


# Meditation: 100% COUNTERMEASURE for 'Targets of Electronic Harassment' by Leslie Oliver

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by Leslie Oliver

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This technique will allow the electronic waves to pass through the body. Now that Patriot II has been passed by the House... there is little time left before dissent is illegal and the 'free' Internet disappears which may leave alternative information inaccessible. I believe that the tide towards government dominance is karmic and perhaps unstoppable until certain events have transpired. For this reason, I feel called to post information while it is still possible to do so, which if used properly is invaluable in putting a stop to the misery being inflicted by invisible electronic waves on targeted individuals.

However I will warn you although I have submitted this information in the past --it has only occasionally been taken seriously. Yet this is the only 100% effective countermeasure to electronic harassment that I know of.

The Countermeasure is Meditation. But it is not so simple. Meditation needs to deepen.

Upon reaching my body, electronic waves slam forcefully into a 'solid barrier' of matter which is what creates the pain. Emotions like fear and anger or any other type of agitation makes a person more 'solid'. However, when I am in a relaxed, unfearful and meditative frame of mind, I am less solid, lighter and more open. Thus, rather than my body forming an obstacle waiting to be hit, the meditative state allows the electronic waves to pass THROUGH my body without harm. In fact, it can even energize me.

Anyone who advises a person to become more fearful or to get angry and fight it directly in the face of this barrage of pain and disorientation either does not know what he is talking about or is a Government PERP set up to feed dis-information. The deeper I go inward into meditation and inner stillness the faster I lose my 'fear' of being swallowed up by this onslaught of violence. Without agitation of any kind, the electronic waves literally PASS through me. These waves will be initiated by the perpetrators again... but with relaxation, they will have little or no effect. It will also serve to help me to focus on my own life instead of putting my energy into them.

This same relaxation or 'meditative state' needs to be drawn upon while active during the day. It is possible if one practices. I have been meditating for many years but I did not know that this technique was the necessary antidote. Last year, I called Mike Rupperts office and spoke with a woman, Cynthia who told me that the electronic harassment was connected to HAARP and it was based on VIBRATION. When you meditate, your VIBRATION changes.

Specifically, I found the Tibetan Buddhist practice of 'CHOD' which teaches how to not directly confront negative forces -- to be a life-saving antidote for harassment and any other type of destructive event. Tibetan Buddhism and Zen Buddhism are NOT religions -- they are ancient, time-tested practices and techniques of meditation which can be applied whether a person is Christian, Jewish, Moslem, etc.

I also recommend the book "TRANSFORMING THE HEART: THE BUDDHIST WAY TO JOY AND COURAGE" by Geshe Jampa Tegchok . This book discusses the need to give-up fearful 'grasping' of ones life and to rely on intelligent contemplation as a means of calming strong negative reactions which are unleashed in the face of real danger and violent harassment. New techniques of electronic and invisible torture may be applied by the shadow government in the future and relaxation is the only way to face the attacks so as not to panic and lose complete control of my senses. 12-Steps is another technique that some have successfully tried.

Another more abstract concept is ... the ILLUSION of what they are doing. It is not real. It is only real in that I AGREE to its existence and so it has an effect on my body. In this way I unconsciously allow it and it becomes real. If I refuse to believe in it... the harassment dies down. This concept is subtle and it may take time to understand.

It would be best to confer one-on-one with a knowledgeable practitioner in any of the AUTHENTIC meditation techniques (Zen Buddhism and Tibetan Buddhism are two such examples), so a deeper relaxation is found and individual questions can be answered directly.

If one truly believes in a Higher Force... then one must have enough real Faith to ACTIVELY explore this as a way out. What is happening in the world is not only technological but spiritual. It is only a relative few in power who are continuing this dying concept of 'dominance over others' and they do this because they are themselves depraved. For this reason, one must have the Faith to just try meditation in the face of harassment. Instead of filling my mind only with information about what the hi-tech equipment does, which I cannot change at present, the way to immediate freedom is to change MY view of their harassment. The only real control I have is over my SELF. I cannot change THEM. I can change HOW I view the harassment and this view WILL CHANGE its effect on me. Essentially it is 'mind over matter'. AND IT WORKS!

'THEY' DON'T WANT YOU TO HAVE THIS INFORMATION.

As far as I know meditation is the only way out And the deeper my relaxation becomes, the more it will transform all other areas of my daily life as well. Learning how to 'look inward' first, as a way to solve problems instead of trying to manipulate people and events outside of myself, is the first step towards a harmonious inner and outer life...even in the face of high-technology. And apparently we are now being challenged to view ourselves and the world through more intelligent eyes. These are the eyes of compassion, understanding and love. Meditation is a 'win-win' undertaking on all counts.

ARTICLE:

MIND CONTROL IN THE UK AND THE US  
by Tim Rifat BSc BEd.

> From an article in The Truth Campaign Magazine Spring 99

Torture is alive and well in the UK and the US. The UK's secret police M15 and the US CIA, regularly use Non-Lethal Weapons on any dissidents. Since both have a well-documented history of hating they naturally took to spying on, and discrediting, any group or person who did not follow their rabid right wing dogma.

Margaret Thatcher, as a trained scientist, would have been well aware of the usefulness of microwave weapons in the UK. They are impossible to detect unless you have a detector, dissidents have no idea these weapons exist and best of all, they are totally deniable. The resources the UK and the US has put into these fearsome, so-called 'non-lethal' weapons, is extensive. UK & US intelligence runs a fleet of microwave-weapon-carrying vans, as well as portable microwave weapons that can be deployed near the dissident's home. The vast expense is disguised as communications equipment like AOL TIME/WARNER CABLE, for as we all know, microwave telephone communication is all the rage in our modern world. My research shows that the microwave telephone network also has the potential to be used as a major mind control weapon system to control the behaviour of the microwave phone users.

The UK and US secret, or shadow governments, has at their disposal a fearsome array of mind control weapons. In fact they kill you slowly by causing nerve damage, cancers, mental collapse leading to suicides or tissue failure such as heart attacks due to the cooking effect of the microwaves.

Precisely modulated microwave radiation is used to influence brain function. Human behaviour and reactions can be entirely controlled by using pulse modulated microwave EM radiation. Pulse modulated microwaves are useful as the carrier for the mind control signals as they are able to pass through the skull, which is rather resistant to low level EM. The massive number of microwave antennae that dot the country, some of which are used for the microwave phone network, all use pulse modulated microwaves, which makes their use for a strategic mind control device against the civilian population crucial to modifying the behaviour of the general population.

In modern democracies it is no longer viable to shoot rioters, or torture dissidents by normal means, as the bad publicity is self defeating. Thus, microwave weapons have been developed by the UK's & US intelligence as they leave no marks, or gaping wounds. This pulse modulated microwave carrier beam can then be used to carry signals. These signals are extremely low frequency recordings of brain electrical potentials, which have been recorded by neuro-medical researchers such as Dr Ross Adey's. Dr Ross Adey's research at the Brain Research Institute of the University of California, was funded by the CIA.

It was found that when microwaves were used to fire these signals at victims' brains, they experienced the moods, behaviour, and the pathological states, carried by the signals. This meant that by mimicking natural brain frequencies, the human brain could be controlled remotely by use of extremely low frequency broadcast carried by pulse modulated microwave beams (ELF pulse modulated microwave remote mind control technology)

It is now possible to broadcast mind control commands directly into the brain by use of microwave beams. All that is needed is a catalogue of every specific brain frequency for each - mood, action and thought. These catalogues of excitation potentials are available from Russian neuro-medical research institutes, so anyone with enough cash can have the same technology at their disposal.

Particular excitation potential, is then broadcast by pulse modulated microwave transmitter. This pulse modulated microwave beam has the ELF excitation potential frequency imprinted upon it. It was found that each behavioural set in humans has a distinctive frequency. There was one for anger, suicide, hysteria, trauma, serial killing, paranoia, lust, etc. Intelligence operatives in the UK regularly park microwave transmitters outside targets' houses and beam specific mood inducing excitation potentials at the victims. To aid them they have sophisticated millimetre wave scanners to look through the victims walls, so they can see the targets in their homes. Pulse modulated microwaves are directed at their victims' brains, while other people in their homes are oblivious of what is going on.

These microwave weapons were developed allegedly at Marconi.

When firing microwave beams through walls at one target, every material in the way of the beam attenuates or modifies the intensity and frequency of the beam. Since precise frequencies and intensities are needed for mind control, very sophisticated microwave arrays and computer programmes had to be developed so that the microwave beam could be changed in response to the materials which lay between the target and the weapon, as the victim moved around his house. To do this, the reflectivity and refractivity of the materials had to be analysed in real-time and fed to a computer which could change the microwave array in concert with the changing environment between victim and weapon. There also had to be an automatic interrupter if another person walked in front of the beam. The victim needed to be driven mad or disabled, without anyone else being aware that they were being targeted. The technology for this was very complex but eventually it was perfected.

Twenty-five or more scientists and military personnel associated with the Marconi project then died in mysterious circumstances. Intelligence regularly kill people as it is clearly the best way to keep them quiet. For if it were made public the scandal would bring down the government.

By the mid to late eighties, all the problems had been ironed out and these new smart microwave weapons were deployed on US & the UK's streets.

It is alleged that by this method, UFO and conspiracy researchers, are routinely driven to commit suicide. Having the excitation potential for suicide beamed into your brain day and night by microwave mind control weapons, soon resets the brain into a cycle of depression that spirals out of control ending in suicide. Many intelligence and technical officers in the UK, who have spilled the beans, or could be a potential leak, are driven to commit suicide by the special mind control teams. If you look at the long list of UK military and intelligence experts who inexplicably commit suicide, one can see an underlying mind control logic that drives them to kill themselves.

It was found that the effect of the microwave beams could be greatly enhanced by external reinforcement. Intelligence community personnel destroy the target's property, ruin their financial affairs spread vicious rumour, make sexual peccadilloes public knowledge - such as wearing women's underwear, while checking oneself - with an orange in one's mouth.

Intelligence chiefs are now in seventh heaven, if some one becomes a problem they get the 'suicide mind control team' parked outside their house. Within weeks, the victim kills himself. This is very phasing to the intelligence mandarins, as suicides are easy to explain away - even if the victim was a highly placed politician or military man.

Or if the military intelligence agency does not wish you to commit suicide, they can drive you mad.

Discrediting well known people who are causing problems for the shadowy elite, by driving them mad, seems to be standard operating procedure for the intelligence community. Victims are subject to pulse modulated microwaves which carry different types of madness and behavioural abbreviations, encoded as ELF excitation potentials. This makes the troublesome high profile person, display manic or insane behaviour that discredits them. Examples of this technique are allegedly: David Icke, Fergie, Princess Diana...

Public humiliation is the finest weapon the authorities have to make harmless a potential well known figure, who is making trouble.

If the VIP needs to be made temporarily ill, microwave beams containing the signal the brain gives off during a vicious bout of flu can be fired at the victim. This causes the target to display all the symptoms of flu, even though they have not caught the virus.

The intelligence agents can also use low level microwaves to cause mental and physical confusion that leads to illness. Beaming microwaves at victims makes them fatigued, damages their immune system, causes neurological damage that effects their thinking and ability to carry out tasks, induces premature ageing, cancer and cataracts.

Organisations that irritate the authorities have their building turned into a hot spot by microwave transmitters, so the staff all suffer sick building syndrome caused by microwave damage. Or the staff of the target organisation have their behaviour changed to cause discord. UFO Reality a leading UFO and conspiracy magazine have complained of mysterious health problems, while another new age group complained of eye damage, nausea and headaches brought on when ever they had a meeting, which may have been caused by microwaves. Heating the victim to death by microwave cooking is caused by increasing the field intensity of the radiation, to cause local hotspots in the victims eyes and gall bladder, which have poor circulation, so cannot carry away the heat. Irradiating the optic nerve of the victim with the same signal that is sent to the brain by this nerve, causes the nerve tissue to overload. This way, subversives can be blinded by the intelligence community without them knowing what has occurred.

Neurological research found the brain to have specific frequencies for each voluntary movement called preparatory sets. By firing at your chest with a microwave beam containing the ELF signals given off by the heart, this organ can be put into a chaotic state, the so-called heart attack. In this way, high profile leaders of political parties who are prone to heart attacks can be killed off before they cause any trouble.

Paralysis can be induced in the target by use of this method of broadcasting preparatory sets encoded on microwave beams. A pulse modulated microwave beam, carrying an ELF signal, which is identical to the one in the motor neurone centre of the brain, is used to jam the victims motor co-ordination. This is analogous to radar jamming, using a more powerful signal at the same frequency to swamp out the enemies radar. Motor neurone preparatory set potentials are jammed by a bigger signal carried by a microwave carrier beam, that literally overloads the brain, so it cannot control the body. Pulse modulated microwave weapons which broadcast the ELF preparatory sets of the motor cortex of the victim, will paralyse the victim without killing them. This technique can be used to abduct people for secret government mind control experiments, under the guise of alien abduction. A microwave beam of this nature will paralyse the victim, so they can be bundled into a black helicopter and airlifted away for experimentation.

Once the procedure is complete, hypnosis can be used to plant false memories of alien abduction . In this way, real alien abductions can be used by the authorities to enable them to obtain a limitless supply of guinea pigs for their mind control experiments. Real memories of government involvement are erased electronically. This technique clears all short-term memories from the victims consciousness by broadcasting microwave beams at the target which carry the signals used for memory retention.

The latest advance in electronic mind control were discussed in my previous articles in Nexus, but for those who missed the ESP of Espionage, this equipment uses special types of microwave beams called MASERS. These are the laser equivalent of microwave beams.

These MASER beams have been used to develop something called synthetic telepathy. This is the ability to read people's minds from a distance. Electronic scanning of victims' brains by monitoring the electromagnetic (EM) emissions from peoples brains and using amongst other things, the brain waves (as measured on an EEG), to read the victim's subvocalised thoughts.

Head of US Special Forces Major-General Schaknow, talked about synthetic telepathy during a lecture in July 1992 at Fort Bragg North Carolina. The US military is hard at work perfecting synthetic telepathy. In synthetic telepathy, the weak electromagnetic signals in the brain associated with subvocalised thought, are connected to a computer by use of electrodes, or in more advanced mechanisms by MASER beams. Sophisticated computer systems have learnt to read the subvocalised thoughts in the brain, by associating a specific brain exciting potential, with a particular word. In this case, only one specific language can be decoded, as each word in a language has a specific set of frequencies that must be discovered. Once the donkey work of finding the specific frequencies for all the words in a language has been programmed into a super computer, which can carry out massive parallel processing, fuzzy logic software is used to match this with real world excitation potential associated with subvocalised thought obtained from thousands of abductees, who are used to calibrate the synthetic telepathy devices.

New technology, involving low frequency microwaves and RF, has enabled devices to be built which can scan through walls and look inside peoples' bodies like X-rays. This enables security personnel to see a target in his own home and to track him throughout the house. Further to this, being able to see inside the victim's head, would allow computer controlled targeting of specific brain centres in the victim's brain, even when he was walking around the house. A scan of the specific brain emissions given off when the victim subvocalises using an array AF pulsed frequency MASERS fired at the specific brain centres of the subversive, while he resides in his own home, enables the victim to be scanned. By finding an array of ELF pulse modulated MASERS, which scan up and down the window of frequency emissions given off by subvocalised thought, interference effects can be measured in the MASER beam.

A simplistic version of this would be the LASER beam shone at the window of the person that is being bugged. The vibrations in the window cause modulations in the LASER that can be converted into electrical signals and hence into sound. In this way the subvocalised thoughts in the victim's brain can be read. Having already built up a library of excitation potential signatures for differing words and groupings of words, a sophisticated computer can begin to decode the emission signatures into word streams. In this way the subvocalised thoughts of the victim can be stored in the memory of a supercomputer and analysed to give a read out of what the target is thinking.

Using ELF audiograms carried by a single pulse-modulated Maser, subvocalised thoughts can be placed in the victim's brain. This enables UK & US synthetic telepathy operators the ability to enter into conversations with the subversive to drive him mad or to bring up key words which will get the victim thinking about the information they wish to find. Visual cortex excitation potentials can also be broadcast into the victim's brain so that illusory images can be projected into their brain to drive them mad, or to programme them to commit suicide.

My research has led me to uncover a truly nation-wide mind control weapon system.

The most insidious aspect of this, is that the entire mobile phone network could easily be used to control the behaviour of the phone users. By use of my microwave detector, have found that mobile phones of the newer type, give off a pulse modulated microwave signal of around 0.75m W/cm<sup>2</sup> at the ear piece.

This may be coincidence, but it is exactly the intensity required for behavioural control as found by Dr Ross Adey, the pioneer of microwave mind control.

So in theory, an ELF signal could be added to the microwave network to feed a precise behavioural pattern into every mobile phone user in the UK. If there were widespread riots, the ability to broadcast behavioural stimuli to mollify all the mobile phone users in the country would prove useful.

Since mobile phone users are generally middle class, it means authority has a useful method of controlling the behaviour of the key voters.

The numerous microwave detectors that were cheaply available to check leakage from microwave ovens are no longer made by any company in the country. It seems the UK authorities do not want the population to be able to detect when they are being microwaved. In conclusion, it can be seen that the UK intelligence and police, have a dizzy array of high-tech mind control devices. They regularly target their own populations and thousands of people are made ill by microwave weapons.

With over \$1 billion of tax payers money going to the intelligence communities in Britain and the US, it is a certainty that both countries will continue to be the centre of Soviet style psychotronic torture and mind control equipment well into the 21st century.