Directed Energy Weapons

There is not a one-solution-fits-all, In general (very) limited protection is possible using shielding, but it depends on frequencies used. Low frequencies can be blocked with lead (Attention: lead poisoning). High frequencies can be blocked with Mylar, or similar materials. This is also used in aircraft to protect sensitive equipment against external attacks. Through-wall attacks usually are pulsed microwaves modulated with low frequency. The problem with all these methods is that you can do this only inside your home. You cannot walk outside with shielding around you.

The most practical shielding I found was sheet metal, several layers of 1–2 millimeters thick. This stops microwaves, and reduces pressure attacks. It is not perfect, and if they really want to attack you, they will find ways to do this.

References / Links:

- [Pulsed Microwave Attacks on US, Canadian, Embassy and Security Personnel: The Havana Syndrome](http://www.havanasynndrome.nl)
<http://www.havanasynndrome.nl>

9 Neurotechnologies a.k.a. Neuroweapons

9.1 Description

Important: In a number of cases it is, for me, not possible to distinguish between attacks with DEW on the body or attacks on your brain. In many cases it is very clear, for example lasting pain in body parts, red skin. Compare observed brain damage in US Havana Syndrome diplomats. Or, from the Active Denial System (ADS) FAQ, mentioning second degree burns. In other cases, the attacks may have been applied via the brain, for example itching, which goes away immediately when the attacks stop.

According to Wikipedia: 'Neurotechnology encompasses any method or electronic device which interfaces with the nervous system to monitor or modulate neural activity.' 'The field of Neurotechnology has been around for nearly half a century but has only reached maturity in the last twenty years.'

Considering the fact that there are many patents and research projects about monitoring and influencing the human brain from a distance, it is fascinating that there are no separate pages about Remote Neural Monitoring and Synthetic Telepathy on Wikipedia. Information about 'Synthetic Telepathy' is on the Brain-computer interface Wikipedia page, while 'Remote Neural Monitoring' is mentioned on the Electronic Harassment Wikipedia page. This probably means that the technology is classified, they do not want you to know.

Organized Stalking and attacks with Directed Energy Weapons are often used to take away all privacy of a person. It is horrible that there are persons watching you 24/7 and create reactions to everything you do. Attacks with Neurotechnologies take away the last thing you thought that was private, the thoughts in your brain. Not only can they 'read' (with many limitations) your thoughts, see below, but they can also force thoughts into your brain that you cannot distinguish from your own, unless you are very aware. Forcing thoughts into your brain is much easier than reading thoughts.

Many people who claim their thoughts are being read, are often wrong, as they do not consider that thoughts can be forced into their brain. Example. You have a conversation with a person. You think of the prices you paid recently for apples. Then, suddenly, the person you are talking with starts talking about the prices of apples. Are they reading your thoughts and is the person you are talking to an agent? The person can be an agent, but they probably are not reading your thoughts but are forcing thoughts about the prices of apples into your brain. The person you are talking to does not have to be an agent. They can also force the same thoughts into the brain of the person you are talking to.

9.2 Basic and advanced Neurotechnology attacks

We differentiate between basic and advanced Neurotechnology attacks.

9.2.1 Basic Neurotechnology attacks

This is about detecting brain/body activity changes, without exactly knowing what is going on the brain. Examples of used technologies:

- RADAR flashlight: Used to detect the respiration of a living subject behind a wall, door or an enclosed space with non-conductive walls.
- Life Assessment Detector System (LADS): A microwave Doppler movement measuring device, can detect human body surface motion, including heartbeat and respiration.

Examples what you can do with these technologies:

- Detect when a person almost falls asleep and then use noise (slamming door, car horn, etc.) or DEW attacks (plock sounds, sting, etc.) to fully wake the person again.
- Monitor the breathing of a person and when the person holds his breath you let him know using noise (slamming door, car horn, etc.) and/or DEW attacks (plock sounds, sting, etc.).

9.2.2 Advanced Neurotechnology attacks

This is about:

- Forcing information into the brain, some examples:
 - Forcing thoughts.
 - Forcing songs.
 - Forcing dreams.
 - Forcing 'brainsoup', many thoughts at the same time.
 - Controlling limbs.
 - Forcing pain.
 - Forcing specific dreams.
 - Etc.
- Monitoring detailed information from the brain, some examples:
 - Reading (partially decoding) thoughts.
 - Reading pain.
 - Etc.

9.3 Voice-2-Skull, or V2K

Many people that are targeted mention that they suddenly hear voices talking to them, this is called Voice-to-Skull, or V2K. Although recent research shows that many people hear voices and it is a quite a common human experience, hearing voices is still very much linked to mental health problems, like psychosis, schizophrenia, depression.

Some people are attacked with Organized Stalking and then suddenly start hearing voices. Others are attacked with Directed Energy Weapons and suddenly start hearing voices.

Many people are 30, 40, 50 years or older, have no history of alcohol or drug abuse. Older people are often labeled with psychosis.

The technology to produce audible sounds inside the head bypassing the ears was discovered in the 1960's, and often referred to as the Microwave Auditory Effect, also known as the microwave hearing effect or Frey effect. The technology works by heating which causes thermoelastic expansion of portions of the auditory system. In 1975, an experiment was described where microwaves were modulated with audio, and that nine words out-of-ten were recognized.

Although there are many patents and (military) projects that suggest that a lot of research on this subject has been done, no apparatus is available today that be used to demonstrate this effect.

9.4 Forced Thoughts

To begin with, Forced Thoughts is NOT Voice-to-Skull, there is no one talking to you, there are no voices. I call this 'Forced Thoughts' because it is just something that comes up in your mind, brain. Some related terms are 'Synthetic Telepathy, 'Subliminal Messages'.

Most people do not make decisions based on rationale but on emotions. They follow what comes up in their mind, and do not question if there is a reason why this popped up. Why would you question your own thought?

This makes Forced Thoughts extremely dangerous. If you do not know about this, and you are targeted, then you are a robot. You may call someone at a specific moment, say something specific, end up on another location.

9.5 Thought reading and subvocal speech

There is no evidence of accurate reading of thoughts remotely today. However, reception of **subvocal speech**, where the speech muscles are monitored from a distance, may provide enough information to understand what a person is thinking of. Especially when processed with artificial intelligence. Subvocal speech: When we talk to ourselves without speaking words, and we do that a lot, the whole speech system is working as when talking, without actually speaking the words. The speech muscles are stimulated but are too weak to generate words that anyone can hear. Research on this subject started more than three decades ago.

9.6 Examples of attacks/torture

Here are some examples of horrible torture using Neurotechnologies:

- They monitor your breathing and create an action (bang on the wall, car horn, burp, fart, etc.) the moment you hold your breath for a moment.
- They monitor your brain when you are in bed and create an action the moment you fall asleep, to wake you up again.

- They monitor your brain when you are in bed, your eyes are closed, and when you move your eye a tiny bit, they create an action.
- They monitor your brain and when you think of a person they create an action.
- They force a song into your brain depending on your mood, for example when you feel down or are in pain, the song 'Time to say goodbye' (often played at funerals).
- They force a song into your brain depending on what is happening in your life, for example when you walk into the kitchen and the sun is shining, the song 'Here comes the sun'.

9.7 Protection against Neurotechnology attacks

The only way to protect yourself is to shield your brain. But you cannot have some life with all this shielding around you. The most important thing you can do, you must do, is increase your awareness of your thoughts. With everything you want to do, want to say, every thought you get, you must not act impulsively but instead think why you get this intention, why you get this thought. Is this really my own thought, is this really me? We never learned to think this way, most of the decisions we make are based on emotion, not on rationale. To learn this may take you a few years. It is the only way to be free.

References / Links:

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- [SYNTHETIC TELEPATHY AND THE EARLY MIND WARS](https://www.roi.ru/tmp/attachments/718817/synthetictelepathyandtheearlymindwars--kopiia1509733759.pdf)
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10 Torturing citizens in their habitat (living environment)

10.1 Introduction

The number one aim of torturing a citizen in Western democratic countries is almost always elimination. With elimination is meant, making a person run away, destroying the credibility of a person, making the person commit a crime, causing the physical death of a person. In short, removing a person from society. From this moment on, the person's claims can easily be dismissed. Also, from this moment on, the person is an easy target for human experimentation, and other purposes.

10.2 Reasons why people are selected for elimination

There are many reasons why a person can be selected for elimination. An incomplete list:

- The person is an investigative journalist and touches information that may hurt the state, or elite.
- The person is a whistleblower.
- The person is out-of-control in some way.
- The person has knowledge that never should become public.
- Punishment, revenge, nepotism.
- Human experimentation.
- The person is used to allow recruiting new agents, informants, for the security system.
- The person is used to create terrorist events, including shootings.
- A combination of some of the above.

In almost all cases, the reason why someone is selected for torture can never be a valid reason.

About "The person was selected to create 'terrorist events', including shootings, to many this may look like a conspiracy theory. But for many terrorist events one can question the narrative of the government (officials):

- "In an analysis of five hundred terrorism-related cases brought since September 11th, the journalist Trevor Aaronson found that nearly half of them involved a confidential informant." ... "Inside the FBI's Manufactured War on Terrorism exposes how the FBI has, under the guise of engaging in counter-terrorism since 9/11, built a network of more than fifteen thousand informants whose primary purpose is to infiltrate Muslim communities to create and facilitate phony terrorist plots so that the Bureau can then claim it is winning the war on terror."
- And what to think of shooter incidents where the shooter claimed he was tortured by governments agencies and/or hearing voices.

Below are a number of cases, but there are much more. The mainstream media does not seem interested in looking into the obvious similarities ... why?

- Aaron Alexis, 16 September 2013: "Alexis told police in Rhode Island that three people were following him and using "some sort of microwave machine" to send vibrations through the ceiling and into his body, keeping him from sleeping. He also claimed that voices were speaking to him through "the walls, floor, and ceiling.""
- Myron May, 20 November 2014: "He believed government "stalkers" were harassing him and using a "direct energy weapon" to hurt him. " The shooting took place in Florida *at the same time* the Covert Harassment Conference 2014 started in Brussels. The Covert Harassment Conference was the first international conference for Targeted Individuals.
- Robert Card, 19 October 2023: "A bulletin sent to police across the country after the attack said Card had been committed to a mental health facility for two weeks this past summer after "hearing voices and threats to shoot up" a military base."

10.3 Interventions in Western democratic countries that are organized murder

In the Netherlands they formulated this as follows: "Directing you to a care and/or justice pathway / Referring you to care and/or risk reduction.". Elimination is a set of extremely harsh secret interventions that have nothing to do human rights, but everything with maximum torture.

Western democratic countries 'eliminate' a person by driving a person out-of-his-mind with the aim:

- The person collapses into a psychiatric patient.
- The person commits a (staged) crime.
- The person commits suicide.

And if everything fails they may involve you in car accidents, etc.

To achieve this Western democratic countries use all kinds of torture methods, including the use of advanced and classified technologies. Often the elimination process starts with psychological torture. What they did in communist countries has been perfected by Western democratic countries. They rape your mind, they dehumanize you.

10.4 The new prison: The virtual torture chamber

In the past, people were arrested, thrown in jail and tortured. This still happens in many non-Western countries. In Western countries this is no longer necessary. The last decades it has become possible to create a virtual torture chamber for a person that is targeted. You can be monitored, followed and attacked anytime, everywhere.

Technology has advanced to a level where they can hear every word you say, see everything you do (through-wall vision). And that is just the start. With Directed Energy Weapons they can attack you with invisible electromagnetic waves, from a distance, but also through-wall.

This means they can attack you in your home, in a shop, at your work, when you drive your car, when you are in an aircraft, when you are in the middle of a vast deserted forest (from the sky). When you are at a funeral, when you are jogging, when you are visiting a friend, when you are having sex inside your bedroom.

10.5 A silent holocaust

Many survivors of these crimes stay silent, and try to live their difficult lives. Others stand up and call themselves a Targeted Individual, and try to inform other people and expose these crimes. But many people attacked these ways do not survive, they end up in mental institutions, in prison, commit suicide, or are simply murdered. That is why many survivors of these crimes call this a silent holocaust.

10.6 Attackers playing Gods with (classified) technology

Law enforcement, including intelligence agencies, have the monopoly on using force against civilians. Small units within have access to the most advanced, often classified, technologies. The last decades also units from the military became more and more involved in maintaining order in a country, this has become very visible the last years.

All these powers can and are abused, it has always been like this in history. But last decades, new technologies have been developed that give unprecedented possibilities and powers to these units. And nobody is able to stop them anymore. Attacks with Directed Energy Weapons and Neurotechnologies are invisible and can easily be denied.

Of course, they also use known technologies to attack targets. For example, they can manipulate your phone connection in many ways. They can insert clicks to give you the idea that someone is listening. Or they can insert very small pauses, or mix-in another call in the background.

Go against them? In the past they involved you in a car accident, or poisoned you. Today they drive a van into your street and zap you a heart attack through the walls of your house.

10.7 Surviving means more torture, never-ending torture, human experimentation

If the person somehow manages to survive then there is a very big problem for the attackers. With surviving is meant that the person does not collapse into a psychiatric patient, does not commit a crime, does not commit suicide and survives other attacks, and still is credible. Survivors are also people who are exposing these crimes, and people who collapsed but recovered and start exposing these crimes.

The system does not tolerate failures and cannot stop with this process because:

- The organizers lied to their superiors.
- The attackers lied to (many) people around the victim.
- The attackers asked people around the victim to co-operate in torture.

The victim **MUST** be labeled mentally ill as a minimum.

When the psychological torture of the first phase does not work anymore, the attackers now also will start using Directed Energy Weapons to attack the body of the victim. Because the victim entered a new phase, often also Neurotechnologies may be used to attack the victim. In many cases the victim will become a guinea pig for new weapons development and all kinds of mind control experiments.

If the victim also survives this phase, the attackers are out of options. The only thing left to do is to continue, meaning that the torture never stops.

Because of the internet, victims are much better prepared on what can happen. They know for example that moving to another city probably will not change anything. The same applies to moving to another Western democratic country. Some victims move to countries in Asia. Others choose to stay where they are and accept the gruesome torture.

If the victim does not move then the problem for the system has become enormous. They must keep lying to all the people around the targeted person they involved, while at the same they keep torturing the target.

The above sequence of torture is just one of the ways. There are also people who are targeted only with Directed Energy Weapons, or are only involved in Neurotechnology experiments. Some, suddenly start hearing voices.

10.8 Citizens involved in torture by law enforcement and intelligence agencies

Police and intelligence agencies often involve civilians, who happen to be in living environment of the targeted person (home, work, supermarket, etc.), to 'help' them attacking a person. These civilians are often told lies to get their participation. The civilians are not told that they participate in stalking, which is a crime in most countries, and they are certainly not told that they participate in torture, which is forbidden in almost all countries.

Are these involved citizens without blame? If you are asked one or two times to come out of your house at a certain moment then well ... ok. But if you keep doing this many times, then you are seriously involved and you know you are involved in stalking a person. Even if you are not a thinking person, you know the difference between right and wrong.

Of course, seriously involved citizens understand at a certain moment what is at stake. If the truth comes out, they may be prosecuted and have to go to jail. They have been compromised and the only thing they can do is delude themselves that they are doing something 'good', and continue following instructions.

10.8.1 Citizen informants and citizen infiltrators

In the Netherlands, the following applies. I have no reason to assume this is (very) different in other Western democratic countries.

Law enforcement and intelligence agencies often want to keep in close contact with a person under surveillance. They do this by recruiting citizens as informants. By law, informants should not do anything, they should only pass information about the person back to law enforcement.

Once there is any form of steering or direction, it is called infiltration: A citizen informant becomes a citizen infiltrator (agent provocateur) when this person influences the actions of a person in any way. There can only be citizen infiltration when the provision of assistance by a citizen takes place at the initiative and under the direction of the police and judiciary.

Summarizing this means that a citizen infiltrator can only do things that have been agreed with the police and judiciary. It appears that in many cases this is not the way these agencies operate. They involve citizens with lies and ask them to do things. Or they ask one citizen to involve other citizens.

10.8.2 Using citizens to torture their fellow citizens

In reality, we see that many 'random' citizens are involved by law enforcement and/or intelligence agencies. Some are registered informants, some are registered infiltrators, but most are not. They are asked to do things, to say things, sometimes directly by law enforcement sometimes indirectly, where a person is asked to do something by a friend or co-worker, who is connected to law enforcement in some way, or by a message from a neighborhood watch WhatsApp group.

It is very easy to get co-operation from many people. Fact is that these people are NOT told by law enforcement and/or intelligence agencies that they are involved in illegal activities including torture. In some cases they do not even have to identify as police, they say for example they are doing a joke.

Examples:

- An employee of a restaurant is asked to ask a specific question when the person orders a meal.
This may seem very innocent but it can be part of the torture. For example, assume the question includes information about something that happened in the life of the person just before he entered the restaurant. It will be shocking.
- Using a neighborhood watch Whatapp group, you are asked immediately to look outside your home if you see anything suspicious.
This may seem very innocent but it can be part of the torture. For example, assume the same question is asked to multiple persons on the targeted person walks, or every time the person passes the same street. He will be confronted with persons opening their doors and looking outside at the moment when he passes.
- Using a neighborhood watch Whatapp group, you are asked to immediately go upstairs and turn the light in the bedroom on or off.
This may seem very innocent but it can be part of the torture. For example, assume the targeted walks in the evening in the street and every time he passes a house the light is turned on or off.

- Law enforcement and/or intelligence agencies asks you, directly or indirectly, to respond immediately to SMS, Whatsapp messages. They may equip you with a device that receives instructions, and asks you to react immediately by making sounds, like coughing, shouting, on incoming messages.

Everyone who is involved in such a scheme knows that he is part of something very sinister.

Again, endless variations are possible. But they all are part of the torture of a person.

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11 Targeted Individuals: Survivors of government torture

11.1 Introduction

Targeted Individuals are not the only persons that victims of government torture. Many people are targeted. Only a number understands what is happening and finds people online mentioning the same types of attacks. Many do not want to be associated with Targeted Individuals, especially in the beginning of the attacks because they cannot believe that people are attacked with Directed Energy Weapons and Neurotechnologies. Others believe that if they keep silent they still can have some kind of life.

Targeted Individuals are people that have in common that they believe they are attacked by government agencies and/or their contractors. They describe attacks that are psychological and physical torture. This means that Targeted Individuals are torture victims. Before the internet, there were also people that were targeted, but we never heard of them. When everyone started using the internet, victims put their stories online. Then they found people with similar experiences, even in other (mostly) Western democratic countries.

I call them survivors because they understood what was happening, and want to be part of the movement that exposes these crimes. In most cases, the attacks and torture did not stop for them, but often continues in more intense ways.

In the beginning the terms used were Gang stalking and Electronic harassment. Today, Gang stalking has become a term synonymous with all kinds of attacks by government agencies. Electronic harassment is not often used anymore. Instead terms like Organized stalking, Electronic torture, Microwave torture, attacks with Directed Energy Weapons, and attacks with Neuroweapons are used.

Some victims started human rights organizations, also called Targeted Individual organizations. Groups were formed, meetings arranged.

Not all targeted persons are subjected to the same types of attacks. Most experience Organized Stalking attacks, many are attacked with Directed Energy Weapons, some suffer from Neurotechnology attacks. And there also is a large group of people who only suffer from Voice-To-Skull (V2K), hearing voices. Some get two types, and then there are persons who get the full package. Many persons, but not all, are attacked and tortured 24/7.

11.2 Targeted Individuals categorized

Assuming Targeted Individuals are attacked by government agencies, it is obvious that the government has agents that try to discredit this group. After all, Targeted Individuals are exposing the most gruesome crimes in history, and no government wants to be associated with this.

It is "very easy" to be a Targeted Individual: You just assume an identity and go onto the Internet. In most cases, it is impossible to verify whether a person is under attack. There are many people who claim to be a Targeted Individual but are not.

I distinguish four main categories of people who call themselves Targeted Individuals :

- **Real victims.**

- People who never were in contact with psychiatry or police.
- People who were in psychiatry but understood what was going on. They were falsely diagnosed with schizophrenia, or psychosis.
- People who have been in contact with the justice system. This is not surprising because many counter-terrorism interventions are also applied to this group.
- People with mental health problems
Psychiatry is a playground for all kinds of experiments.

- **Fake victims.**

- Informants, infiltrators, handlers

If we assume that the Gang stalking is done by government agencies, then it is obvious to assume that there are many fake victims, controlled by government agencies:

- Trying to make the real victims look bad.
- Distracting victims from solving their problems.
- Managing / containing / handling victims.
- People with mental health problems
There are many websites about Gang stalking, Electronic harassment, Microwave torture, etc. on the internet and people with mental health problems may conclude that they found fellow sufferers.

This means that it is very difficult to estimate the real number of victims. If I must make an estimate based on my personal experiences, then for very 10 people who call themselves Targeted Individual , the ratio is: real: 5, fake:5.

Note that there are also people who do not want to associate with Targeted Individuals. They only read information on the internet and stay quiet, try to live their very difficult life. I know victims who contact me, and say they have been checking my websites for more than ten years.

11.3 Common denominators

For almost all Targeted Individuals, survivors of these atrocities, the common denominators are:

- The attacks start and never stop.
- If they start exposing these crimes, the attacks and torture increases.
- They are surrounded by informants, fake victims and handlers.

- Access to internet, email, is often very problematic.
- Many people around them are involved in stalking.
- Many are attacked with Directed Energy Weapons to make them suffer, give pain, in all (horrible) kinds of ways.

11.4 The attacks follow you everywhere you go

Once the targeting starts, it follows you everywhere you go. When you go to another city, you are stalked there, when you are attacked with Directed Energy Weapons, you are attacked there as well. When you go to another country, the same happens. It may take a few days but then most things continue.

For some, the frequency or intensity reduces after a number of years. For others, who become more active in exposing these crimes, the frequency and intensity increases.

There are also criminal groups not related to government agencies, that are stalking and attacking people. But in most cases they will stop after some time, a week, a month, a year. And they certainly will not follow you in other cities and countries. It's much cheaper to murder you.

11.5 Classification by attacks

Because the uncertainty in the number of real victims it is almost impossible to quantify the attack methods in percentages. Again, I can only make an estimate based on my personal experiences, out-of-10:

- Organized stalking: 8
- Remote Neural Monitoring: 7
Victims receive feedback on changes of their brain activity
- Directed Energy Weapons: 4
- Neurotechnologies: 2
Forced thoughts, (limited) thought reading (using subvocal speech)
- Voice-To-Skull (V2K), microwave hearing: 3

For many victims the attacks start with Organized stalking. After some time, attacks with Directed Energy Weapons and Neurotechnologies are added. A number of victims experience only one of the above mentioned attacks, while others experience multiple attack methods.

Many victims are not just attacked but also used as guinea pigs for all kinds of experiments. Many experiments with Directed Energy Weapons are needed to find the optimal frequencies and intensity to achieve certain effects.

Personally I believe that many victims are involved in Neurotechnology experiments. The reason is that it can be very difficult to understand these attacks.

In 2022, a study by Sheridan, James and Roth¹, made an attempt to categorize and classify the experiences of Targeted Individuals. But (again) this study does not consider fake victims.

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- [The Phenomenology of Group Stalking \('Gang-Stalking'\): A Content Analysis of Subjective Experiences](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7178134)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7178134>
Lorraine Sheridan, David V. James and Jayden Roth¹, 6 April 2022

11.6 Claims against authorities often dismissed by suggesting mental health problems

The definition of a delusion in the Diagnostic and Statistical Manual of Mental Disorders, 5th edition, also known as the DSM V (according to some: 'a great work ... of fiction') is arguable. The Wikipedia page on 'Delusion' adds:

"However: The distinction between a delusion and a strongly held idea is sometimes difficult to make and depends in part on the degree of conviction with which the belief is held despite clear or reasonable contradictory evidence regarding its veracity."

I also suggest everyone to read the 2013 article "You needn't be wrong to be called delusional" in The Guardian that describes the problem with the DSM V definition. Excerpt:

"And this is where the larger issue lies. As happened with Martha Mitchell, claims against authorities are often dismissed by suggesting that the person has mental health problems."

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11.7 Gang stalking study and Wikipedia used to discredit victims

You can find studies on the internet, pages on Wikipedia, that label people who claim to be attacked these ways mentally ill. As many psychologists and psychiatrists are part of 'the system', I suggest you consider these reports disinformation. Instead, try to take a deep dive into the world of mind control and weapons development. Recently I read a 2015 study and the Wikipedia page on Gang stalking and here are my findings:

"Why the Sheridan and James group-stalking ('gang-stalking') study is flawed and the information on the Wikipedia Gang stalking page is misleading"

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12 Torture categories and examples

12.1 Introduction

In this document I am not going into details about 'standard' torture patterns, like for example: Pure cognitive and emotional suffering, no-touch physical manipulation of the body, physical attacks to target the mind. Instead, I focus on the actual ways how the torture is applied. The information is from my own personal experiences. I compared these with descriptions of victims that can be found on the internet, and did not find that my descriptions were missing important information.

12.2 Categorizing torture of citizens in their habitat

There are many ways a person can be tortured in his habitat (living environment). And of course, the results of all torture actions will be processed continuously, to select the next optimal torture action as long as the desired outcome is not reached.

I defined the following torture categories:

- **One-Way-Torture.**

The torture methods are just applied. Timing is not important.

- **A-B-Torture.**

Every time a person does A, it is followed by attack B, every time a person does M, it is followed by attack N, etc.

- **Torture-By-Reaction.**

Information about every aspect of a persons life is fed back to the person. This takes away all privacy of a person.

- **Torture-By-Synchronization.**

This is an advanced form of Torture-By-Reaction. Every action of the person is *immediately* followed by an action created by the attackers.

As stated before, the aim is to drive the targeted person out of his mind with the result:

- The person collapses into a psychiatric patient.
- The person commits a (staged) crime.
- The person commits suicide.

13 One-Way-Torture

Here, the torture methods are just applied. They occur 'at random'.

Examples:

- Organized stalking
 - Sleep deprivation by noise campaigns.
 - Putting a person in a red coat on every street corner.
 - Drilling everywhere.
 - Bumping into a person.
 - Computer crashes.
- Directed Energy Weapons
 - Sleep deprivation by stings, burning, cooking, sounds.
 - Punishment by stings, burning, cooking, headache, stomach ache, sounds.
- Neurotechnologies
 - Banging, repeating, thoughts.
 - Creating 'thought soup' (unable to focus).

Physical torture with Directed Energy Weapons can be extremely cruel and painful.

Examples of DEW attacks/torture with a lot of/maximum pain. The effects (pain) last for a few minutes to days:

- Powerful beams in your heart area.
- Concussion-like blasts, like being hit with a hammer, you see stars.
- Cooking your legs, hips, so can hardly walk.
- Extreme pressure on chest or head.
- Shooting your body parts, like arms, face, back.
- Cooking your body, back.

The cooking is often with burning sensations.

A number of these attacks have a disabling effect. You can hardly walk, move, drive a car. Jogging, sports, can be made almost impossible.

Examples of DEW attacks/torture without much pain:

- Continuously making you burp, fart, sneeze.

- Continuously hitting you with short stings.
- Vibrating skin for example on arm, leg.
- Causing spasms, like instant contraction of muscles, typically when you are in bed.

Although you don't have much physical pain from these attacks, they are terrible and devastating.

14 A-B-Torture

Every time a person does A, it is followed by attack B, every time a person does M, it is followed by attack N, etc. The person is watched 24/7.

Examples:

- Organized stalking
 - Every morning you sit down behind your computer, part of the computer screen is messed up. Only after some minutes the computer becomes usable again.
 - Every time you step out of your car there is a car horn somewhere.
 - Every time you walk into a shop, or out of a shop, there is a car horn somewhere.
 - Every time you are in the garden, smoking a cigarette, there is activity around, like neighbor house A, opening window, neighbor house B, closing window, neighbor house C, slamming car door, neighbor house D, barking dog, neighbor house E, smashing sound, etc.
- Directed Energy Weapons
 - Every time you go to the toilet, you are made to fart, and your back is burned.
 - Every time you enter a room in your home, walk through the door, you are made to burp.
 - Every time you walk up or down the stairs, you get a beam in you chest or back.
 - Every time you made coffee in the kitchen your back is cooked and when you walk back to the living room, there is a water cooker like ‘plock’ sound in the kitchen.
 - Every time you are in the kitchen, they create urge to pee.
 - Every time you bent over, your back is burned.
- Neurotechnologies
 - Every time the sun starts shining, you are made to sneeze.
 - Every time you think (subvocal) about person A, there is a reaction.

Most of the time, this goes on the whole day, it never stops.

When possible they will do this everywhere you go.

15 Torture-By-Reaction

With torture-by-reaction, the person being targeted get reactions to everything he does, sees, hears, etc. It is not necessary to react immediately. The reaction can come after a few minutes, an hour, a day.

The aim is to make the person paranoid, frightened, desperate. **This form of torture takes away all privacy of a person.** Soon the targeted person will understand that he is under some kind of permanent surveillance, watched 24/7, even at night. He will start looking in his home for hidden microphones and camera's. Even if he closes the curtains, this goes on. No privacy anymore, not when at home and not when outside. And nobody comes to the person telling who is doing it or telling a reason of the targeting. Also, from this moment on, the person is never alone when outside.

Examples:

- In your home you talk to a friend over the phone about going to the swimming pool. Then, half an hour later, when you walk to the supermarket, you pass two people and they talk about going to the swimming pool, loud enough for you to hear.
- In the home of your friend you have a conversation about a certain color of a car. The next day, many cars with this color, overtake you and move in front of you.
- In the supermarket you buy peanut butter, Then an hour later, when you are behind your computer, you receive a (spam) email, promoting peanut butter.
- When driving your car, you leave on the highway for a short break. After you have parked your car, where there are no other cars close, after a minute or two another car parks next to you. The person in the car remains seated.
- You enter a coffeehouse for a drink. There is nobody present and you choose a table very far away from the entrance. After a few minutes, two people enter, they look around and sit down at the table next to you.

This goes on the whole day, it never stops.

16 Torture-By-Synchronization

Torture-By-Synchronization is an extremely very aggressive form of torture-by-reaction. It means: React *immediately* to everything a person does, sees, hears, thinks of, non-stop, everywhere. It can be regarded as an extreme form of 'sensory overload'. When used with Directed Energy Weapons you can inflict also physical pain. In addition, this form of torture also takes away all forms of privacy of a person, including privacy of thoughts when used with Neurotechnologies.

As with torture-by-reaction, the aim is drive the targeted person out of his mind, but now in a very short time.

16.1 Torture-By-Synchronization: Examples using one or more attack methods

In general Organized Stalking will be enough to achieve the desired effect. For maximum torture, all three methods can be used. Here is an attempt to describe how torture-by-synchronization works.

16.1.1 Organized Stalking attacks

- In your home:
 - Lift your coffee cup and immediately there is a bang on the wall.
 - Lift your coffee cup again, and immediately there is a car horn outside.
 - Lift your coffee cup again, and immediately there is shouting outside.
 - Lift your coffee cup again, and immediately there is a hard braking car close.
 - Lift your coffee cup again, and immediately there is the sound of a slamming trash container lid.
 - You walk into the garden in the evening and immediately a light switches on in a neighbor house.
 - Etc.
- On the street / outside:
 - You walk into a store, and immediately there is a car horn somewhere.
 - You walk out of a store, and immediately there is a car horn somewhere.
 - You pass a car, and immediately the car door is slammed shut.
 - You pass a house, and immediately someone comes out of the door at the same moment.
 - You pass a car, and immediately the car alarm comes on.
 - Etc.

16.1.2 Organized Stalking attacks AND Directed Energy Weapon attacks

- In your home:
 - Lift your coffee cup and immediately there is a bang on the wall.
 - Go sit behind your computer, and immediately you are made to burp.
 - Open a website, and immediately you are made to fart.
 - Switch to the document you were editing, and immediately there is a hard braking car close.
 - Save the document, and immediately you get a painful beam on your head.
 - Etc.
- On the street / outside:
 - You walk into a store, and immediately you are made to fart.
 - You walk out of a store, and immediately there is a car horn somewhere.
 - The person in front of you starts scratching his head, and immediately you get a painful beam on you head.
 - You are walking in the middle of a forest and stop for a moment to enjoy the view, you are cooked alive (there are aircraft above you).
 - You are walking in the forest and take a route to the center of th forest, there are shots from an alarm gun (real gun?) from the direction you are going.

16.1.3 Organized Stalking attacks AND Directed Energy Weapon attacks AND Neurotechnology attacks

- In your home:
 - Lift your coffee cup and immediately there is a bang on the wall.
 - Lift your coffee cup again, and immediately you are made to burp.
 - You hold your breath for a few seconds, and immediately there is coughing outside.
 - Lift your coffee cup again, and immediately you are made to sneeze.
 - Think of a certain person, and immediately there is an alarm gun shot outside.
 - Get suddenly enormous urge to go the toilet, and immediately when you pass the window there is a car passing.
 - You are thinking of a person, and almost immediately you receive a phone call from an unknown person whose first name is the first name of the person you were thinking about.
 - Outside a car engine starts, and immediately you are made to burp.
 - You are thinking of the person again and there is a ‘tick’ in the heating radiator.

- Etc.
- On the street / outside:
 - Etc.

16.1.4 Comments

- In the above examples, it may seem like there is still some time between the action and reaction. With Torture-By-Synchronization, the attackers try to react *immediately* to everything.

Examples:

- Lift your coffee cup -> reaction.
- Look on your computer screen -> reaction.
- Open a website -> reaction.
- Hold your breath for a moment -> reaction.
- Look outside -> reaction.
- Etc.
- The above are only synchronized attacks. Often there are many other attacks going on as well, like sleep deprivation, cooking your knee caps, your back, your eyes.

16.2 Torture-By-Synchronization: Example of daily torture

This example below is still limited, I left out many lines, because the attacks are 24/7 (including in the night). Some moments the attacks are once every minute average. There would be > 200 lines/attacks for a day. Records have been modified / anonymized. The attackers do not want you to write this/everything down. When you start doing this they increase their attacks even more.

Time	Description	OS	DEW	NEU
3:30	Wake up with pain in back		X	
3:35	Plock sound as reaction to (subvocal) thought 'crazy bastard'		X	X
3:37	Beam on top of head, painful		X	
3:39	Beams on legs, cooking of back		X	

Time	Description	OS	DEW	NEU
3:45	Reading on tablet, Wifi disconnected	X		
3:46	Sneeze beams		X	
4:15	Trying to sleep again, plock sounds in window		X	
4:17	Beams in legs, cooking of back		X	
4:18	Turning and lay down on other side followed by burp beam		X	
4:18	Stomach rumbling when (subvocal) thinking ‘murderers’		X	X
4:19	Short stings in legs and feet		X	
4:20	Lie back, followed by continuous beam on upper lip		X	
4:23	Turning again, vibrating flesh of upper arm		X	
4:25	Almost falling asleep, plock sound somewhere		X	
4:27	Vibrating of whole body		X	
	Etc.			
6:30	Waking up, plock sound		X	
6:45	Starting to masturbate, fart beams, pressure on head		X	
6:50	Falling asleep again, plock sounds when almost falling asleep to keep you awake.		X	
7:30	Waking up with painful legs, out of bed, difficult to walk the first minutes, legs cooked in the night		X	

Time	Description	OS	DEW	NEU
7:31	Thinking 'thank you for cooking my legs again', and immediately there is stomach rumbling.		X	X
7:35	Taking a shower. Several times shot with DEW making causing burping several times, and giving you a burning sensation on your back.		X	
7:44	Walking down the stairs to the living room. Three times made to burp.		X	
7:45	Walking down the stairs to the kitchen. Every door you pass you are shot to make you burp.		X	
7:46	Making coffee. Thinking of the word 'losers'. Immediately a car horn somewhere.	X		X
7:50	Sitting down behind computer, two times burping.		X	
7:51	Screen is made unusable. Fortunately I have two screens connected, after 5-10 minutes the screen manipulation stops and computer functions again.	X		
8:00	Putting a document on screen, burping		X	
8:01	Starting to type, burp beam, burping		X	
8:02	Saving document, burp beam, burping		X	
8:05	Beaming in back, painful, burning sensation		X	
8:07	Typing again, burping		X	
8:09	Picking up phone, ticking sound somewhere	X		
	Etc.			
9:30	Discover a serious bug in your software and want to fix it. Incoming phone call. The number is from a stalker you know.	X		

Time	Description	OS	DEW	NEU
9:31	You do not answer a phone call. Your computer crashes without a valid reason.	X		
9:32	Computer restart, begin again. Farting		X	
9:34	Opening document again, slamming door somewhere	X		
9:35	Start typing text, pressure in lower body		X	
9:40	When sitting back and reading the text, high intensity beam in right schoulder, painful, the beam lasts for several minutes		X	
9:50	Start editing again, slamming door somewhere.	X		
9:55	Beam on top of head, painful, is there for at least 10 minutes		X	
9:58	Thinking ‘losers, murderers’, burping		X	
	Etc.			
10:38	Walking in kitchen, burning sensation on back		X	
10:40	Getting something out of the fridge, plock sound somewhere		X	
10:41	Starting to cut vegetables, burp beam with burping		X	
10:45	Turn on the gas, slamming door somewhere	X		
	Etc.			

17 Total population control with mind control technologies. The end?

Governments of Western democratic countries are not sovereign, they all follow the road map of the (Western) New World Order: A (totalitarian) world government. To achieve this, the population must be controlled, all opposition must be marginalized, eliminated.

Here is where technology comes in. With Directed Energy Weapons and Neurotechnologies, governments will be able to control every living organism in their countries. And, in the end, the world government will be able to do this.

Most people will follow the government, they are brainwashed, do not resist. The ones who resist become targets of sophisticated mind control programs. They will be tortured with Directed Energy Weapons and influenced with Neuroweapons to make them obey, or 'eliminated' in other ways as described in this book.

Development of mind control methods, technology and weaponry is not just some small project somewhere. It is done at large scale and very hidden. Did you ever see an advertisement like 'join us, we are developing technologies that control your mind'? Random citizens can be selected for mind control experimentation. Also, citizens initially selected for 'elimination' for whatever reason, can be moved to the 'next level'. This is why many survivors of government torture report they are experimented upon. They are the guinea pigs, lab rats, experimented upon and tortured in their habitat (living environment). Everything perfectly hidden by the secret torture system. MK-ULTRA never stopped.

- Dr. James Giordano, neuroscientist, refers to people that are experimented upon as 'organic substances primarily in the occupational and commercial range': "What we mean is there are a number of nations worldwide that have dedicated effort to employing these devices for testing organic and inorganic substances primarily in the occupational and commercial range. If we take a look at these nations include the United States and many of its allies, China, Russia among others."
- Carole Smith, psychoanalyst, wrote in 2003: "A doubly cruel sentence is being imposed on people who are the victims of the most appalling abuse by scientific-military experiments, and a totally uncomprehending society is indifferent to their evidence. For the development of a new class of weaponry now has the capability of entering the brain and mind and body of another person by technological means."

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18 About the author

My name is Peter Mooring, citizens of the Netherlands. I may not be the most trivial person, but I find myself quit normal. I'm not violent, have no criminal record. Nothing special really, or as special as everyone is special. I consider myself lucky having a very positive attitude, whatever happens. I was just busy with my life when suddenly everything changed.

For many years I could not understand how such a cruel, inhumane system could exist in countries that they call a democracy. At a certain moment, you know: It's the democracy, that is the problem, they made all bad things a state secret. That is why well-known human rights organizations do not touch this. This means victims can go nowhere. Wonderful.

Almost all attacks and torture mentioned in this book, I experienced and still experience. Because of the long time of being a victim, I know how to separate fake from real victims. I have talked to many people, read many stories, and many match my own experiences.

Here is a timeline of what happened in my life:

- In 1997, the attacks on me started after leaving a company. Strange things began happening. At a certain moment I was walking in the city where I lived. Then a person in a business suit walked towards me, stood still in front of me and said: "I am never allowed to work again". Then he walked on and disappeared. I was flabbergasted. That was the beginning of what I sometimes call 'My movie', all kinds of weird things started happening.

Of course, I could not find a job. Then a friend called and offered a job at the company he was working. Within an hour I was called by a recruitment agency asking me for a job at a startup, which I (happily) accepted. So, the people who were totally messing up my life also wanted me to work? I started working there, but the number of weird things kept increasing.

I was thinking the whole time who could be responsible. It had to be a secret police unit or the Dutch secret service (AIVD), but it could also be the gang of a rich person, or a combination.

Sleep deprivation. Directed Energy Weapons were used from the beginning to create 'plock' sounds to prevent me sleeping, other sounds were used as well. In the mornings I went outside several times looking for evidence because I thought they were shooting rubber balls against the window of my sleeping room. Never found any. These were, probably (ultra)sonic bursts.

- In May 2000, 24/7 Torture-By-Synchronization started and goes on today. It started with Organized Stalking attacks. When the 24/7 attacks started I almost collapsed, the only thing I could do was hold on to life. It was overwhelming. I was in a movie with a bad ending and I had the lead role. I thought those were my last days, that I would be murdered. That my car would explode if I started it. I started it but it did not blow up.

One of my neighbors was unemployed. I visited him and told him some strange things started happening in my life, if he had noticed anything? He told me now worked for for the

police. He suggested it could have to do with one of my websites. I closed down this website but nothing changed.

After a few months I was still alive. This convinced me it was a government agency, or probably multiple agencies, operating in secret and abusing their powers. It took me a year to accept that people could do such things to other people. Without help from my family in the beginning I would not be alive. I kept believing that there would come a day when I would be able to do more than just surviving. This day came after five years.

When something like this happens to you, you know that you are not the only one. In the beginning the whole thing felt like a playbook, a script. In the beginning, I did not allow myself to search the internet for this, because I wanted to keep a clear mind, not influenced by what I could read online. I first had to write a letter to the government.

- In 2002, I sent a letter to the Prime Minister of the Netherlands Balkenende, explaining the situation and asking him to help me and stop this. I wrote him this was done by secret services operating in the Netherlands. My request was forwarded to the Ministry of Justice and the Dutch secret service AIVD. After a few months I received a reply that the AIVD could not find anything against me. In the letter they also stated that they did not use car horns.

The first years, the attacks kept increasing. All this time I hoped that someone, somewhere in the system would conclude that I did nothing special and that the attacks would stop. But the attacks did not stop, they only increased. I can imagine why. The attackers commit horrible and cruel crimes, I can only say that they tried and try to murder me, they know they will go to jail when the truth comes out. And yes, constructed car accidents were part of it.

- In 2005, once I could do more, I decided to expose these inhumane and cruel crimes by creating websites about this.
- In November 2006, 24/7 attacks with Directed Energy Weapons were added to the torture. It started with trying to literally cook me out of my home, they did this several years. Also Neurotechnology experiments started around this time. I already experienced maximum psychological pain, now I also experienced maximum physical pain.
- In 2007, determined to continue, and make my efforts more credible, I started STOPEG Foundation. I had the website translated in five languages. I placed small ads in national newspapers: 'Save democracy, or what is left of it'. Many people from all over the world contacted me.
- In 2013, I started with meetings for victims of these crimes.
- In 2014 and 2015, I was the main organizer of two international conferences on this subject: Covert Harassment Conference.
- In 2018, after being less active a few years because I had to help a person, I continued my activism. I started a political party 'Betere Wereld Partij' (Better World Party), because I

wanted to speak out during the elections about this problem. Soon, I got very ill, some kind of extreme case of Psoriasis Gutata, it was far worse.

- In 2022, I sent a very detailed letter to the chief of police in the Netherlands with the same requests as in the Balkenende letter. I also asked him if he could tell me why I am treated as one of the biggest criminals in the Netherlands, because I do not know any reason. I never received a reply.
- The last years changed in that I am no longer 20, 30 times down on the floor with maximum pain and wondering if I will be alive after 30 seconds. All the other things continue.

It took me several years to figure out some reasons why these attacks started. I was (very) late with filling in my tax form (but the government owed me money), I had a controversial website, but not that controversial, and I left a company founded by one of the richest people in the Netherlands, they did not like the way I left. Many years later I believe it was very simple: Revenge for leaving this company. Probably someone connected to the security system made up some reasons and put me on a list for elimination. They need persons on their lists anyway (what else is there to do for them), I was living alone, am not a violent person, so I was a 'good' candidate.

I am attacked in all possible ways, I get the full package. Good for you, bad for me, everything written in this document I experienced myself and most still experience. They not only attack me, but sometimes also attack people around me. Sometimes these people are in pain, but I cannot tell them what caused it. Often they create events to prevent contact. I guess this is the price of surviving and/or exposing these crimes. I know many people who are attacked in similar ways. I know people, met people, talked to them, who did not survive. Suicide, murder? The organizers and executors of these crimes are pure evil. They do not care about people, children, animals. I'm not a religious person but hope there is a heaven and a hell.

I know many people will be reading this, so here is my message to the deep state controllers and executors of this torture and experiments in all Western democratic countries. You all have crossed all red lines, you are all liars, you are all murderers, you all fear the truth, because the truth will jail you all for life. For all the horrible things you have done, for all the lives destroyed, for all the mostly innocent people, including children, tortured and murdered, I wish you hell. If you still have any decency left and respect for humanity, then step forward, blow the whistle and accept your punishment.

I wish that one day this all will be in the open, that somebody drops USB drives at the proper places, that whistleblowers will stand up (and stay alive), that some important persons and/or countries dare to expose these horrible crimes (COINTELPRO 2.0, MK-ULTRA 2.0), and that all people targeted these ways will be recognized as victims from inhumane suffering and compensated (although it is impossible to compensate such suffering).

This was just a summary. Contact me if you have questions or want more information.

Thank you.

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