

Shielding Ideas

To completely shield against EH (electronic harassment) something like a military-grade electromagnetically shielded bunker costing perhaps hundreds of thousands of dollars may be the only thing that would accomplish this. Even industrial double-walled copper shielded screen rooms starting at \$10,000 allow an estimated 10% of directed energy through. While completely shielding a room with sheet metal, metalized paint, paint with graphite or iron filings added to it, or carbon-impregnated foam are more affordable options, the vast majority have found that shielding just their bodies is the most practical. In many cases it has been found to reduce EH to a manageable level.

The following are shielding ideas that have been found to work well based on trial and error. Shielding that tends to be popular due to their convenience and economy are gel packs and rubber mats, so consider starting with these first for shielding the affected areas of the body.

Water and Gel Packs

Water has the effect of absorbing directed energy. Examples of the use of water as shielding are a wet towel wrapped around the head, a wet blanket sealed in painter's plastic, an inflatable beach ball filled with water, filled plastic soda bottles placed against the body or under the bed, dangling feet in a kettle of water, running a humidifier, using a mister, and hand lotion or other lotions, gels and creams applied to the skin. One commented that sleeping on a water bed had the effect of "completely grounding-out the directed energy." Blue hot/cold gel packs available at pharmacies used at room temperature are especially popular; several of them taped together into a blanket increases effectiveness.

Rubber and Silicone Rubber

Also popular are rubber mats, the kind with suction cups for use in a bath tub, not to be confused with similar-looking vinyl ones. The Rubbermaid brand may be better than others possibly due to a purer rubber content. Larger sheets of rubber can be ordered from www.rubbercal.com and related internet sources. Flexible silicone bake ware such as silicone baking sheets have been found to be effective and are easy to wrap around the head.

Metal

Examples of using metal in disrupting directed energy are steel cookie sheets placed against the affected area of the body, heavy pieces of steel such as barbell plates placed next to the head while sleeping, steel wool, lead xray aprons available on the internet starting below \$100, metal hairpieces, metal necklaces, metal wrist and ankle bracelets, and metal belts. Some of us have fashioned metal enclosures out of large diameter sheet metal galvanized steel ducting material from Home Depot, from tall steel filing cabinets, and from aluminum screen, the metal kind used for window screen and screened doors available at hardware stores, not to be confused with the similar-looking dull grey vinyl material, wrapped around a wood-framed structure. Generally aluminum foil has not been found to be very effective unless if many layers are used; the same is the case for mylar blankets, thin metalized polyester sheets available in the camping supplies section at Walmart for ~\$2 each and other retailers or by the roll on the internet.

Magnets

Neodymium and other strong or large magnets available on the internet placed against the head or other parts of the body have been found to be effective. Some have found increased effectiveness when orienting the north side of the magnet (the side that attracts the north pointer of a compass) toward the body.

Electrical Grounding and Ground Planes

Aluminum screen that is electrically grounded, thus forming a ground plane, has the effect of absorbing directed energy. For example place a bed-sized sheet on the mattress, with a fitted sheet and perhaps a thin cotton pad on top of it, and with a wire or clip lead connect the screen to electrical ground (third round prong of an electrical receptacle, cold water supply line metal plumbing pipe under the sink, or a metal rod driven ~2' into the ground outside). Also effective is having an electrically grounded wire touching the skin while sitting or sleeping.

Ceramic Tile and Ceramic Clay Packs

Ceramic flooring tile, ceramic shower tile, or any other ceramic tile, available from the flooring department at Home Depot or other home supply or tile store, have been found to be one of the most effective forms of shielding, a brute-force solution when other shielding countermeasures aren't enough, as the military uses ceramic bricks for electromagnetically shielding their bunkers. For example get a box of 10 16" x 16" flooring tiles for ~\$15 and place a layer of them on the mattress, with a fitted sheet and perhaps a thin cotton pad on top of them. Although it sounds uncomfortable many swear by it. In addition a tile can be leaned against the abdomen and another against the head.

Thermipaq brand hot/cold ceramic clay packs available at pharmacies used at room temperature have also been found to offer

relief.

Shielded Fabrics and Clothing

Shielded fabrics available from www.lessemf.com and www.blockemf.com, or even metallic-like fabrics from regular fabric stores, and clothing and bed sheets fashioned from these, work pretty well for some. Some shielded clothing items are available from www.lessemf.com and www.blockemf.com.

A fabric conditioner called AegisGuard LL, available from www.blockemf.com and www.goaegis.com, added to the final rinse cycle of the laundry while in the washing machine, results in clothes and bed sheets being electromagnetically shielded; cost is ~\$4 per laundry load.

Head Shielding

Some have found shielding just the head to be effective in generally reducing EH. Examples of head shielding are copper mesh scourers, the kind used for cleaning pans available in the grocery store cleaning supplies aisle for ~\$3/pair, unrolled into a copper netting material and wrapped around the head, electromagnetically shielded baseball cap for \$30 from www.lessemf.com and www.blockemf.com, electromagnetically shielded balaclava for \$60 from www.lessemf.com, a hat washed in AegisGuard, army helmets, motorcycle helmets, and wrapping the head with gel packs. A notably effective head shielding countermeasure consisting of a cap fashioned from washer-like steel disks is available for \$85 from <http://areyoutargeted.com/2010/02/14/liquidating-remaining-stock-of-v2k-caps>.

Auditory Countermeasures

Foam earplugs can aid in blocking-out external noise. Adding a set of headphones with white noise from a white noise CD, white noise audio file, or just an AM radio tuned to background noise between stations, played at high volume will further drown-out external noise. Using noise-canceling headphones will help further still.

Playing one or more radios tuned to different news talk stations or tuned to different types of music stations such as classical and jazz is effective in drowning-out induced voices so you can't tell what they're saying, as is listening to multiple voice recordings available at <http://www.randomcollection.info/antiv2s.htm> (download and save to your computer for repeated playing).

A free anti-tinnitus CD available from Case Electronics at (573) 870-0938 (leave message) used with separately purchased high frequency headphones while sleeping not only offers relief for those specifically suffering from high-pitched noises, but has been found to be relaxing for many of us in general. The headphones used with the CD must have an upper frequency response of at least 25kHz such as the KOSS KSC75 available at Walmart for ~\$20 and other retailers (you need the high frequency headphones, listening to the CD on conventional speakers doesn't help).

Brain entrainment CDs, brain entrainment software for PCs such as the free BrainWave Generator available at www.bwgen.com, and audio tone generator software for PCs such as the free NCH Tone Generator available at www.nch.com.au/tonegen, have been found to be beneficial at entraining the brain, consequently reducing the influence of EH.

Jamming

Home-made electric and magnetic jammers such as those at www.us-government-torture.com/callallfriends.html and www.us-government-torture.com/countermeasuresNOguaranteeNov2000.htm may be worth experimenting with; the bare-wire electric motor jammer has been found to be notably effective.

At least one of us has found relief using an electrotherapy TENS unit which uses small electrical impulses to effect pain relief, placing the electrodes against the skin adjacent to the affected area, available on the internet and at some pharmacies starting at ~\$30.

A couple have found significant relief via PEMF (pulsed electromagnetic field) therapy administered by alternative medicine practitioners. PEMF treatments vary from fifteen dollars for donation-based services to several hundred dollars for a session.

Vibration

A portable hand vibrator, a palm sander, or a box fan leaned against the bed to provide vibration have been found to be effective for some.

Physical Movement

Moving around during the day, by working around the house, gardening, going for walks in the park, and hiking, have been found to be quite effective at reducing EH and consequently clearing the mind. Even shaking a leg while sitting has been found to be effective.

Good Health

Just eating right, getting enough rest, exercising, and otherwise maintaining good physical health will reduce the effects of EH.

Psychological

Focusing on the positive, avoiding obsessing on our harassment, and maintaining a relaxed state within the mind via meditation, herbal relaxants, or relaxing music, will further offset the effects of EH. A couple of us have found the writings of Eckhart Tolle to be helpful: one of us practices a form of meditation espoused in his bestselling book "The Power of Now" which enabled him to slow down his thoughts enough so he could distinguish which thoughts were being induced into his subconscious reinforced with pain, and consequently was able to recognize and overcome their degrading influences; and another notes his book "A New Earth" was very effective in coping with her harassment, which espouses accepting the "present moment," rather than resisting, obsessing on the fact things are not the way you want them to be. Another of us practices self-hypnosis to eliminate pain which for some reason apparently caused them to back-off and stop his V2S. For sleep deprivation valerian root and prescription Ambien have been found to work well. Many have commented that as this is a spiritual battle prayer has been very helpful.

Other

In addition many electromagnetic shielding materials are available from www.lessemf.com and www.blockemf.com.

Examples

One of us wears a shielded baseball cap and clothes washed in AegisGuard during the day, sleeps on ceramic tiles with an electrically grounded wire contacting the skin at night, and listens to an entrainment CD for an hour in the morning.

Another of us sleeps on top of several rubber mats, and under a blanket fashioned from gel packs taped together with several rubber mats on top of that, and has more gel packs wrapped around the head with a rubber mat wrapped around those.

Another of us sleeps in an aluminum screen-wrapped wood-framed structure.

Strategies

As everyone's targeting is different no one countermeasure works for everyone so experiment to see which set of countermeasures work best for you. Try one thing at a time. Even if something doesn't have much effect at first or if its effect diminishes after a couple of days try it for a week as it perhaps takes three days for them to adjust their protocol and then another three days for you to adjust to the new protocol before you know how effective it really is. If things get extremely bad then discontinue but be aware sometimes sticking it out for several days proves beneficial in the long run. Also the beneficial effects on your physical and psychological health may not become apparent until after a couple of weeks or so.

Try inexpensive countermeasures first before spending a lot of money on more elaborate versions. Try \$3 copper mesh scourers before spending \$30 for a shielded baseball cap, try a \$10 rubber mat before spending \$150 for a blanket-sized sheet of rubber, try a \$5 home-made bare-wire electric motor jammer before spending \$50 on a TENS unit. Expensive countermeasures costing many hundreds or even thousands of dollars have generally not been found to be any more effective than the relatively inexpensive countermeasures discussed here.

Once countermeasures are found that work, switching-off between two or more of them may increase their overall effectiveness as it forces them to continually readjust their protocol. For example wear a shielded baseball cap during the day and listen to an anti-tinnitus CD at night. Try moving shielding components around to a different spot each night. Reserve an especially effective countermeasure for use only in rare instances of unusually heavy attacks.

If you've never or only briefly experimented with shielding then doing so is highly recommended. You may feel only a little better at night but then during the day may have more energy and may be able to get more accomplished. In some cases it has made the difference between a nightmarish existence and a more positive outlook on life.

More shielding ideas and supplies are at:

<http://www.freedomfchs.com/id34.html>

<http://www.montalk.net/conspiracy/55>

<http://www.multistalkervictims.org/oscd.pdf>

<http://areyoutargeted.com/survival/shielding>

www.lessemf.com

www.blockemf.com