

Journal of a Targeted Individual

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This journal contains adult content

The information within is a detailed account of my experiences as a Targeted Individual. What is a Targeted Individual? According to the nonprofit organization website; TargetedJustice.com, "A Targeted Individual (TI) is someone that has been selected by the Deep State (usually FBI or CIA) to unwillingly participate in a government torture, experimental program. The program is designed to break down the individual and 'neutralize the person' using psychological, physical, and emotional stress. The ultimate goal of this program is to control the entire global population. Political activists, Labor Union leaders, scientists, and Whistleblowers are some of the main targets of the program. However, some people are randomly chosen. Family and spousal relationships are usually destroyed, as part of this psychological torture."

I am not a Doctor, Scientist, or even for that matter a Physicist. I am a Targeted Individual for Direct Energy Weapons, and Military Neuro-Biotechnology experimentation. As I understand it; the Direct Energy Weapons Systems go by complex names and include but not limited Psychotronics, Remote nervous system monitoring and manipulation, and remote behavioral influence technology, to name a few. In my journal, I use the term 'Direct Energy,' as a generalized term for 'scalar electromagnetic radiation, radio frequencies'; however it may include, cyclotronics, gigahertz radiation pulsed at ultra-low frequencies, light energy (radiation), radio, microwave, and sonic. Government equipment and resources such as everyday communication satellites, laser, WiFi, and radio transmission towers and antennas are used to emit these direct energies.

The corruption is systemic because it starts with utilizing government personnel and resources to individual Doctors and Physicians. The criminals Target an Individual with electromagnetic energy and others ignore the complaints of Targeted Individuals. The criminals and are negligent with violating human rights and civil liberties. All this is conducted under the disguise of National Security Matters and/or the Targeted Individuals pre-existing health conditions.

Although I noticed the signs and symptoms several months earlier; there was a delay in starting the journal. The content begins on August of 2015 and goes through to February 2018 . I was able to identify keyword terms of the Targeted Individuals signs and symptoms with those I am experiencing. Through independent research and study of the many different pieces of literature, and testimonials on the internet; I quickly learned what is ailing me. As a former allied health care professional I have come to experience and acknowledge direct energies and psychotronic either inflict actual mental and/or physical health problems or mimic the symptoms of routine clinical pathology. I also learned that these direct energies can either permanently or temporarily maim.

At this point; other than the temporarily maiming and influence on certain normal biological functions. I am uncertain of short and long term health consequences to prolonged exposures of many different energy frequencies. But I am aware of what they do to your mental health. Therefore, a journal will come in useful to track an illness, conduct and share research, or to

share with those who are experiencing the same phenomena. In my journal, for the most part, I eliminate the emotion and just record the facts of what I am physically feel. I will have used a simple scale of 1-10 with 10 being the most painful and thus most torturous. A grade of a 1 will be the obvious least painful and so the least torturous.

Chapter One: 2015

16 August 2015

Today I am feeling a light vibration or oscillating type hertz in the distal portion of my left leg. The prolonged exposure to this energy became torturous. The energies fluctuate to varying degrees or intensities at times; while the physical and mental symptoms may just come and go. Most of the time, the energies seem to flow nonstop.

It is 2235 in the evening, my location is here in my room and I am feeling a constant and steady vibration of vexatious direct energy. The energy feels like its flowing in the same area, on my distal left leg. I rate today's energies as a 4 on my pain and torture scale.

17 August 2015

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing direct energy to the posterior wall of my left chest. I grade this experience to be a 4 on the pain and torture scale.

It is 0300 hours. The constant flow of direct energy that has penetrated my body. I feel it the strongest in my chest. I am feeling it on my pancreas and liver of the upper quadrants of my abdomen. The energies seem to have purged its way deep within. I rate this experience to be a 6 on the pain and torture scale.

18 August 2015

It is 1000 hours in the morning. I am in my room. I am experiencing ringing in the ears and vexatious direct energies to the chest.

It is 2300 in the evening. My location is in my room. I am experiencing numbness in my left leg from the direct energy I feel passing through me all day.

19 August 2015

It is 2300 in the evening. I am in my room. I am experiencing what feels like sonar or sonic type vibrations in my left leg. I often compare the feeling of the direct energy to a rapid exchange of electrons and protons. It feels like the flow of energy has increased an increase and I feel restless.

21 August 2015

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing direct energy to the chest. I rate this experience as a 3 on the pain and torture scale.

It is 0700 hours in the morning. I am experiencing a constant feeling of direct energy to the head and face. I grade this experience a 5 on the pain and torture scale.

It is 1300 hours in the afternoon. I am experiencing direct energy to the abdomen. I usually feel a static electric charge in the upper right hand quadrant. I rate this particular experience as a 3 on the pain and torture scale.

22 August 2015

It is approximately 1300 hours. I feel direct energy flowing through the spine. I find this to be a torturous 5 on the scale.

It is approximately 2000 hours. I am feeling direct energy flowing through both legs. This electric sensation feels like a 4 on the pain scale.

It is roughly 2300 hours in the evening. I feel direct energy flowing through whole body. I rate this experience a 6 on the pain scale.

23 August 2015

It is 0400 hours in the morning. I am experiencing sleep deprivation, I have ringing in the ears, and I feel direct energy to the chest. I rate this physical and psychological torture a 5 on the pain scale.

It is 1300 hours. I am experiencing ringing in the ears, and I am feeling direct energy to the chest. I rate this experience a 4 on the pain scale. I am contemplating on going to the emergency room; however, this is not the most optimal decision because it will not eliminate the psycho-sonic energy from targeting me.

It is approximately 2100 hours. I am experiencing ringing in the ears, and I feel direct energy targeting my head and face. The application of directing this sonic energy to the ears affects my ability to maintain balance when I walk and prevents me from my usual hobby of jogging. The direct energy that flows through my body affects my ability to walk with stability and coordination, let alone stand on my feet while at a job. I rate this torture a 5 on my pain scale.

24 August 2015

It is 0300 hours and I am suffering from sleep deprivation. I am now feeling a shift or fluctuation of energy targeting my head and face. I rate this experience to be a 6 on my pain scale.

It is now 0330 hours in the morning. My entire body feels like it is fully engulfed and consumed by this energy. I rate this feeling to be a 6 on my torture scale.

It is 1915 hours. I am experiencing the feeling of direct energy purging its way through my entire body. IN addition, I have ringing in the ears, my eyes tear and feel dry like sandpaper. I rate this

experience a 6 on my pain scale.

25 August 2015

It is 1900 hours in the evening and I am located in my room. I am experiencing what feels like my entire body consumed by this direct energy. I have ringing in the ears. I rate this feeling to be a 6 on my torture scale.

26 August 2015

It is 0145 hours in the morning and I am located in my room. Currently I am experiencing the feeling that my body is fully engulfed by direct energy. I have ringing in the ears. I rate this feeling a 6 on the pain scale.

It is 0800 hours in the morning. I am experiencing the feeling that my whole body is engulfed in a very powerful electronic fog. The immediate surroundings in my room environment feels like direct energy. I rate this feeling a 5 on the torture scale.

It is 1600 in the afternoon and although the direct energies follow me wherever I go; such as, out in public or around town, they seem to be most intrusive when I am at a standstill. I am journaling my communication for the record that I spoke to the superintendent and the owner of the building where I reside, about the environmental conditions. The living conditions by design, can only be done using government resources and that such targeting campaign could be a hazard to other occupants of the building. Such as my neighbor who has a young toddler. There are other residents, some with children who may inadvertently be exposed to the direct energies that target me.

27 August 2015

It is 0700 hours in the morning. I am experiencing the feeling that my whole body is purged with this electronic fog. I have ringing in my ears. I rate this torturous experience to be a 6 on the scale.

28 August 2015

It is midnight and I am located in my room. I am experiencing the feeling that my left arm and leg are targeted for direct energy. When I use the term direct energy; I understand that it is a subset of electromagnetic frequencies. When I use this term I know that it is signals intelligence and could be anywhere in the range of hertz, light, sonic, harmonic, and at times even radio and/or microwave frequencies. But as I get further into the experience and into some of the literature that is available on the internet I am slowly developing a better understanding. Such as; that it may be light (radiation) with ultra-high and low (sonic) frequencies.

29 August 2015

It is 0300 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of direct energies purging throughout my entire body. I rate the experience to be a 6 on

the torture scale.

It is 0700 hours in the morning. I am experiencing the feeling that direct energy is flowing through the right foot. I rate this pain a 4 on my torture scale.

It is 1300 hours. I am experiencing the feeling of direct energy flowing through the left side of my body. I rate this experience a 5 on the torture scale.

30 August 2015

It is 0900 in the morning and I am located in my room. I am experiencing the feeling that direct energy is flowing through my left arm and hand. I rate the torture a 6 on the scale.

It is 1500 hours in the afternoon and I am located in my room. I am experiencing the feeling of directed energy to the chest. I rate this feeling a 4 on my pain scale.

31 August 2015

It is 0030 hours and I am located in my room. Currently I am experiencing ringing in my ears, and the feeling of direct energy to my chest. I rate this 4 on my pain scale.

It is 0300 hours in the morning. I am experiencing ringing in the ears, and the feeling of direct energy to the chest. I rate this experience a 5 on the pain scale.

01 September 2015

It is 0715 hours and I am located in my room. I am experiencing the feeling of direct energy flowing through my left leg. I rate this a 6 on the pain scale.

02 September 2015

It is 1700 hours and I am located in my room. I am experiencing ringing in the ears, and my whole body feels consumed by the direct energy. I rate this experience to be a 6 on the pain scale.

03 September 2015

It is 0300 hours and I am located in my room. I am experiencing ringing in the ears. The skin on all over my body feels hot and looks like it is irritated by the direct energies. I rate this to be a 7 on my pain scale.

It is 0400 hours and I am located in my room. My ears are ringing and my skin on my body feels like it electrified. I rate this experience a 7 on my pain scale. Although I have been very consistent with recording a detailed level of pain that I am feeling during this whole experience I am not ignoring the fact that this has severely impacted my mental health.

04 September 2015

It is 0800 hours in the morning and I am located in my room. I am experiencing the feeling of

direct energy targeting my chest. I will rate this pain as a 6 on the pain scale.

05 September 2015

It is 0800 hours in the morning and I am located in my room. I am experiencing the feeling of direct energy to the torso and back. I rate this experience to be a 6 on the pain scale.

06 September 2015

It is 1130 hours and I am located in my room. I am experiencing the feeling of direct energy to the torso and back. I will rate this experience to be a 6 on the pain scale.

It is 1630 hours and I am located in my room. I am experiencing the feeling of direct energy to my torso and my back. I rate this feeling a 7 on my pain scale.

It is 1815 hours and I am located in my room. I am experiencing the feeling of direct energy flow through to my torso and back. I rate this experience to be a 6 on the pain scale.

07 September 2015

It 1200 hours and I am located in my room. Currently, I am experiencing the feeling of a direct energy on my torso, back, and the nerves to my male reproductive organs. In addition, I have area all accompanied with ringing in the ears. I rate this experience to be a 6 on the pain scale.

It is 1815 hours and I am located in my room. I am experiencing ringing in the ears. I will rate this experience a 5 on my torture scale.

08 September 2015

It is 0930 in the morning and I am located in my room. I am experiencing that psycho-sonic energy, the ringing in the ears. In addition, I feel direct energy flowing through my back.

It is 1330 hours and I am located in my room. I am experiencing the feeling of direct energy to the torso and the nerves to my male reproductive organs. I rate this experience a 4 on the pain scale.

09 September 2015

It is 0600 hours and I am located in my room. Currently, I am experiencing ringing in the ears. I feel direct energy flowing through upper left hand quadrant of the abdomen. I rate this experience to be a 5 on the pain scale.

It is 0800 hours and I am located in my room. I am experiencing ringing in the ears. I feel the direct energy flowing through left hand. I rate this experience to be a 5 on the scale.

10 September 2015

Today I decided to discontinue with medication compliance with my multiple sclerosis. My

rationale for this decision is the fact that I am experiencing all these exposures to direct energies. I am uncertain of the intentions behind it. According to some of the literature available on the internet some of these energy exposures can cause cancers or inflict you with Hepatitis and/or HIV. In light of what I have read; I have decided to discontinue use of the immunosuppressant I take for my multiple sclerosis. My rationale for such decision is that continue use would just exacerbate and/or further compromise my immunity health.

It is 0700 hours in the morning and I am located in my room. Currently, I am experiencing the feeling of direct energy flowing through the chest. In addition, I have the psycho-sonic ringing in the ear.

It is 1900 hours in the evening and I am located in my room. I am experiencing ringing in the ears. I place this torturous condition to be an 8 on the torture scale.

It is approximately 2130 hours in the evening and I am located in my room. For the record; once again, I wish to document my discussion with the superintendent of the boarding house. I have complained about the direct energies to the superintendent of the room rental house. In our discussion; although I have expressed my concern for other occupants of the building, I have also reassured him of the fact that I am targeted when I am out in public. Although these direct energies target me when I am out in the public as well, they seem the most intense when I am at a standstill such as here in my room I rent.

11 September 2015

It is 0230 hours in the morning and I am located in my room. Currently, I am feeling direct energy flowing through to the ribs and feet. I will rate this torture at a pain level of 6 on the scale.

It is 0400 hours in the morning and I am located in my room. Currently, I am feeling direct energy flow through my right arm. I rate this pain as a 6 because it's pretty intense.

It is 0800 hours in the morning and I am located in my room. Currently, I am experiencing the feeling like my whole body is purged with direct energy. I think is tortuous and rate this pain as a 6 on my scale.

12 September 2015

It is 0900 hours in the morning and I am feeling direct energy to my chest and my legs. There seems to be an 'environment' or atmosphere of static electricity in the air, or very powerful electronic fog that seems to target me here at the house or out in public. I notice this because of the way that the hair on my body stands on end. Often times while I am outdoors the direct energy flowing through my body has a static electric that will discharge when I ground myself. Such as when inserting my house key into the door knob to unlock the door. At times this static electric discharge is bright enough to light up the night sky. At night time when I open the door with my key or touch something metal, I can see the electric bolt when discharged. Needless to say this static environment and directed energy seems to accompany me wherever I go is

17 September 2015

It is 0400 hours in the morning and I am feeling direct energy to spleen. I rate this experience a 7 on the pain scale.

It is 1030 hours in the morning and I am located in my room. I am experiencing the feeling of direct energy to the chest. I rate the pain to be an 8 on the scale. Most of these direct energy and neurological weapons that target me are consistent and never stop. I notice that the directed energy focuses in a different area or body part with the most common target being my head.

It is 1100 hours in the morning and today I walked up to the Somerville, New Jersey police department to report electronic harassment. The reply that I received from several police officers is that they are not writing police reports for this type of situation.

18 September 2015

Today I went to the local hospital.

19 September 2015

It is 0330 hours in the morning. I am feeling direct energy flow through the left foot, left side of the abdomen, and my chest. I rate the pain from this experience to be a 6 on the torture scale.

It is 0430 hours in the morning and I am located in my room. I can feel direct energy to the head. Today, in particular, has been one of the strongest of all direct energies that I have felt yet. The experience has been certainly the most tortuous out of them all. There was a constant and steady flow of direct energy to the head and back of the neck and near the occipital region of my skull.

20 September 2015

It is 0700 hours in the morning and I am feeling direct energy flow through the whole body. I rate this feeling to be a 8 pain scale.

21 September 2015

Today I had an appointment with my multiple sclerosis doctors at the hospital at the Veterans Affairs Hospital in Manhattan, New York. The way that I understood our meeting is that during the appointment I explained the direct energy symptoms that I had been experiencing and she said that it was not due to my MS. I also informed her that I was going to stop taking the immunosuppressant due to the unknown certainty of the intentions behind the direct energy. I also shared information about the new root canal and crown that I had and how it felt that it was acting as a beacon for radio frequency.

22 September 2015

It is 0600 hours and I am experiencing ringing in the ear. I rate this experience as a 8 on the

pain scale.

It is 1400 hours in the afternoon. I am experiencing loss of balance, walking like in a zigzag, lack of coordination in my legs to walk. I rate this condition a 6 on the pain scale.

It is 1645 hours in the afternoon. I am feeling direct energy to the head and back of neck. This experience and most often other experiences end up to where I develop headaches. But, for this particular experience I rate a 6 on my torture scale. The normally white portions of the eyes are beginning to develop into a reddish color. As if they are bloodshot eyes.

It is 2100 hours and I am feeling a headache with ringing in the ears. There is tension of the nail beds of my finger tips that are slightly reddish is color. I rate this experience a 6 on my torture/pain scale.

*23 September 2015

It is 0310 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of direct energy flowing through to the my head. In addition, today my fingernail beds, fingers, and hands feel the constant flow of energy passing through them. I have a headache, and my skin feels feverish. I rate this experience to be an 8 on the torture and pain scale.

It is 0745 hours and I am experiencing the feeling of the flow of direct energy to the chest. I am hearing and feeling internal snaps and pops. Similar to small vessels being harmonically or electrically cauterized. I rate this experience to be a 7 on the pain scale. I have been to the emergency room once before and they can do nothing about except to put me in hold in the hospital. So, it is not worth my while to go to the emergency room.

It is 1715 in the evening. I am experiencing the feeling of the flow of direct energy through my head. However, this particular experience feels comparable to a vacuum like suction. The best way I can describe this experience is like the pressure outside my body is greater than the pressure inside my body. In addition, I am experiencing ringing in the ears. I rate this experience as a 8 on my torture/pain scale.

It is 2300 hours in the evening. I am located in my room. I am using a meter application on my phone. The meter seems to be fluctuating electromagnetic readings. I discovered an EMF meter reader under Google applications and downloaded it to my phone. The electromagnetic frequencies according to the meter have been variable often under or above standards if I understand it correctly. Currently, I measure 17uT while here in my room. I rate this experience as a 5 on my pain/torture scale.

24 September 2015

It is 1000 hours in the morning and I am located in my room. Currently, I am experiencing ringing in the ear. In addition, I feel the direct energy target my hands causing tightness around my fingertips and fingernails. The skin on my body feels feverish. I can also feel the direct

energy target my chest, and rib cage. I rate this experience to be a 7 on my pain scale.

It is 2300 hours and I am located in my room. I am experiencing the feeling of my entire body purged by this direct energy. I rate this feeling to be a 8 on the torture/pain scale.

25 September 2015

It is 0930 hours in the morning. I am experiencing the feeling of direct energy focused on my chest. Occasionally, my heart will beat abnormally from the interference of this electric harassment. I rate this feeling to be a 8 on the pain scale.

26 September 2015

I have been reflecting on past events. Events leading up to when I first realized the signs and symptoms of this phenomena. In addition, I have been researching this on the World Wide Web and internet. I found some literature in the library on electronic harassment and direct energies. The literature suggests constructing Faraday shelters or tents and shielding yourself with Wenzel blankets to minimize some of the direct energies. I have been on the mission to protect myself from this electronic harassment campaign. I have been on the quest of purchasing materials needed to construct barriers and shielding. I did not have much luck at finding the suggested Wenzel blankets but realized I can construct them myself out of thick layers of aluminum.

I made what they call a Wenzel blanket with industrial grade aluminum. In addition, I put layers of this industrial grade aluminum foil on my walls in my room. My room is where I spend most of my time; when I am idle and not moving around or active. I realized when I am idle is when I am receiving the most direct energy. Although the energies may follow me where ever it is I may go; for instance, like out in the public. I realize these energies with me when I am taking a walk to town, or when I am at church.

I have been reflecting on past events and often wonder what the purpose for this harassment. I have ridiculously started to actually come up with alternative excuses such as; thinking that well maybe I am allergic to the Wifi towers that are right outside my bedroom window. So I started experimenting with whatever excuses or reasons. This is a good illustration or the madness, anguish, and torture this has created.

27 September 2015

It is approximately 0700 hours and I am located in my room. Currently, I am experiencing ringing in the ears. I feel direct energy flow through my chest. I rate this feeling and experience to be a 7 on the pain scale. I am under financial constraints due to the fact that the direct energies that target me keep me partially immobilized and distracted. I am trying to save up the money required to buy the materials for the Wenzel blankets, shielding, and barriers. I have not used the Wenzel blanket yet because I am still in the process of buying the materials to make it.

28 September 2015

It is 0900 hours in the morning and I am located in my room. I am experiencing what feels like direct energy to my upper abdomen. I rate this experience to be a 7 on the pain scale. I am still

constructing the Wenzel blanket. I am under financial constraints with limited funds and the industrial aluminum, tape, and materials cost money. The literature recommends at least seven layers of industrial grade aluminum foil and lots of 3m clear tape.

29 September 2015

It is 0800 hours in the morning and I am experiencing ringing in the ears. In addition, I can feel direct energy flowing through the left leg. I rate this particular experience to be a 5 on the pain scale.

30 September 2015

It is 0200 hours in the morning and I am located in my room. I am experiencing sleep deprivation. I can feel the direct energy flow through what feels like area where the spleen, liver, and chest. I rate this to be a 5 on the pain scale.

It is 0700 hours and I am experiencing direct energy flowing throughout my entire body. My skin hot, and feverish. It feels like its burning. It feels like my entire body expands and contracts; like a pulsating and inflammatory experience. I rate this to be an 8 on the torture/pain scale.

It is 0900 hours in the morning. I am feeling direct energy flow through my arms. The skin on my entire body feels like its pulsating and feverish. I rate this experience to be a 7 on the pain scale.

01 October 2015

It is 0700 hours in the morning and I am feeling direct energy to the chest. I rate this feeling to be a 4 on the pain scale.

02 October 2015

It is 0200 hours in the morning and I am experiencing direct energy to the head. I rate this feeling to be a 6 on the pain scale.

It is 1530 in the afternoon. I am feeling direct energy flow through my head and down my neck. I have a massive headache. I rate the pain to be an 8 on the scale.

09 October 2015

The past couple of days I have experienced a different energies to throughout the body focusing on various area. I am experiencing the consistent ringing in the ears. In addition, I will go through periods of burning sensations to different parts of the body.

10 October 2015

It is 0200 hours in the morning. I am experiencing direct energy flowing through the chest, arms, and jaw bone. Some of the symptoms I am experiencing include but are not limited; burning on my skin, ringing in the ears, and the presence of a high level of static electricity.

16 October 2015

Over the past week; regardless of my location, I have experienced the feeling of direct energy flowing through the upper left quadrant of the abdomen, upper left chest area, and lower jaw bone. In addition, I have ringing in the ears and am now having pain behind the ears. I often feel pulling, tugging, poking, prods, and nerve twinges. My skin is hot, and feverish. I rate this experience to be a 9 on the torture/pain scale.

17 October 2015

It is 1527 hours in the afternoon and I am located in my room. I am experiencing the feeling of the flow of direct energy to the prostate gland, and the nerves to my male reproductive organs.

18 October 2015

I relocated to room 13. I was in room 7. I am experiencing the feeling of the flow of direct energy through the entire body.

19 October 2015

It is 0100 hours in the morning and I am located in my new room. Currently, I am experiencing ringing in the ears, and the feeling of the flow of direct energy to the right arm and leg. I rate this experience to be a 6 on the torture/pain scale.

20 October 2015

It is approximately 0600 hours in the morning. I am experiencing ring in the ears, and the feeling of the flow of direct energy through the left leg. I rate this feeling to be a 6 on the pain scale.

21 October 2015 to 23 October 2015

Over the past three days I have been experiencing the feeling of direct energy flowing through my entire body. In addition, I have been having migraine headaches. I rate this experience to be a 9 on the torture/pain scale.

24 October 2015

It is 0200 hours in the morning and I am suffering from sleep deprivation. Currently, I have the feeling of direct energy flowing through the left chest. I rate this experience to be painful 6 on the scale.

25 October 2015

It is 0300 hours in the morning and I am suffering from sleep deprivation. Currently, I am experiencing the feeling of the flow of direct energy through the stomach. Additional symptoms as a result of this energy include hyperactive bowel sounds; as if my bowels or stomach was expanding and contracting. In addition, I this bowel manipulation generates horrendous amounts of unusual flatulence. While my bowels are distended with this gas, I have noticed manipulation of the anal sphincter muscles; often preventing the bowels to expel the gas. I rate this painful experience to be 9 on my scale.

08 November 2015

It is 1300 hours and I am experiencing ringing in the ears. In addition I can feel the flow of direct energy through the hands and arms. My skin feels feverish. I rate this experience to be a 8 on the scale.

09 November 2015

It is 0200 hours in the morning and I am experiencing the feeling of direct energy to ears. This creates a psycho-sonic type of tinnitus. I rate this to be a 8 on the pain scale. After sharing my experiences with my Doctors, I realize they do not recognize electronic or direct energy harassment. I am beginning or have begun to keep track of the IP Address on my cell phone. I have realized unusual behavior with the location of my IP Address. If they have weaponized the communication satellite system to target individuals with this direct energy; I could make the educated guess that the unusual behavior occurring with my IP Address is another form of gang-stalking.

10 November 2015

It is 1345 in the afternoon and I am walked with uneasy gaiting to Feeding Hands; Emmanuel Episcopal Church where I volunteer to participate and I feel like there is this electromagnetic attraction coming from the iron in my blood to outside and unknown source. I have never felt this before and only since the electronic harassment and direct energy began. It often causes heart palpitations and is a scary situation often. I rate this time to be a 3 on the torture/pain scale.

It is 0200 hours in the morning and I am experience ringing in the ears which I compare to be a 3 on the pain scale.

11 November 2015

It is 0630 in the morning and I am experiencing ringing in the ears. I feel direct energy flowing through to the arms. I rate this experience to be a 6 on the pain scale.

12 November 2015

It is 0700 hours in the morning and I am experiencing ringing in the ears. I feel the flow of direct energy through the arms and chest area. I rate this experience to be a 6 on the pain scale.

13 November 2015

It is 0600 hours in the morning and I have that psycho-sonic ringing in the ears. I feel the direct energy flow through my lower legs. I rate this feeling to be a 6 on my pain scale.

25 November 2015

Over the past ten days I have experienced the psycho-sonic producing ringing in the ears. In addition, I have been feeling the usual flow of direct energy throughout my body and more particularly through my left arm and leg. On average I rate this overall experience to be a 9 on the torture and pain scale.

08 December 2015

Over the past two weeks I have experienced the psycho-sonic producing ringing in the ears. In addition, I have been feeling the flow of direct energy through the left arm, hand, and leg. I rate this pain to be on average a 7 on the torture/pain scale.

09 December 2015

It is roughly 0200 hours in the morning and I am experiencing ringing in the ears. In addition, I am feeling the torturous sensation of the flow of direct energy through to the head and right leg. I rate this experience an 8 on the torture/pain scale.

10 December 2015

Today, I removed all appliances; including the microwave, refrigerator, and the portable heater, that were in my room. Although the direct energies target me wherever I may go, including out in public or town; I just wanted to rule out anything that could possibly transmit, leak energy, or be used to weaponize my environment. I did this as a control to see if that would change the atmosphere in my room. I am having experiences with feeling the flow of direct energy. Today I rate this torture to be an still at an 8 on the scale.

13 December 2015

Over the past three days I maneuvered the place where I live. I was in my room, I spent some time in the basement, and I then spent time in the small kitchen. Everywhere that I went and remained idle for a moment, the direct energy followed me. I am suffering from sleep deprivation. I already know what this direct energy and electronic harassment does to you mentally, but now I wonder what the longer-term physical health effects are. I am concerned that my physical health; even on a cellular level, will eventually take a toll where I become ill.

17 December 2015

The past couple days I have experienced the flow of direct energy mainly targeting my head, and back of the neck. Aside from those main focal points I still feel the consistent flow of direct energy flowing through my entire body. The skin on my body is feverish. I am particularly concerned about my male reproductive organs and prostate because it seems that these organs have been the focus of a lot of the direct energy during this whole time. I rate this experience an average of about a 7 on the torture/pain scale.

I downloaded an application on my cell/smart phone that reads estimated electromagnetic frequencies in the immediate atmosphere called an EMF meter. At this point I could not afford to buy a regular EMF meter and they are difficult to find locally. If I had the financial capability I would order one online. On occasions I have had been directly targeted with direct energies while in town square or around other people.

18 December 2015

It is currently 0700 hours in the morning and I am experiencing the feeling of a strong presence of an electrical/electronic atmosphere. I referred to it earlier as an electronic fog. I have the psycho-sonic ringing in the ears, and my skin feels hot and feverish. In addition, I am

complaining about being misdiagnosed by my mental health doctors and their recommendations for psychiatric medications. In reflection, when I worked for the coordinators of the Vocational Rehabilitation Program at the Lyons, New Jersey Veterans Affairs campus, I remember one of the Coordinators approach me and ask a question pertaining to a fellow Veteran who had just visited the office. The Veteran in question seemed to me to be just completely overjoyed with happiness. His disposition made him stand out from the other Veterans; and this is what I shared with the Coordinator.

While in the Vocational Rehabilitation office that same day, the same Coordinator asked me (what I thought to be an inappropriate question pertaining to this particular Veteran), "Mike! Do you think this guy should be able to have children?" And, I thought to myself! What kind of question is this? It is not any of my business if this fellow Veteran decides to have children or not? And, I continued to quietly think to myself; who is this guy to think that this would be of something for anyone of us other than the Veteran himself and his girlfriend or wife to consider? I thought to myself! Who does he (the Coordinator) think he is? To make light of a serious subject that did not require any input from me, I said, "Sure, We would have a Haitian infestation, " because the Veteran was of Haitian descent. This comment from myself was the way to send the message to the Coordinator that it would be his human right to have as many children as his girlfriend or wife seem fit to handle. The conversation ended there. So, the reason why I recollect this conversation is because throughout this whole personal experience with the direct energy, it seems to have taken a liking for my prostate and male reproductive organs. This makes me wonder if they are trying to sterilize me. Because, I am not a scientist or anything, and my knowledge of physics and electromagnetic frequencies do not amount to much; however, I am worried about what are the intentions of this direct energy as it targets the nerves to my male reproductive organs. I do not maintain high expectations; at 46 years old, however, I would like to have a family of my own one day.

19 December 2015

It is 1100 hours in the morning and I am experiencing that psycho-sonic ringing in the ears. I am currently experiencing the feeling of direct energy flow through my entire body.

It is 1136 hours and I am located in my room. Currently, I am feeling of a dry sandpaper like feeling all over the skin on my body. I am beginning to wonder about the possible short term and long term side effects of being exposed to all this direct energy. I am not sure what it is doing on a cellular level. I will be vigilant with my logging and journaling the whole experience. I recall the time when I had trusted one of the Coordinator of the Lyons, New Jersey Veterans Affairs Vocational Rehabilitation Program. I had an interview where I ended up being asked questions that I answered. Some of these questions included my personal information, down to the time of my birth. Since this interview.

20 December 2015

It is currently 0800 hours in the morning and I am experiencing an electrified room and atmosphere. I have read in the available literature; the aforementioned is 'weaponized.' In addition, I am experiencing ringing in the ears. I feel a sharp, needle type, pain to the prostate

gland. And, my skin feels hot and feverish.

In reflection, near the end of my stay at the Lyons, New Jersey Veterans Affairs facilities; and while I was at the Community Hope for Veterans, a transitional housing program. I can remember my dorm was full of that electronic fog; strong enough to be considered 'weaponized.'. I can also remember that was where the remote nervous system monitoring and manipulation began. I can remember that's when my abdomen and bowels started to go through the expansion and contraction. While in my dorm at the transitional housing program I was getting these electrically charged atmospheres and feelings of direct energy. The atmospheres and energies I remember were elusive and could disappear at a moments notice. If I bring someone into my room, to substantiate my claim, the electric atmosphere, and direct energy, oftentimes disappears. These are the very same behaviors of the direct energies when I made my transition out into the local community. I once complained about these direct energies to the Veteran Industries, Vocational Rehabilitation, Coordinator. She said, "well, you're the only one complaining about it." But, I had this intuition, she was putting up a front on this and lying to me because the whole time; because in retrospect, when I worked for her in the office as the office assistant, I can remember she could not stop provoking, and harassing me about what I was experiencing. During one of my interviews with the Coordinator of the Veteran Industries, she asked me how I was feeling? and I shared with her "I was happy"; in other words; happy to be sober, and out of jail. I am not sure if that is what she gathered from my statement; because, her response was; "Well, we have a cure for that too!" She often would refer to me as her "Hopeless case!" Both statements puzzled me at the time and I never asked her what she meant by them because I was a frail Veteran who just finished a county jail sentence, and was afraid to challenge the people I am putting my trust in for help. So, I just forgot about it, paid it no mind, and did not analyze it too closely. This is just the beginning of a long list as to why and how I think that coordinator knows the real reason for my claims, and will elaborate in more detail as I proceed to journal.

21 December 2015

It is 0700 hours in the morning. I am experiencing ringing in the ears. I feel direct energy flowing through my entire body. My skin feels hot, feverish, and is starting to tingle from numbness. Since this whole experience started I noticed suspicious activity with my Internet Service Provider, or my IP location. I am not a techy, and do not fully understand how the internet on my smart phone works. However, I have noticed suspicious activity. On several occasions my IP location was based out in Washington or Maryland. There also seems to be a series of IP locations tracking my phone that often rotate. With the direct energy and the rotating IP locations; it seems almost as if they have weaponized the communication system. I believe I am experiencing satellite terrorism.

Like I mentioned earlier; I do not know much concerning this technical information, or how such functions or operates on a normal level. However, as I keep track of my ISP, I have noticed patterns of movement. The internet search results and content I am receiving is skewed, very violent, and bullish in content. I have also noticed what to me seems to be a certain amount of modified neuro-linguistic feedback loops; meaning (I get the sense that someone seems to be keeping up a running commentary on my thoughts and behavior) I believe this to be part of

remote nervous system monitoring and manipulation. Often, when using my smartphone, I arrive at this conclusion through the patterns of search content, whenever I use my smartphone. When I browse websites or news, much of the overarching themes result in a current or previous thought. The combined forms of electronic harassment are provocative and uncomfortable. I also notice that if I am experiencing an exposure of electromagnetic fields or any level of intensity then there will be a corresponding thematic expression on the smart phone internet.

22 December 2015

It is 0200 hours and I am suffering from sleep deprivation. Currently, I am feeling the flow of direct energy through the entire body. This is very tortuous; I rate a 6 on the pain scale.

23 December 2015

It is 0800 hours. I am feeling the flow of direct energy through my entire body. I rate this pain to be a 6 on the pain scale.

24 December 2015

It is 0800 hours in the morning. I am feeling what I like to describe as and from an educated guess, ultra low frequency and an electric oscillations or sonic through my entire body. I am not a scientist, or even at that matter, a physics major; however, when I use the terms oscillation or oscillatory, when describing the type of direct energy that I am experiencing or feeling. I refer to the terms as described by Google's definition: as in the physics sense, "vary in magnitude or position in a regular manner around a central point" (Google, 2015).

25 December 2015

It is 0700 hours in the morning. I am feeling like my whole body is engulfed in direct energy at a low level of 7 on the torture/pain scale.

26 December 2015

It is 1300 hours. I am experiencing the feeling of electric oscillations and/or direct energy throughout my entire body. I rate this pain to be a 6 on the torture/pain scale.

27 December 2015

It is 0830 hours in the morning. I am experiencing ringing in the ears, a harmonic or vibration, and what feels like the flow of direct energy to the back, and the nerves to my male reproductive organs. My skin feels hot, and feverish; like it has been slowly cooking. I also feel sexually tortured and abused.

28 December 2015

It is 0700 hours. The superintendent of the building announced that there was Wi-Fi cable issues and that it would be disconnected. Currently, there no change in symptoms with disconnected cable. I have a headache that feels like I have intracranial swelling. I can feel the flow of direct energy through my body. My male reproductive organs are hurting. I rate this

experience to be a 9 on the pain scale.

I notice I am the target for a cyber bullying campaign. I realize their methods include the typical governmental/CIA/FBI tactics of trying to instill fear, intimidation, and aggressive subliminal messages on the search content of the internet. I see violent, and modified neuro-linguistic feedback loops methodologies on my internet experiences. I took screenshots on my smartphone IP location, and of examples of content just to have some as references should I need them in the future. Currently, I am partially disabled by the direct energy and electronic harassment campaign. The energies affect my balance, ability to walk or run, and oftentimes to concentrate. I am not able to really focus on employment and therefore under major financial constraints. Relocating to a different town or place to live is not the solution because the direct energies follow me no matter where it is I am at. I often experience my service on my smartphone will mysteriously get suspended or interrupted.

29 December 2015

Today I have experienced direct energy and electronic harassment. Some of the symptoms I wish to journal include but are not limited to; my skin is hot and clammy, my male reproductive organs feel hard and sometimes expand and contract.

30 December 2015

Direct energy around the clock, came down with sinusitis. There is an oscillation and vibration that runs through my body. Feels the energy is manipulating and torturing the nerves to my male reproductive organs receiving direct energy. I often reflect on the time when the Coordinator of the Vocational Rehabilitation Program at Lyons, New Jersey Veterans Affairs asked a question concerning a fellow veteran and his human right to have offspring. Well, when I feel the electric harassment and direct energy target my the nerves to my male reproductive organs; which has been consistent not only is it a major violation of humanity because I find it sexually abusive. I often wonder if they are trying to sterilize me or ruin my reproductive ability.

31 December 2015

Today I have the psycho-sonic ringing in the ears. I feel the flow of direct energy and electric torture. I feel what seems like oscillatory, electric vibrations passing through my bladder, and male reproductive system organs. Occasionally, if I do not have sinusitis, then, I have the opposite, dry nasal passageway.

I am behind on rent due to the fact that I am spending money on shielding material such as aluminum, silicon, tape etc.

Chapter Two: 2016

01 January 2016

It is 0100 hours in the morning and I am suffering from sleep deprivation. I am experiencing th feeling an intense direct energy weapon; that I can compare to some kind of heat, such as a light, that I cannot see, maybe ultraviolet or infrared light. Or somewhere on the signals

intelligence wavelength.

02 January 2016

It is 0400 hours and I am suffering from sleep deprivation. I was awakened by the feeling on my lower legs and at the knee. The muscles became stiff and contracted. I am not sure if a spring mattress is safe to sleep on or around anything metal. The direct energy seems to be stronger around anything metal. This morning after sleeping on the box spring mattress I woke with my mid-section on my body feeling hot and feverish. I noticed the direct energy purging its way deep within my entire body. My male reproductive organs feel compressed, hard, and soar. I have utilized the Wenzel blanket to see if this will shield me from some of the electromagnetic and invisible light.

03 January 2016

It is 1530 hours in the afternoon. I feel direct energy flowing through my entire body.

04 January 2016

I woke up this morning feeling the usual direct energy. I do not know exactly what it is but could be a combination of oscillatory, vibrations, sonic, electric, a small voltage, light, radio, or even radiation. I am experiencing probably a variety of different frequencies. Sometimes I just feel like a rapid exchange of electrons and protons rushing through my body. They like to target my male reproductive organs nerve as well as at other places on my body. Other times I feel strong positively charged direct energies sometimes with oscillations and vibrations and sometimes without these oscillatory or vibrating feelings. I have tried to reach out for help, like at the hospital, and other friends, and nobody seems to know anything about this phenomenon. I suffer from sleep deprivation now. I cannot get comfortable with my living environment and situation. I notice changes to my male reproductive contents. I notice the WIFI cable and service comes and goes; however, there is no change in the way that I feel. I am now expressing the way I feel and how my civil liberties and human rights are being violated. I am having internet difficulties, Google has warned me of hack attempts to my Gmail account.

05 January 2016

Today I feel the flow of direct energy through my body. My skin feels hot and feverish.

06 January 2016

There is no change in the flow of direct energy. I do have the flu. I am coughing, sneezing, and draining from the sinuses. My prostate and male reproductive organs hurt because they have been the focus for a lot of the direct energy. If I go to sleep without a long sleeve shirt I end up with hot and feverish skin on my arms. Sometimes the redness is visible from the burns.

07 January 2016

Today I am experiencing direct energies all night and into the morning and throughout the day. I have the psycho-sonic ringing in the ears. Often my vision is blurry from the energies.

08 January 2016

Today I feel what I believe to be is an energy comprised of maybe electric voltage, and maybe an oscillatory energy of sort. I thought rapping my body using an electrical extension cord. I tried this to see if it would interfere with the flow of direct energy and act as a ground. It helps defer some of the energy to a small degree. In addition, I tried using USB cords, and found out that works slightly. I have a suspicion of the tooth posts or crowns I had implanted by the dentist when I had my root canals. It maybe emitting a RFID or tracking magnetic frequency.

10 January 2016

It is 0400 hours in the morning and I am sleep deprived among other things. I think that sleep deprivation is the least of my worries at this point. Currently, I am feeling an electrified streaming shock wave to my prostate. Only if you could imagine what that feels like for your male reproductive organs. I don't know what to say. My male reproductive organs often expand and contract. When they contract they are as hard as a rock.

It is 1200 hours in the afternoon. I feel direct energy flowing through the left side of my entire body; including left hand, leg, and feet.

It is 2100 hours. I am feeling direct energy flow through the left arm, and hand. Often, I find by grasping a USB computer cord, reduces the intensity of the energy.

11 January 2016

It is 0330 hours in the morning and I am suffering from sleep deprivation. In addition, I am feeling the flow of a direct energy that seems; how I like to describe it, positively charged. This direct energy feels like it is flowing through both hands and into my entire body. My buttocks feel burnt and are plush in color; my male reproductive organs are compressed and hurting.

It is 1830 hours. I am experiencing electronic harassment. The electronic harassment I am discussing here is both a physical matter with the flow of direct energy; objectionable electronic intrusion. The other mode of electronic harassment I wish to add to my journal is a phenomena I mentioned earlier in my journal; the attempt to instill fear, and intimidation into my experience with my internet usage. I am not sure of the later, but from an educated guess and some of my physical symptoms I would have to agree to say that its either remote nervous system monitoring and manipulation or subliminal messaging through electronic signaling.

It is 2030 hours. I have tried everything 'under the shining sun' to arrange for a more comfortable living by reducing my exposure to the targeting direct energy. I have my rearranged my bed to face the north. I did this in an attempt to reduce some of the direct energy. This is a vexatious and furtive program of great intensity. Seems like my search results with my internet experience results in content that is provocative and intimidating. I can tell the internet search results are skewed and are part of the program to instill fear in you.

12 January 2016

Today, some of my symptoms include but are not limited to; pain in the left elbow and my male reproductive organs hurt. I often feel what seems like vibrations accompanied by a charged electric current. It could be that the vibrations are of sonic or sonar frequency. I need to purchase clothing made from silicon, this will help shield some of this electric and sonic energy. I finished my letter to VISN.

13 January 2016

The direct energy seems to follow me everywhere I go; where if I am home in my room or if I am out in public; however, while I am idle, such as in my room, the direct energy has the greatest intensity. Today, my skin is feels hot and feverish. My male reproductive organs hurt. I have notice changes in the male reproductive contents.

It is roughly 2015 hours in the evening. Although I lack coordination and balance to walk; when I am able, I volunteer on Tuesday, for the church pantry. In addition, I attend bible study on Wednesday.

14 January 2016

It is 0530 hours. I woke with hot and feverish skin. Currently, I am experiencing the feeling of an electric oscillation of direct energy throughout my entire body, but more specifically, targeting my head, and male reproductive organs. While I was in my room I downloaded the Google application for my smartphone called Google goggles. By chance, I turned off all the lights in my room, into complete darkness. Out of curiosity, with my smartphone camera, I took a picture with the flash off and the lights out, of my room. Then, I processed that picture through the Google goggles application. A reverse search referenced examples of laser lights. Given this scenario, I would not be surprised if some of these direct energy weapons operate off of a laser concept.

15 January 2016

I had a Doctor's appointment today. Because I have been complaining about the feeling of direct energy targeting my male reproductive organs with electric oscillation. The doctor examined me thoroughly, and came up with an unremarkable conclusion. I requested ultrasound and he sought no evidence for recommending the test. In addition, I requested from the Doctor that he prescribe me a dosimeter badge for monitoring radiation; and he refused my request.

16 January 2016

Today I experienced a direct energy that felt like the usual electric oscillatory characteristics. I could feel this energy flow throughout my entire body, however; more specifically, targeted pain on the male reproductive organs.

17 January 2016

Today I am experiencing what feels like an electric vibration that varies in strength and position.

For the most part, this energy seems to be constantly flowing throughout my entire body. However, more specifically, I can feel this oscillatory vibration strongest on my head. Some of my other symptoms include but is not limited to pain to male reproductive organs, and the chest. The long-term exposure makes my skin hot, and feverish. I have been utilizing a USB cord which helps to divert the energy, especially the electric oscillatory energy that purges its way deep into my body.

I have been experimenting with my smart phone and trying to capture some of this energy. I notice the energy I feel comes in various modes or methods such as electromagnetic pulse, microwave, sound or sonic, and light. I have had a difficult time with finding an affordable application to capture and measure the ultraviolet or infrared light. Most of those applications require as an accessory piece or probe for the applications. I am trying to focus on capturing the level of microwave and have found a vicissitude of microwave measurements that seem to be out of the normal range of safe and allowable parameters.

18 January 2016

Today I am experiencing the usual electric oscillation directed energy flowing throughout my entire body. My skin feels hot, and feverish. I first noticed cyber bullying and intimidation with my internet experiences before the actual physical aspect of electronic harassment. I noticed behavior such as my electronic phone communications getting suspended and the loss of prepaid money on the account. This may have been conducted under the disguise and for the fact that I was actually on probation with the State of New Jersey. However, in an open communication system, such as mobile communications, I believe that I have experienced multiple hack attempts, including into Google email. And then, objectionable electronic intrusion into my physical self. On several occasions, Google themselves, warned me of suspicious activity with my account. I have experienced other suspicious activities with my smartphone such as; the phone locked up, crashed, and on multiple occasions my service was shut down completely. Once again, I just want to reiterate, I know very little about IP locations, Domain Name Systems or Servers; however, I have noticed suspicious activity regarding those mentioned. I am making a speculation that my main IP is continuously stationed out of Washington, D.C. or Maryland at times. I have reason to believe that either the National Security Agency, or Central Intelligence Agency and/ or those affiliated like the Cyber Security Agency, Secret Service, or a player in the Military Intelligence and Complex Industry have had their share of participation in this electronic harassment that I have experienced. I have arrived at the speculation of modified neuro-linguistic feedback loops or subliminal messaging. I mention this because of from some experience that prove to be remote nervous system monitoring and manipulation. The bio-feedback via my web experience is the reason to believe this experience. In addition, I have reason to believe through experience the so called "fusion centers" has access to this biofeedback and may even broadcast this bio information to my stalkers. I believe the aforementioned to be true due to, in reflection, to start out, there where multiple situations and instances where and while at the transitional housing program and participating in the Vocational Rehabilitation program, the Coordinator would often harass me by making an implicit reference to what I was doing either that day or thinking that day or the previous. One instance was while in my dorm the previous evening I was inspected an article of

clothing with my eyes at a specific angle; nobody else should have known this. But to my surprise at work the next day, the Coordinator seemed to be a little too familiar with this instance. She seemed to maintain a running account of my thoughts and actions. Another instance that proves this to me is an experience when at one time I had a vision, that seemed personal to me. However, the remote nervous system monitoring and manipulation was able to capture this vision and subsequently illustrated this piece of bio-feedback through a simple and random skewed search resulted on the internet. Once again, someone is keeping a running account of my thoughts, actions, and visions.

19 January 2016

It is 0100 hours. I am suffering from sleep deprivation. In reflection, I noticed one day at Community Hope for Veterans, after a shopping for household goods, when I had returned, a staff employee member wheeled through with what looked like an exact replica of what I had purchased. I blew it off as purely coincidental; however, now I am beginning to notice subtle details, governmental sponsored gang-stalking is coming to light.

It is 0200 hours. I am suffering from sleep deprivation. Currently, I feel like I am being exposed to an energy that cause your entire body to feel hot. Such as ultraviolet light all over my body

It is 0300 hours. I am suffering from sleep deprivation. Currently, I am feeling a direct energy that heats up your entire body. In addition, I have ringing in the ears. When I close my eyes, I am seeing lights.

20 January 2016

It is 1100 hours in the morning. I am experiencing an electric and oscillatory atmospheres that are purging throughout my body. I feel the strongest energies target my face, and buttock regions. My male reproductive organs are sensitive to this and are in torturous pain. I notice changes to male reproductive contents.

It is 1500 hours in the afternoon. I have ringing in the ears. I am feeling direct energy in the form of what feels like positively charged electrons and protons. The electricity feels like it has an oscillatory motion; meaning, is going round and around. If I understand the concept of cyclotronic; in physics means: "an apparatus in which charged atomic and subatomic particles are accelerated by an alternating electric field while following an outward spiral or circular path in a magnetic field" (retrieved @ <https://en.oxforddictionaries.com/definition/cyclotron>, 2016) it very well could be that, in addition to a harmonic or vibration type instrument. I do have a good intuition of what I am feeling. I have almost 5 years of sobriety, and am cognizant of my environment and surroundings. I am also feeling an unusual amount of heat from this energy. My skin becomes irritated, red, and feverish, and on occasion notice minor burn on the surface.

0200 hours and I am experiencing sleep deprivation from an electric oscillatory (direct energy) feeling. My left hand, arm, and shoulder; along with my skin feels feverish. I made barrier made

out of Plexiglas to shield myself from some of this energy in hopes to get some productive sleep. I am reading and studying the literature on barriers; some are made out of glass. If I understand the literature correctly; glass will block any microwave and other electronic frequencies.

21 January 2016

My teeth often times gets an electric charge just like the rest of my body; however, my gums hurt and it seems like some of the exposure to these various electronic frequencies have eroded some of the enamel off my teeth. Just as a note; my cell/smartphone is still down, even though I have paid my bill. I slept on top off Plexiglas overnight which seems to have alleviated some of the electronic frequencies. I realize and feel an increase in these electronic frequencies. They are now stronger than ever. I know when I am targeted by something, and when something targets me, I have never before had any allergies to electronic frequencies.

22 January 2016

Today is the same electrical and oscillatory type energy throughout my entire body. I have the psycho-sonic ringing in the ears. My male reproductive organs are targeted causing sexual torture and abuse.

23 January 2016

This morning I feel like I am being exposed and targeted with either radiation (light), microwave and/or radio frequency directed energy throughout my body. I am experiencing ringing in the ears, my head is a target for a lot of this directed energy, and my left shoulder. The skin all over my body feels feverish. As a side note I utilized the Wenzel blanket I had made and glass platform to sleep on which alleviated some of this energy.

It is 1600 hours in the afternoon. I am experiencing electric and oscillatory feelings throughout my entire body. At this point I am not sure how I am doing physically because all these exposures to the many different kinds of direct energy; is for the most part elusive, and may have more of an effect on your health at the cellular level, especially compared to a doctor's physical exam. I do not drink or do drugs. I will journal this experience each and every day as it provokes and harasses me, and I will share my experiences with others. I think it is important to raise awareness. I also promise myself to find justice out of this because it's absolutely torture.

It is 2030 hours in the evening. I am feeling electric and oscillatory energies throughout my entire body and all throughout the atmosphere of my room. This evening I have decided to sleep in the basement, on the floor, where the energies are not as intense. My cell phone service has been disrupted.

24 January 2016

I slept on my makeshift protective barrier; which includes a layer of glass (sheets of glass from windows) and my Wenzel blanket on top, plexiglass, and layers of silicone sheeting. I noticed this morning that the skin on my left arm felt feverish or burnt. My left arm was the only part of

my body not shielded by the protective barrier. I speculate that some of this direct energy is from ultra or radiation in the form of invisible light; in addition to some radio and/or microwave frequencies.

25 January 2016

It is 1900 hours. My ears are ringing. I feel electricity, and heat from the energies throughout my body.

It is 2120 hours. I feel direct energy throughout my body. I feel it the strongest on my head, upper left hand quadrant of my abdomen, and my male reproductive organs. I find this experience to be sexually torturous and abusive.

26 January 2016

It is 0200 hours and I am suffering from sleep deprivation. I feel direct energy flowing through my entire body especially off of my left arm and hands.

It is 1600 hours. I feel direct energy flowing through my entire body. Currently, I am still experiencing direct energy to the face, head, and hands. I have that psycho-sonic ringing ears.

27 January 2016

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing an electric and oscillating direct energy to the face, head, hand, and arms.

It is 1600 hours. I am experiencing hot electric and oscillatory frequencies to the face, head, hands, and now stomach. My skin feels feverish.

28 January 2016

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing electric and oscillating direct energy to the face, head, hands, and stomach. My skin on my body feels feverish. I have ringing in the ears. The inside of my long-bones feel hot, and feverish.

29 January 2016

Today has been electric oscillatory environment and throughout my entire body. I have ringing in the ears, and I am feeling energies directed to my bone canal of my arms.

30 January 2016

I almost aspirated some food and water that was partially digested in my and was in my esophagus. It ended up in my left nasal cavity. A lot of this direct energy makes me clumsy including things with body functions that are confused. It is very frustrating and psychologically torturous.

31 January 2016

It is 0400 hours. I am suffering from sleep deprivation. In addition, I am experiencing ringing in

the ears and feverish skin. From what I have read in the literature; I find it to be a complex science with a lot of speculation and testimony; however, I can testify that the energies I am being exposed to are not only electric and oscillating energies, but are probably radio, and both microwave and radiation (light) frequencies.

It is 1000 hours in the morning. I still have ringing in the ears, a headache, and the right chest wall is numb and feverish skin.

It is 1800 hours. I am experiencing a consistent electric and oscillatory energy that often has a harmonic type vibration. I still have the headache, and feverish skin. And, I am now experiencing nightmares that are too weird to record.

01 February 2016

It is 0700 hours in the morning. I am experiencing directed sonic frequencies. I feel pain in my male reproductive organs, and left upper abdominal quadrant. As a note I have been researching these phenomena; although not to the disciplined approach I really want due to reluctance to learn, however, going through with these experience kinds of guides me forward and more in depth into the available literature and information on the web. After a little over 7 months into my experience with feeling energies, and logging the phenomena. I am able to conduct more accurate keyword searches from overarching themes extracted from this journal. I am convinced that I am going through electronic harassment. As I get further into my research, more information appears on the internet.

02 February 2016

It is 0430 hours and I am suffering from sleep deprivation. I have noticed the electric and oscillatory atmosphere and energies that target me. I am experiencing a headache.

It is 0900 hours in the morning. I am experiencing an electric and oscillatory energy throughout the body.

It is 1300 hours in the afternoon and I am suffering from sleep deprivation. I feel an electric and oscillatory energy. This energy is hot and targeting the chest.

03 February 2016

It is 0500 hours in the morning and I am suffering from sleep deprivation. I am complaining of ringing in the ears, dry cracked skin on my arms, male reproductive organs feel hot and feverish. As a side note would like to journal that I am now behind on rent by a couple of hundreds of dollars due to the fact that I have been purchasing silicon and glass sheeting, and industrial aluminum foil to create Faraday Tent. Although it is called a tent essentially what I am doing is create several inches thick sheets to layer the walls in my room. I have found such barriers to reduce the intensity of the directed energies.

It is 1800 hours. I am experiencing an electric and oscillatory energy. This particular energy is hot. Currently, I am going to complain of chest pain.

05 February 2016

It is 0530 hours. I am experiencing scattered direct energies accompanied by heat. I am complaining of ringing in the ears and feverish buttocks. As a note I went to the dentist in Manville the other day. Several pieces of my teeth fell out that looked suspicious. I took before and after photos. I have a headache, and feverish buttocks. As a side note I have been researching other applications I can use that may assist me with measuring these frequencies. I am unable to afford the instrumentation you buy at the specialty store for such reference. I will use my new cell/smartphone. Since my first experience at the Veterans Affairs Hospital campus in Lyons, New Jersey, I have notice a vicissitude of frequencies that are all not the same. So, I figure the more I research and experiment with these applications the better to try and get an accurate reading. And, so, I found one application that takes a reading of atmosphere electromagnetic pulse.

07 February 2016

This morning I feel an electric oscillatory atmosphere and energy flowing through my entire body. My male reproductive organs hurt and the contents produced are questionable.

It is 1250 hours and I feel an electric and oscillatory energy. I am complaining of ringing in the ears, and painful eyes. I can feel heat is emanating from the inside of my bone on my left shoulder.

08 February 2016

It is 1600 hours in the afternoon. I am feeling an electric and oscillatory energy. I am complaining of the upper left quadrant of the abdomen.

09 February 2016

Today is steady ongoing electric and oscillatory energy. I am complaining and psychologically stressed out to the max. My male reproductive organs are the target for torture and abuse. I sent my letter off the VISN director.

10 February 2016

Today I am feeling the usual electric oscillatory direct energy throughout my entire body. I am experiencing remote nervous system monitoring and manipulation. I come to this conclusion through comparing my symptoms to those on www.stopthecrime.net. I am complaining today of ringing in the ears, poor capillary refill of the fingers. My male reproductive organs are sore and painful. My skin feels hot, heated, and feverish.

11 February 2016

I am feeling an electric and oscillatory energy. I am complaining today of a swollen face, the bone canal on my left are hurts, and headache. I notice Cyber-bullying, intimidation, and the

attempts to instill fear in me with my internet experiences. One of the methods I assume they use is modified neuro-linguistic feedback loops; since they are violating my Human Rights with remote nervous system monitoring and manipulation and/or they are doing subliminal messaging. I can feel the energy hover and target my head. They are collecting biofeedback. In addition, Google has warned me several times of suspicious activity with my email account.

12 February 2016

Today I cannot think straight because this targeted individual campaign I am experiencing makes out with having issues, I am clumsy, and just creating an overall very confusing. This campaign can also make a person lash out in violence if that person does not know how to control their anger. But I am feeling an electric and oscillatory energy flow through my body.

13 February 2016

Today I am experiencing an electric and oscillatory energy flow through my body. I am complaining of ringing in the ears, direct energy to the head, right eye is becoming blotchy red, and my male reproductive organs feel like a racket ball. My bone in my left arm hurts and feel a stream of energy flowing through the canal. I have constructed a sleeping arrangement with sound boarding, aluminum, and glass.

14 February 2016

Today I am experiencing an electric and oscillatory energy accompanied by heat or an invisible light. I am complaining of feeling the direct energy target my head. I am beginning to feel pain behind the right eye. In addition, I feel an energy target my upper left side abdomen. I have a headache and my skin feels hot, and feverish.

15 February 2016

Today I have ringing in the ears, a headache, and burning sensation throughout the bone canal of my arms. I have feverish skin, and my male reproductive organs are being tortured and abused.

16 February 2016

Today I am experiencing an electric and oscillatory energy flowing through my entire body. I am suffering from the psycho-sonic ringing in my ears. The bone canal of my arms are hot, and feverish. In addition, I have a headache, and my male reproductive organs being sexually tortured and abused.

17 February 2016

Today was a break from direct energies except for a brief moment of time in the morning when I felt direct energy on my head. The bone canals to my arms are feverish and male reproductive organs are hard like a rock. I am beginning to realize less production of semen and I am uncertain of the viability. MY eyes are becoming bloodshot. It is now 2100 hours and I have ringing in the ears and a slight body fever. I am still noticing cyber bullying with modified neuro-linguistic feedback loops and/or subliminal messaging; as confirmed by web content and

search results.

18 February 2016

Today was an electric and oscillatory (saw) feeling throughout the body. I am complaining of feverish skin on chest area and the bone canals of my arms are hot.

21 February 2016

Today I feel electric and oscillatory sensations throughout my body. I am complaining of ringing in the ears. I still have pain in my right middle finger and stomach. I notice my stomach, and that portion of my body muscles and inner cavity was 'tight' so-to-speak. I made several attempts to call my public defender to inform her that I was being harassed, provoked, and tortured; however, was unsuccessful at speaking to her directly. I left a message. I still notice the modified neuro-linguistic feedback loops with my web experience.

It is 1645 hours and most of the day was a vicissitude of electromagnetic frequencies. Some of these frequencies felt like radio and/or microwave energy. My skin is burning as well the inner canal of my arm bones. I started to prop my door open to try and minimize some of the accumulation of the energy. There are innocent bystanders such as those in the hallway, and my neighbors who have children. I suspect satellite involve with the electronic and direct energies and often wonder if there is potential for collateral harm to my neighbors.

22 February 2016

Today is the same variation of strengths and weaknesses in direct energies. To reiterate what I understand about this phenomena when I use the term direct energies I am referring to a vicissitude of electromagnetic, radio, harmonic, sonic and light frequencies. According to the literature available; if I am going to sustain damage to my physical health it is often undetectable. However, maybe evident on the cellular level; such as developing Hepatitis, or damage to the mitochondria, etc. I have been complaining about my male reproductive system and organs. When I go to the hospital, they are not able to find any definitive injuries from exposure to the elusive direct energy. I have informed the professionals of what I am experiencing.

23 February 2016

Today was intense psycho-sonic ringing in the ears. In addition, I am starting to develop painful joints. Currently, I am feeling what I can describe to be an exposure to ultraviolet light or radiation of some sort. I mention this because of the heat I feel coming from the direct energy that lacks a harmonic or vibration component

24 February 2016

Today I have that psycho-sonic ringing in the ears and feverish skin. The electric and oscillatory energy that I feel is painful and torturous. I am rather concerned for my skin. My skin often becomes irritated, hot, and plush in color when these direct energies target me. I had another

dental appointment today in Manville.

25 February 2016

Today I have ringing in the ears and feverish skin. The electric and oscillatory energies irritate my skin. I informed my probation officer on Wednesday that I had symptoms of direct energy, psychotronic assaults, and electronic harassment. I informed my probation officer that I am a targeted individual for direct energies.

26 February 2016

The Ultimate EMF phone application registered a variation in reading and measurements. Later on in the evening, I heard a loud pop and felt something inside my abdomen move. The sound I heard is comparable to a harmonic scalpel cutting, and cauterizing soft tissue; by splitting the soft tissue at the atom. I believe all this exposure to EMF is cooking me or microwaving me from the inside out.

28 February 2016

While being targeted with electromagnetic and oscillatory, harmonic, and radio frequencies the other day, I had mentioned of hearing and feeling a 'pop' sound and feeling; today I heard and felt another 'pop' on the opposite side of my body, realizing the sound and feeling came from within the hip areas. I am going to assume those were the arteries that runs through the ball of the hip. The hip that I heard the other day, hurts today. I am still under financial constraints; so I can not afford to move and relocate; however, given the recent past experiences with being a Targeted Individual, I do not think and or have any reason to believe that moving is the solution.

01 March 2016

Early on in the morning I felt two sharp type projections into the midline of the abdomen. I am going to speculate that this experience had to of come from some type of laser. I remember when I had use Google goggles in the dark; and the result of a reverse search was laser beams. I had often wondered if laser is in the arsenal of their direct energy weapons. Today I am suffering from that psycho-sonic type ringing in my ears.

02 March 2016

Today was frightening for me; I suspect I felt microwave, because it followed by a hot, feverish, burn to my left arm, and chest. When I felt this experience to my chest, my heart briefly had an irregular beat. My male reproductive organs hurts today. I also have the accompanying ringing in the ears. As a note, in an attempt to provide a barrier to the ultra-sonic and oscillating electric frequencies I purchase liquid silicone to coat a tea shirt, underwear, and Wenzel blanket in.

04 March 2016

Today I experienced major electric and oscillatory energies; the frequencies or signals were strong enough to prompt me to leave my room early in the morning. I have the ringing in the ears. I do not know is there is any correlation; however, I then notice an increase in static and electric atmosphere in my room. This has been a repetitive process where I am able to extract

the sequence of events and pattern of room atmosphere or direct energies. As the atmosphere in the room changes i.e. electronic and sonic fog, the energies that target me purge my entire body. To reiterate, when I use the term 'direct energies'; since I am not a scientist, and do not fully understand except for the fact of my experiences such as feeling static electricity, voltages, oscillations, harmonics, sonic, radio, and microwave. However, I would like to note that these direct energies and atmosphere follow me out into the open or public. The static, electric, oscillatory, and vibrating sonic is most strong when I am stationary here in the room of this house.

07 March 2016

Late in the evening I experienced electric and oscillatory frequencies accompanied by what feels like there was an substantial amount of heat with it. I suspect; if not microwave, then some form of radiation, such as ultraviolet light (radiation). I am complaining of ringing in the ears, and feverish skin.

10 March 2016

I checked myself into the local hospital emergency room complaining of direct energy and electronic harassment. They just look at you like it is forbidden knowledge; and put you on a psychiatric ward.

22 March 2016

The past week has been the same electric and oscillatory direct energy. I am complaining of the psycho-sonic ringing in the ears. Electromagnetic frequencies to the chest. Sometimes I hear and feel my maxillofacial bones move and make crepitus. Occasionally, I would feel a tickle on my tongue at the same time a stream of energy flow back over my molars.

I have grown a little bit fatigue with journaling; the same thing day in and day out. When I try to share my current experiences and situation with someone they just look at you like you are crazy. I have started searching for available support groups and made several attempts to reach out and register with one of them on the web. A lot of the support group websites are either repressed by hacking the website or are just prevented from gathering by repression. This violate our civil right for 'The right to assembly', which is part of the constitution.

29 March 2016

Today I am experiencing electrical static and oscillatory energy. When I was out in town I felt electric and oscillatory electric shocks to my head and to the lower left hand side (between the 2 and 3) rib interspaces. At one point there seem to be a correlation between my cell/smart phone usage (calls, text message) and the feeling of electronic harassment and targeting. The experience could substantiate the theory they have weaponized the mobile telecommunications system and technology.

31 March 2016

I keep thinking that I have lost weight however it is an illusion that I can only see as my body expands and contracts with the Targeting of direct energies. I believe to be within the normal

range of my weight as usual. My weight can fluctuate between plus or minus 1-9 pounds and 10 if I am lucky. I think I am just a little alarmed by this phenomena and am recording everything I can in my journal as a precaution. Speaking of weight loss or gain, one thing I have notice during the exposure to direct energies, is that I feel that they have the ability to influence my metabolism. I also notice that these energies have the ability to influence whether or not are I am sleepy or tired. For the most part when I feel like a relatively low positively charged rapid exchange of electrons and protons flowing through my body, I am more energetic. This is how I describe a level of electric and oscillatory energy or direct energy. At times the positively charged energy can be very apparent and noticeable because it often ends up stimulating my nervous system and often times very torturous.

02 April 2016

Today I am complaining of ringing in the ears, my male reproductive organs are being tortured and abused, and I have feverish skin. I worry that the government is trying to sterilize me so I am unable to have children.

It is roughly 2230 hours. Today during a thunder and rain storm and I experienced a light seizure a split second before a large bolt of lightning struck across the sky. Not sure what this has to do with my current situation and condition but I had never experienced that before in my lifetime.

04 April 2016

I cancelled my doctor's appointment because I did not get any sleep the previous evening. The direct energy harassment seems to be the strongest at night. Since it's kind of a citizen neutralization program they are going to sabotage anything that you may have going. It can be as simple as a doctor's appointment by keeping me up all night so I do not get any sleep or it may be that you have to get up early to go to work; they will ensure that the direct energies will lesson those chances of success to accomplish those things. I notice nights where they are greatest with their harassment when I might have to be at probation, have a doctor's appointment, or if I have a job and have to be at work on the following day.

09 April 2016

The past four days have been an electric and oscillatory energy throughout the body. I woke up one morning and discovered a large welt on my left leg. I tested my skin and capillary refill and it was tough like leather and slow refill. The rest of my body feels tight; like my muscles and tendons, the fascia underneath my skin! I had irregular heartbeats.

12 April 2016

I have been experiencing electric and oscillatory energy. I am feeling it flow through the left arm and hand. I suffer from the ringing in my ears. I often wonder if I am "tagged" or "bugged" such as maybe my dental work or one of those rice size chips in me.

13 April 2016

During the evening hours it felt like an electric and oscillatory energy flowing through my body. The energy is accompanied by what I speculate to be microwave or the iridium type energy that is described in the literature. I arrive at this speculative thinking not only from the literature but from the experiences that I feel. I am complaining of heat directed at the upper left hand quadrant of the abdomen.

15 April 2015

Today I am experiencing the feeling of direct energy flow throughout my entire body. Currently, my ears are ringing. I called in sick to the program that I attend in Flemington, New Jersey due to the lack of sleep the previous evening. Suspect I am developing allergies due to another increase of dust in and around my wake. My nasal cavities; if not are bone dry from all the hot energy, then they are excessively draining. And I suppose a lot of these direct energies in the form of oscillations and other frequency waveforms may have the potential to kick up a lot of dust and particles in the air. I am using this electromagnetic pulse meter I had mentioned in an earlier post. I find it important to gather, collect, and record all the data that I can. I am learning as I get further into this experience, it is a very difficult science to understand.

16 April 2015

Today I am experiencing a strong electric and static energy in the atmosphere as well as directly all throughout my body. Today my skin and body feverish.

20 April 2016

This morning I had more of that chest pain. My body feels hot, and feverish. I can feel the flow of directed energy throughout my entire body. I notice suspicious activity going on with the location of my internet service provider on my smartphone. I do not fully understand how that stuff works. I am complaining of left side jaw pain and ringing in the ears.

24 April 2016

Today while in class at the program in Flemington, New Jersey I experienced to two strong and direct signals or shocks to the head. I am complaining about direct energy to the upper left hand side of my abdomen. I am tracking where my Internet service provider's location by taking a screenshot on my smartphone.

26 April 2016

Went to the doctor and complained about electronic harassment and various locations on my body. I asked the doctor for a radiation badge for a month and he refused to honor such request.

27 April 2016

It is 1600 hours. I am feeling the flow of direct energy throughout my entire body; but it seems to enter through to my the left hand from the atmosphere. I am complaining of pain to the lower left of the rib cage and upper left hand quadrant of the abdominal cavity. The last internet service

provider location when I checked was out in California.

29 April 2016

I am complaining of direct energy to the head, and left lower rib cage or upper left abdominal cavity for the past entire day. Notice faster hair growth on my body.

06 May 2016

I am experiencing increases in the strength of the flow of direct energy. While this energy flows through my body I heard and felt a "pop". I felt this strange pop over the upper left abdomen or lower left rib cage while I was lying down. My skin is getting dry and chapped, rash on my buttocks, and feet. I will assume irritated by prolonged exposure to the variations in direct energies I have been experiencing. I feel a rapid exchange of (the best way I can describe it as) protons and electrons gushing through my body.

07 May 2016

It is 1315 hours. I feel hot heat over my left lower rib cage or upper left abdomen. Then my transverse and descending colon filled with unusual flatulence or air. The air distended my abdominal cavity like a basketball. As my cavity distended you could palpate and hear the unusual flatulence from within. This followed by a brief period where the unusual flatulence finally found its way out. This event was accompanied by ringing in the ears. I experienced an increased heart rhythm, and I feel a burn or feverish feeling where the direct energy came through over the upper left quadrant of my abdomen or lower left rib cage.

10 May 2016

Today I am experiencing the flow of direct energy through my entire body. Although the energy flows constantly through my body I have noticed segments on my body where the energy is strongest. The left hand, and arm seems to be the conduit between the energy that flows and the environment or atmosphere. The best way I can explain this is to compare it to an 'electronic chain.' This often occurs; the segments, at the head. In addition I have noticed a segment where the energy is the strongest at the upper left abdominal quadrant. Another segment targets my male reproductive organs. I rate these experiences to be a 7 on the torture/pain scale. I check my Internet service provider location which was out of Philadelphia.

11 May 2016

Today I am experiencing direct energy throughout my body, into my bones; and male reproductive organs. This experience; when it targets my male reproductive organs is sexual torture. It feels like I have changes to the internal body pressure. The best way to describe this is by comparing it to the feeling like my body has been vacuumed packed.

12 May 2016

Today I am experiencing direct energies that distends and contracts my bowels, intestines, and abdominal cavity. I heard the term before somewhere, which makes perfect sense to me and my experiencing situation, that I have a 'hot belly.' In addition, I am complaining of nerve pain on the

right hand side of the body. I started to have this nerve pain right after I heard and felt an internal 'pop' from inside of the upper left quadrant of my abdomen.

15 May 2016

Currently, I have that vacuum sealed feeling in my chest and abdomen. These areas feel hot and heated, and it was squeezed shut inward like it was caving in. My muscles are tense around my chest and abdomen. While this is going on my abdominal intestine felt like they were distended. But before I came to this realization I felt that direct energy to the upper left abdomen. This experience follows a period of unusual flatulence and pains.

16 May 2016

I feel direct energy (microwave/radio type frequency) while I was in the van. My ride to the program in Flemington, New Jersey. While in the van I felt low levels of directed energy to my head. It only lasted 5 to 10 minutes; however, while in class I felt strong and sharp jolt of direct energy.

Sometimes I have reason to believe I am some sort of human beacon; because, of other occasions where I had experienced strong jolt and sharp signals in coordination or coincidentally when I was receiving signals from my own cell/smart phone. I have reason to believe the telecommunications system is weaponized.

It is roughly 2030. I am outside on the porch sitting down; I notice an electronic and static charge on the root canal the Dentist installed while I was in Basking Ridge. When I use my metal key to unlock the door; the key touching the metal door handle, discharges a large static electric spark to light up the night sky.

17 May 2016

Today I experiencing the flow of direct energy throughout my entire body. The energy feels like my body is infused with this electricity; somehow, into my head, abdomen, male reproductive organs, and bones. My skin feels hot, and feverish. I have ringing in the ears. I rate this awful torture to be an 8 on the pain scale.

18 May 2016

Today I had went to Somerset family Physicians for my doctor's appointment. My chief complaint was electronic harassment and direct energy to the upper left quadrant of the abdomen. I shared with the doctor that my abdomen often expands with unusual flatulence build up and then contracts.

19 May 2016

Today is direct energy flowing throughout my entire body. In addition, I am experiencing distended abdomen, my muscles feel tense, and electrical stimulation male reproductive organs. I find this experience to be torturous and abusive.

20 May 2016

Today is direct energy throughout my entire body. I am experiencing a distended abdomen, unusual amounts of flatulence build up and release. In addition, I have feverish hot spots to various parts of the body. Male reproductive organs are hurt.

21 May 2016

Today is the usual direct energy throughout the body. I am experiencing ringing in the ears, distended abdomen, unusual flatulence build up and release. In addition, I can feel an increased electrically charged energy to the left hand. I feel almost like a robot at someone else's command. I am experiencing an electrically charged and torturous energy to the male reproductive organs.

22 May 2016

Today I am experiencing what feels like there is negative pressure or a vacuum to my abdomen. My chest and abdomen muscles feel tense today. I am experiencing sharp pains all throughout the body.

26 May 2016

The past few days have been the feeling of direct energy throughout the entire body. It is not until the night when I notice they poke, prod, and twinge nerves. I am complaining of getting sexually tortured by the direct energies. I have complained to the physicians, landlord, super attendant, my case manager and all do not acknowledge electronic harassment or direct energies.

27 May 2016

It is roughly 0300 hours in the morning and I am suffering from sleep deprivation. In addition, I can feel direct energy flowing throughout my entire body. I have been using a USB cord to reduce the effect of some of the electric and oscillatory energy. If I press the USB cord to my skin; it reduces some of the energy that has purged itself within my body.

30 May 2016

It is 0100 hours in the morning and I am suffering from sleep deprivation. In addition, I am feeling direct energy targeting my head. I am sexually tortured and abused by the direct energy targeting my male reproductive organs. I am concerned about what this is doing to my reproductive ability. I made an attempt to speak to my former public defender and she has not provided any feedback.

04 June 2016

I feel a strong electromagnetic and oscillatory direct energy. I am complaining about my head, the arm, and male reproductive organs. I could feel heat radiate out my arms. I feel sexually tortured and abused from the directed energy.

06 June 2016

Today I am experiencing direct energy flowing throughout my entire body. It seems the nights direct energies are stronger than during the daytime. This morning was electromagnetic and oscillatory energy accompanied by high levels of hertz type static electricity. In addition, this morning I felt that vacuum sealed feeling in my left arm. I was able to reduce the energy feeling by applying a USB cord to the arm.

07 June 2016

This morning was electromagnetic and oscillatory energy accompanied by high levels of hertz type static electricity. In addition, this morning when I woke I felt that vacuum sealed feeling in my left arm. I was able to reduce that feeling by applying a USB cord to the arm.

08 June 2016

Today, I took a nap and woke up having to decompress the energy in my left arm with a USB cord. Later, I experienced what feels like static electric and oscillatory direct energy. The energy caused a hot, and feverish feeling to my entire body. I speculate microwave or ultraviolet light (radiation intelligence). I had felt those energies over the left and right upper quadrants of the abdomen. My jaw on the right side popped from within sounding like something imploding such as small bone cavities or vessel type structur

25 June 2016

I am experiencing directed energies here in the room. Had to decompress right arm with USB cord. I develop unusual amounts of flatulence. I feel them target my head. The electric and oscillatory energy targets my male reproductive organs. The right hand side of my upper and lower jaw bones have been painful the past couple of days.

27 June 2016

Today I went to the program in Flemington, New Jersey. This evening I feel electric and oscillatory direct energy target my head and chest. I am complaining of right jaw pain.

30 June 2016

I am experiencing electric, static, (hertz type) and oscillatory direct energy. I suspect ultraviolet light or some sort of radiation intelligence because this energy is hot. I had to let decompress the energy out of my left arm this morning because it possessed that vacuum sealed feeling. My chest gets tight and narrow at times.

02 July 2016

There is direct energy flowing through my body; however, does not feel like there is an electric charge. Although I do not understand the science; I want to compare it with the "hadron collider." It feels like just a rapid exchange of electrons and protons all throughout my body.

03 July 2016

Today my left arm was the target for direct energy. My arm went numb and felt as hard as a rock. Reducing the feeling back to normal was achieved using a USB cord. My male reproductive organs feels like they are vacuum seal or packed and as hard as a rock.

04 July 2016

Last night and into the day is static, electric, and oscillatory energy. My left arm was the focus for direct energy. It did not feel like this before utilizing Veteran Affairs Hospital campus in Lyons, New Jersey; where I received an inoculation in that arm.

08 July 2016

It is 0305 hours and I am suffering from sleep deprivation. My head is a target for direct energy. In addition, I have some feelings of streams of direct energy through the body and hands. Had to decompress what felt like pressure or a vacuum in the arms and head with USB cord. I am complaining of a headache too!

09 July 2016

I am at the program in Flemington, New Jersey and I feel direct energy distend my abdomen and stomach. This electronic distention is followed by the build up of unusual flatulence. After the flatulence build up, it seems I lose all control of my ability to hold back the gas. I often notice remote nervous system monitoring and manipulation of the bowels and muscles that help control the bowels. In addition, my knee muscles were wobbly, poor stability to walk a normal gait.

11 July 2016

My left hand and arm feels like it is purged or infused with electric and static electricity. I used a USB cord to decompress my hand and arm. Currently, I have a distended abdomen from the direct energy that is infused in it. The infiltration of this direct energy creates an unusual amount of flatulence. This gas build up becomes out uncontrollably while they manipulate my muscles. In addition, I am experiencing the flow of direct energy to the head. My bladder region is sunk in like it was vacuumed often creating difficulty urinating. As a note I am still being cyber bullied on the web.

12 July 2016

Overnight and into the morning I experienced an electric stream flowing through my body. I am suffering from sleep deprivation. In addition, I am complaining of the distension and contraction of my abdomen and bowels. Currently, I cannot hold back unusual flatulence on my own. I have right lower jaw pain. My male reproductive organs feel as if there is a vacuum seal on them.

13 July 2016

This morning I felt that static electric energy; hot at times. My skin gets irritated by the heat. I also develop red blotches on the surface of my skin. Often my skin feels like it is burning and I break out in rashes. My male reproductive organs are hard as a rock and in pain. This afternoon

my I feel electric oscillatory energies directed toward the lower left rib cage and upper left abdominal cavity. This occurred when I was in Manville out in public. I still get intimidating and bullish content on the internet. I speculate this is all part of the profiling process. I often notice Google searches are skewed to their fashion and then they conveniently update what they just skewed. Kind of like a lose/lose proposition for me. My Ip address is out of Maryland where they can essentially manipulate and then update the material that they choose what to send me; therefore creating their own story.

21 July 2016

The past week has been electric and oscillatory energy in my room or out in the public. Increased, heat producing direct energy targets my head. I feel energies directed at my male reproductive organs. I find this experience to be torturous and abusive. I notice a changes in my male reproductive contents. There looks to be like less seamen production. I went to the oral surgeon's office. I believe on the 20 July 2016. I believe he noticed an erosion somewhere on the jawline. I informed him that I was being electronically harassed.

23 July 2016

I applied for a job at Shoprite on the internet (my smart phone). I had difficulty using the internet on my phone. Lots of interference, interruptions, and disconnects. The electric, oscillatory, and heat producing (ultraviolet light energies) are beginning to get intense again. My prostate region along with my other sex organs has been the target for a lot of the energy. In addition, I feel energy pulse shots to my head and chest. I have ringing in the ears. My left arm gets infiltrated with electric energy sometimes making it burn. My abdomen is distended with unusual flatulence again. This follows an unusual build up of pungent gas. I feel the direct energies purge the back of my skull and into the neck bones. I often develop headaches and stiff muscles. These energies feel like the ones when this all first started at the VA in Lyons, New Jersey. I felt a remote nervous system manipulation around the heart.

28 July 2016

After noticing the suspicious pattern of my IP address; in conjunction with the weaponizing of the telecommunication system, I made an attempt to file an IC3 report to the FBI. However; after filling out the online form it was blocked from submitting. The submit button would not click, this occurred on any computer I used.

01 August 2016

Today I am experiencing the flow of directed energy throughout my entire body. I feel pain, pressure, and heat on my head. In addition, I have psycho-sonic ringing in the ears. After feeling the flow of directed energy flow through my body, I lost control of my faculties. This occurred when I was on the way home from the grocery store. How embarrassing. I ultimately had to defecate in my draws. My abdomen became overly distended and then the outside influential force decompressed my bowels.

03 August 2016

Today I am experiencing the usual; including grotesque bowel noises. In addition, as my abdomen, stomach and bowels distend; the torturous procedure causes unusual amounts of gas build up and flatulence expulsion. The direct energy tortures and abuse my male reproductive organs. And, I have that psycho-sonic ringing in the ears.

05 August 2016

Today I feel something; like a sharp instrument, cut my eye and peel a thin layer of my cornea back. It was weird experience; like being in another dimension! In addition, I am experiencing remote monitoring and manipulation. While I feel the electric energies target my head I sometimes receive an image, or thought that I know and was cognizant it was not on my own volition.

07 August 2016

The past couple of days I have been experiencing the same with ringing in the ears. There seems to be a constant flow of direct energy throughout my entire body; and more specifically, my left hand and arm seems to be the host of a continuous electric and oscillatory link or connection. My muscles are contracting, there is an increase in flatulence produced. This occurs after the direct energy decompresses my abdomen, stomach, and bowels. In addition I am experiencing painful teeth and gums; the fillings in my teeth and my gums get heated by the energy. My male reproductive organs hurt, my right femur tends to vibrate at times. I experience the same symptoms no matter where ever it is that I may go. I am still under financial constraints and if it was not for the church pantry, would be in even more dire straits. Recently I have been successful at getting an application for employment at the grocery store through to the web/internet on my phone. This is a first for me because they usually have me blocked from submitting employment applications.

14 August 2016

Today I am experiencing the usual electric and oscillatory direct energy. I can feel it make contact on the left hand and arm. From there it flows throughout the entire body. In addition, I can feel it on the upper left quadrant of my abdomen or lower left rib cage. My abdomen, stomach, and intestines expand with unusual gas then is uncontrollably released as a pungent unusual flatulence. I understand now that as a target individual there is little that you can do because they are at it around the clock. Although I am constrained and limited to what I can do with my skeletal and muscles; I am going to start my first job at the local grocer. Today my male reproductive organs are in pain. I can feel the direct energy target my head and body when I am working. My stomach and intestines expand and contract, sometimes up to three sizes. In reflection, the coordinator of the Veterans Industries Vocational Rehabilitation program used to provoke and harass. Sometimes calling me a renegade. He once told me it would be in my best interest to purchase life insurance. I went to the Emergency Room here locally to have my male reproductive organs sonogrammed. The test was unremarkable however we are now familiar with how elusive the direct energy weapons are according to the literature.

15 August 2016

The local grocer decided to hire me the other day and I am happy to be working. I had direct energy targeting me while in orientation. I am home now and am receiving some intense direct energy.

I wonder if I will be able to keep this job while being targeted with this energy. I have been able to capture some telemetry of the electromagnetic, static, oscillatory, and sound frequencies. And am aware that I am being targeted with direct energy weapons. I am trying to 'refute the negative determinism.' I am trying to accomplish this by imagining; what good will this do,? If any good at all.

17 August 2016

Currently, I feel the direct energy targeting my head. The energies targeting me often change. On occasion, one of the energies speeds up the growth of hair. I am also feeling the heat from this energy. I am guessing it is a light, and/or sound energy.

19 August 2016

Past couple of days had been that feeling of high energy, electric, oscillatory, and heat beamed on my head. I started working at the local grocer and notice the energy targeting me while at work. Here at my room rental I notice a difference in the frequency and energy environment. I have learned that by keeping a window open will help alleviate some high energy frequencies. I notice what looks like strips of lead embedded in the creases and angles of the concrete parged ceiling in my room.. I am not sure if that has anything to do with utilizing the conditions permitted through a natural environmental design to assist in targeting me with these energies. In addition to opening a window, I often prop open my room door and place a sheet over the door frame. I learned that by doing this helps to alleviate some of the energies. My abdomen and intestines feel distension and contraction.

29 August 2016

I have noticed a change in the energies that are torturing me with more heat. I want to guess and speculate it to be ultra violet light heat or radiation intelligence; I am not a scientist. These direct energies of heat have a tendency to focus on my male reproductive organs. This has been accompanied by muscle and skeletal contractions. Where I work as a cashier, I am experiencing the same direct heat energies. In reflection, I remember how the coordinator of Veteran Industries Vocational Rehabilitation asked me on my interview if "I was happy?" and my reply was "yes!" because I am not consuming alcohol. And she said "Well, we have a cure for that too!" At the time I was not sure what she meant by that. I did not bother to ask her what she meant at the time. However, now that I have been a Targeted Individual for over a year now, in retrospect, I now know what she was implying or referring too. This is just one example of the harassment from a government employee. My servile disposition just brushed it off with a stupid smile to avoid conflict of any type. I do not want new problems; and that is how I react to such provocative situations.

30 August 2016

This morning I went to the dentist here locally for a root canal. The root canal is for a tooth on the lower jaw. One of my right molars. I had to reschedule another appointment for crown placement on the same tooth.

01 September 2016

The past couple of days have felt like light heat and electric energy. I am complaining of my fillings in my teeth and my gums hurting. I am also complaining of continued pain in my male reproductive organs.

02 September 2016

I am suffering from sleep deprivation due to the electric and oscillatory energy. I can feel it the strongest deep in my pelvis. I want to compare the feeling of the discomfort of having an active electric magnet.

04 September 2016

Last couple of days I have been feeling direct energy to the head. I am late on Septembers rent due to the fact that I am obsessed with purchasing and spending the money on barrier materials. I filled out a complaint form here at the rental room's house about environmental design. I am not sure what good that does me because the energies do follow me where ever I may go. I was down a day at work due to the lack of sleep.

11 September 2016

As I get further into experiencing being the Targeted Individual for these energies I learn that I am suffering from remote nervous system monitoring and manipulation signs and symptoms as well. I compare the symptoms and experiences that I am feeling and record it in my journal and then cross match it to the literature available. I am feeling the energy directed to my head. I am suffering from sleep deprivation. My reproductive system organs hurt. I called my public defender and was not successful at touching base with her concerning my problem. I am intimidated, provoked, and afraid.

12 September 2016

It is 0830 hours and I suffering from sleep deprivation. I have ringing in the ears and blurred vision. My male reproductive organs hurt. I called the local FBI office in Newark, New Jersey at (973) 792-3000 to complain about remote nervous system monitoring and manipulation, electronic harassment and direct energy weapons. I spoke to an agent on the phone to report civil liberties and human rights violations. My reference number she said was my phone number at (908) 210-5115.

15 September 2016

It is 0200 hours and I am suffering from sleep deprivation. often times the direct energies infuse themselves deep within bone and tissue. I found out that a USB cord helps to divert and

decompress some of this internalized electric and oscillatory energy.

21 September 2016

I am experiencing the feeling of an electric and oscillatory energy. Its heat, and hot energy. I suspect a light or radiation energy. My abdomen, stomach, and bowels inflate and deflate. This is followed by an uncontrollable expelling of flatulence. I've lost my faculty to remote nervous system monitoring and manipulation. I feel exposure to the direct energy. In the words of Dr. Karlstrom: It is truly a catastrophe for democracy when the government targets its citizens. When it engages in this sort of crime of torture.

The function creep involved seems systemic and rampant. Unfortunately, refuting the negative determinism is difficult to do when you are being influenced and often times controlled by these targeting energies that affect mood and consciousness.

22 September 2016

Work starts at 1000 hours for me and I have been sleep deprived from being electronically harassed. My hands and arms are purged and/or infused with direct energy. I was able to decompress some of the energy with a USB cord. My male reproductive organs hurt.

26 September 2016

I feel the flow of electricity through my entire body. I compare it to a constant stream of protons and electrons being spontaneously replaced on a continuous cycle. The direct energy causes massive headaches at times. I am not sure what it does to my DNA, blood cells, or soft tissue. I am not sure what it does to my bone tissue. As I reflect; over the past year, I notice consistent patterns. One pattern is that feeling as though my ligaments and tendons are being hyper expanded or contracted. If I were to have an appointment the following day, or had to be at work; the remote nervous system monitoring and manipulation becomes very provocative. Provocative enough to keep me up overnight to make you sleep deprived.

27 September 2016

I went to see my dentist to have the crown put on the root canal. I had a root canal on a tooth located in the back of the lower jaw on the right hand side. However, this could not be accomplished as scheduled due to a complication with an infection where he drilled the root canal. So he prescribed me an antibiotic and I opted out of the pain medication. I am experiencing the flow of direct energy and remote nervous system monitoring and provocative and harassing manipulation. I am poked, jabbed, pronged, and my nerves are occasionally twitched. The direct energy has not left my head. It feels what I like to compare it to in description is a cyclotronic energy. I do not know much about it from an educated point of view but only by reading its definition from a connotative point of view. I am also complaining of ringing in the ears, bowels and intestines expand and contract, and pungent unusual flatulence. I could hear something walk my intestines as it sloshed around.

28 September 2016

It is 0115 hours and I am suffering from sleep deprivation. I feel the flow of electrons and

protons from head to foot. It is an inescapable feeling as if someone stole the earth right out from under you. I find this to be torturous and abusive. The past years' experience has taught me how disorder can ruin your life. Not knowing the intentions. At work I am experiencing that stomach and intestine expansion and contraction. In addition to the uncontrollable expulsion of unusual flatulence. Not the best thing to do as a cashier at your local grocer.

29 September 2016

I feel electricity up to my heart with slight pains and heart palpitations. I am suffering from sleep deprivation. I woke this morning to a painful left arm. I went to the dentist to get my crown placed on rear, lower left jaw molar. Today my stomach and intestine expand with direct energy. In addition to the uncontrollable release of flatulence. I am also experiencing ringing in the ears. These exposures has been around the clock nonstop. The direct energy and electronic harassment keeps me up all night and I get very little sleep. During the day my left hand and arm is electrified. I do have patterns of dream manipulation as well. I get an intrinsic sense when a dream is psychotronic induced. I can tell they are not from my own willingness to dream.

30 September 2016

It is roughly 0200 hours and I am suffering from sleep deprivation. I feel an increased intensity of direct energy. I am complaining of increased body contractility. I mean my muscle skeletal system reacts to increased electric and heat producing oscillations. In addition I have ringing in the ears, and my male reproductive organs hurt. When I try to cover up and shield myself with my Wenzel blanket it becomes more intense now.

31 September 2016

I stumbled to work this morning. On the way home I lost the ability to control my faculties. This is the second time. I forget when was the first time was; however, I know it had happen before. I never did that before. While at the library, I realized that this external force can induce urination by contracting my bladder.

01 October 2016

It is 0134 hours and I am suffering from sleep deprivation. IN addition, I am experiencing electric and oscillatory directed energy throughout my entire body. I can feel it the strongest on my left lower rib cage or upper left abdomen. My left hand and arm feels like its an electronic receiver or beacon. My prostate is twitching from what I suspect remote nervous system monitoring and manipulation.

It is 1524 hours and I am experiencing the feeling of the flow of a direct energy. This energy is particularly hot with heat and it is targeting my head, left femur, chest, and left leg. I have the psycho-sonic ringing in the ears.

It is 2120 hours and I am at work being targeted with direct energy. The directed energy is targeting both my arms; making them so painful, I cannot lift a 12 pack of Poland Spring Water to scan it out for the customer. In addition, I am experiencing phantom touching on my

shoulders.

02 October 2016

It is 0300 hours and I am suffering from sleep deprivation. I am currently experiencing the feeling of a hot or heated direct energy targeting my male reproductive organs. In addition, I have ringing in the ears.

It is 0554 hours and I am experiencing a steady, stream of direct energy. I can feel this direct energy flow through entire body. More specifically, I can feel the energy the strongest on my male reproductive organs.

08 October 2016

It is 2400 hours and I am experiencing the feeling of a direct beam of energy to the forehead. In addition, I can feel a direct beam of energy to my male reproductive organs. These beams of energy seem to be electric with heat.

It is 1200 hours and I am experiencing the feeling of an electric and oscillatory frequency flowing throughout my entire body. These energies have an influence of my mood, my state of mind, and often affects my sleep patterns. Sometimes, the right frequency can make me feel fatigue. Currently, my stomach is distended with gas. My flatulence is pungent in odor. When out in public, I am careful with who my company is with because the direct energy emits an electronic fog that can influence the mood of my company.

09 October 2016

It is 0400 hours and I am suffering from sleep deprivation. I can feel the direct energy target my left arm; causing pain, discomfort, and a muscular weakness. In addition, I have ringing in the ears. I have pain at the left lower rib cage or upper left abdominal quadrant. I am still on the antibiotic for the infection I had acquired at the dentist from the attempted. I am almost convinced the direct energies flowing through my body influenced this infection.

It is 2045 hours and I am still at work, I keep a piece of scrape paper next to me to record the signs and symptoms. Currently, I am feeling directed energy to the left side of the rib cage next to the heart, the back of my neck, and directly on top of my head. I am producing an unusual amount of gas build up and flatulence that is difficult to control.

It is 2115 and I am experiencing the feeling of direct energy target my dental filling in my mouth. The fillings in my teeth get super-heated. In addition, my abdomen is distended, and I can hear and feel unusual bowel sounds. I notice a lot of harassing and provocative content on the internet. Overarching themes in the electronic harassment aspect with my internet experience had been slander, squander, racial bias, racist, and the PsyOp and False flag type propaganda. In addition, I notice a lot of subliminal messaging and/or modified neuro linguistic feedback loops.

10 October 2016

It is 0330 hours and I am suffering from sleep deprivation. Currently, I am feeling rapid accelerations of electrons and protons flow from the knees down. I have a rapid heart rate, and ringing in the ears. And, I lack balance or coordination to walk.

It is 1930 hours. Currently, my lower right jaw where I got a recent root canal feels super-heated. I have ringing in the ears. I can feel directed energy to the head, my stomach and abdomen is distended, and my male reproductive organs are in excruciating pain. Today at work I felt remote nervous system monitoring and manipulation. I could tell by the muscle and skeletal contractions. In addition, I could feel phantom touching. While at work; this distracts me from what I am doing. I have the ringing in the ears.

13 October 2016

It is 0330 in the morning and I am suffering from sleep deprivation. I woke from what I guess is dream manipulation. A psychotronic dream manipulation. I will not go into the details of the dream! I am complaining of lower lumbar back pain, psycho-sonic ringing in the ears. My new found sobriety says no to violence. I feel electric and oscillatory energy flow throughout my entire body. I notice either subliminal messaging and/or modified neuro linguistic feedback loops with my internet experiences while my IP location is broadcasted out of Maryland or Washington, D.C.

15 October 2016

The best way I can describe the past two evenings; as "Powerful and Precise high energy" directed at left forearm. It feels like my left forearm is jolted by an intense bolt of lightning that lingers for a while. The best way I can describe this experience through comparing it to the jolts that I felt to the head while utilizing my Veterans benefits at the VA campus in Lyons, New Jersey. I can also reflect back on a time when the coordinator of Veterans Industries Vocational Rehabilitation program had ask me one day if I had wanted to volunteer to sign up for a trial 'helmet.' I did not ask any questions; I just said "No, thank you

17 October 2016

It is 1330 hours. I am currently experiencing the feeling of a hertz type or electric, and oscillatory energy to the left abdomen. In addition, I have build up and uncontrollable release of gas. Loss of control of bowel movement. I have a constant stream of direct energy to the left hand and arm. I have also notice that they can manipulate the pungency of these flatulent bulges by how much tissue lining in my bowel they disrupt. All this occurs with the expansion and contraction of my abdomen, stomach and intestines. In addition, I notice that these energies have a direct impact on my bone, cartilage, muscles, and tendons alike. Often times I notice that these anatomical structures expand and contract too making walking or jogging impossible.

It is 2305 in the evening. I am feeling increase energy levels accompanied with provocative taps, jabs, and thumps (remote nervous system monitoring and manipulation I assume). My

reproductive organs are in excruciating pain.

19 October 2016

I have ringing in the ears. I can feel the flow of direct energy. I have grotesque bowel sounds, and unusual flatulence. My left lower jaw, teeth, and gums are targeted with an energy that is hot.

It is 2200 hours. My left foot feels like it is electrified or targeted now. In addition, I feel sonic or electric frequency that feels like a murmur of internal pressure exchange in the left leg, it now is cold. In addition, I feel a faint electric and oscillatory or static feeling throughout the rest of the body.

21 October 2016

I am experiencing a heat, and vibration or sonic energy to my legs. It feels like the internal pressure in my bones and male reproductive organs.

It is 1730 hours in the evening. I am experiencing the feeling of an electric and oscillatory energy in the right forearm, and left hand.

It is now 0330 hours and I am suffering from sleep deprivation. I have psychotronic dream manipulation and the feeling of a direct energy weapon to the upper left arm. In addition, I am experiencing an electric and oscillatory energy to the head. I have ringing in the ears. The direct energies effect my muscles and I question of what it does on a cellular or DNA level?

22 October 2016

It is 0930 hours. While at work as a cashier, I am able to do this because the job does not require me to do much moving around or lifting. But, while at work I am targeted with the same electric and oscillatory directed energy. Once again I had got little to no sleep the previous evening. My left and right upper arms are in pain so it difficult for me to scan a case of water. I am not sure how much longer I can keep this job while being a Targeted Individual.

It is 1530 hours in the afternoon. At wok today my arms where killing me; not just down to the bone like recently but on the surface of the skin.

23 October 2016

It is 0900 hours and it feels like electric or a radio beacon of sort. They have a tendency to flex my muscle to show or illustrate as a reminder that they could probably make me clap or purse string my heart muscle. I am reflecting back on when the coordinator of the Veteran Industries Vocational Rehabilitation program at the VA in Lyons, New Jersey. His advice was for me to collect social security disability and then social security retirement.

It is 2300 hours. I had a coughing fit for about a good half hour. I had not experienced before in my lifetime. The coughing produced phlegm, mucus, and finally I vomit. After that my whole body got hot.

25 October 2016

It is 2130 hours and I am feeling electricity to the left leg and back of neck. Leg is getting cold.

26 October 2016

It is 0700 hours in the morning. I am experiencing an electric and oscillatory direct energy. In addition, I have ringing in the ears, and the feeling of some heat with the direct energy.

It is 1700 hours. I stumbled home from work; since I am not able to walk that well. I realized how this direct energy stretched out my ACL's/PCLs in both my legs. My knees are very unstable; although I only worked five hours, I knew that they were unstable before work, many times have I felt them stretched out by the direct energy while home trying to rest.

28 October 2016

Today I am experiencing an intense electric and oscillatory stream of direct energy throughout my body.

29 October 2016

It is 0230 hours. I am suffering from sleep deprivation. I am feeling electric and oscillatory feeling throughout my entire body. I have ringing in the ears. My left shoulder hurts, and I have grotesque bowel sounds with unusual flatulence. I feel sexually tortured and abuse by the electricity targeting my male reproductive organs.

It is 0420 hours in the morning and I am suffering from sleep deprivation. I describe my feeling like the red blood cells or the iron in my blood are being influenced by a magnetic force. I have major bowel sounds and movement. The gas released has a pungent odor like the inner lining of my intestines have been disrupted. In addition, I have ringing in the ears. I feel sexually tortured and abused.

It is 1000 hours. My male reproductive organs hurt. I have ringing in the ears. I can feel the electricity circling my head.

It is 1530 hours. I feel electric and oscillatory energy around my spine.

It is 1700 hours. My leg muscles and knee muscles hyper contract and hyper extend to the point where there is no knee stability. I lack skeletal coordination for walking. My back wants to slump forward. My left abdomen, and chest muscles hurt.

31 October 2016

I finally got a little sleep from 0500 hours to 1000 hours. My sleep was disrupted by poking,

pronging, jabs, and taps to left side of the body. My upper arms hurt. I have ringing in the ears. My male reproductive organs are hurt.

01 November 2016

It is 0430 hours. I feel like direct energy is flowing throughout my entire body. My abdomen and lower thorax cavity feel the strongest energy. My bowels feels like they are churning. I am experiencing some heart pain. In addition, I am experiencing ringing in the ears.

02 November 2016

Today my male reproductive organs hurt. I have ringing in my ears. This electronic harassment and direct energy makes me into a totally clumsy. I trip inside and outside when I am walking. I lack balance and coordination. I often bite my tongue or in the inside of my cheek when chewing.

04 November 2016

I feel my abdomen cavity distend, expand, and decompress. I have bowel sounds, and uncontrollable release of unusual flatulence.

It is 1000 hours in the morning. I feel an electric and oscillatory energy has me consumed me. I woke with painful male reproductive organs. I have a distended bowel and abdominal cavity and pungent flatulence.

05 November 2016

It is 2025 hours. I feel the flow of a strong direct energy flowing through my entire body. It starts at the head and flows throughout the rest of my body. In addition, I have ringing in the ears, grotesque bowel sounds and movement. The electricity targets my upper left hand of the abdomen.

It is 2100 hours. I feel ultra-high or low electronic or sonic frequencies throughout my entire body. It is hot and I feel heat. I feel these energies not only inside the house in my room but outside when I am out in the public or at work as well. I cannot afford the real scientific instruments that are used to measure these energies.

08 November 2016

I took the tin foil down that was hanging on my walls and ceiling. I am still feeling direct energy throughout my body. I still get the pokes and prongs from remote nervous system monitoring and manipulation. My hair and beard grows twice as fast.

It is 2030 hours. I was struck with a surge of very strong direct energy to the heart. I have ringing in the ears.

It is 2130 hours. I am experiencing a very strong and powerful direct energy to the back of the

head and neck.

It is 2200 hours. I am experiencing direct energy to my left arm. It has a unique static and electric feeling that starts at the arm and runs throughout my body. When I go in to see a doctor concerning this they tell you are delusional and give you a psych consult; when in actuality you are being targeted with direct energy. I have pokes, taps, and jabs. This in addition to being sexually tortured and abused.

I am reflecting of the time when I had worked in the office for the Vocational Rehabilitation program and how I was sexually harassed one of the coordinators. She would take pictures of me using her cell phone during the working hours without my permission.

09 November 2016

It is 0100 hours in the morning. I notice burns (I am guessing from light, radiation). I am complaining about the constant gas build up and uncontrollable expulsion. I feel direct energy to the head and left shoulder. I notice poor capillary refill in my arms and legs. I have a headache. My mucus membranes in the nose get cooked and cake baked. My male reproductive organs are painful. My teeth hurt. Today I took the foil down again in order to pass the building fire inspection.

11 November 2016

It is 0145 hours in the morning and I suffering from sleep deprivation. I am complaining of provocative remote nervous system monitoring and manipulation; from muscle contractions and nerve twinges at the neck over my arteries.

It is 2300 hours. I am complaining of electric and oscillatory direct energy to the head and neck. I had complete dizziness, loss of vision, and loss of balance.

12 November 2016

I felt like there was a rapid exchange of electrons and protons throughout my body. My skin and male reproductive organs feels like its burning. My intestines are churning producing grotesque bowel sounds. I am experiencing pain in the left pelvic region, ringing in the ears, and direct energy to the head. I am sexually tortured and abused.

It is 1800 hours. I am feeling direct energy around the chest or thorax area and provocative poking in the back.

It is 2000 hours. I feel like there is an internal energy (hertz type) that has the ability to act as a vacuum throughout my legs, stomach, and chest cavity.

It is 2120 hours and I wonder how much longer I am going to be able to hang in there so that I can work because I lack strength and balance. I am feeling constant hertz type to the back of the head. I have been to the emergency room before and am prone not to go again.

13 November 2016

It is 1400 hours and the feeling like I was traveling through the galaxy at 12,000 miles per hours since earlier this morning. I notice that on occasion when I am targeted with direct energy I lose my ability to hold back a bowel movement. Sometimes the energies target my bladder; contracting it inducing the need to urinate. I was reflecting when all this started; the coordinator from the Veterans Industries Vocational Rehabilitation program would stalk me every time I went to the bathroom; she was there at the bathroom door just hanging out in the hallway every time I got up to go to the bathroom. This became a pattern that I notice.

14 November 2016

It is 0230 hours in the morning and I am suffering from sleep deprivation. getting direct energies that influence a vortex of pressure within my abdomen.

It is 0600 hours. I feel like a walking television tube that is lite up at multiple times the energy. The direct energy embeds itself deep within my bones and soft tissue of my body creating a disturbing and awfully torturous situation. Whenever I touch something that has metal or iron in it I get shocked from the static discharge. I am getting concerned for my health. My body holds this static charge where ever it is that I may go.

It is 1325 hours and I am suffering from sleep deprivation. I took screen shots on my cell phone/smart phone of images yesterday of the EMF detected in my room and then today went to transfer them over to my memory stick.

15 November 2016

It is 1330 hours. I notice changes in my male reproductive organs contents.

16 November 2016

It is 2330 hours. I feel direct energy flowing through to the left leg. My left leg gets tight and cold.

17 November 2016

It is 0830 hours. I feel direct energy flowing throughout my entire body. I called the police department to file a police report/complaint on direct energy and electronic harassment. I spoke to an officer and he said that he could not make a police report for this or electronic harassment but will be a CAT entry?? Not sure what that is and I did not bother to ask him.

18 November 2016

It is 0230 hours in the morning and I am suffering from sleep deprivation. I feel a high energy frequency to the head. It feels hot. I had a light seizure.

It is 0700 hours. I am currently being exposed to some sort of sonic frequency. I have ringing in the ears, bowel sounds, pungent flatulence, and my male reproductive organs are being targeted for torture.

It is 2200 hours and I had a close friend from church witness the conditions of my room; the condition was increased electronic harassment by environmental design. He said a prayer for me and left.

19 November 2016

While at work at the local grocer I lost cognitive awareness and short changed a few customers. I have noticed a direct energy to the head.

20 November 2016

Direct energy, you name it, it's here! I am assessing my reproductive contents and sure enough there are changes.

21 November 2016

I believe I was "sized up" for remote nervous system monitoring and manipulation and electronic harassment while utilizing my Veterans benefits in Lyons, New Jersey. I believe this to be true because that is when I first realized the symptoms of Targeted Individual. Symptoms such as being exposed to electricity, getting shock by jolts of electricity, gang stalking, expansion and contraction of bone, muscle, and other soft tissue, and unusual flatulence built up and uncontrollable release. I was also sexually harassed by the coordinator of the Vocational Rehabilitation program when I worked for them in their office. I told two professionals about that experience.

22 November 2016

Today I feel direct energy on the head. I am experiencing stomach cavity expanding, bowel sounds, and producing an unusual flatulence. I feel static electricity surrounding my legs and body.

23 November 2016

This morning I am experiencing a direct energy to the head, prostate, elbows, forearms and legs. My bowels and abdominal cavity expands and contracts creating the unusual flatulence.

0300 hours and I am suffering from sleep deprivation. I feel strong static electric power present throughout my entire body. My colon and bowels are expanding and contracting with unusual flatulence. In addition, I feel heat throughout my body. I get nudges, prods, and twinges across the neck near the vascular structures.

25 November 2016

I am feeling intense electricity to the head and male reproductive organs. I have ringing in the ears. I have bowel sounds and unusual flatulence build up. I am also experiencing prods, nudges, and twinges to arms and legs and eyelids.

It is 0205 hours. I am guessing that I am being exposed to some sort of radiation (light), electricity, and oscillatory direct energy because I feel heat down to the core of my body.

26 November 2016

Today I am experiencing a lot of direct energy to the face and head throughout the day. Then at 2230 hours I get ringing in the ears, and what feels like energy to the right should, bowels, stomach, and male reproductive system.

28 November 2016

I am journaling now that the degree of electric intensity is still ever so present. I do recognize continued psychotronic assaults through vision and my dreams. I often get clumsy and forgetful when these frequencies target me. I often realize that sometimes they cognitively change my awareness to things of reality.

29 November 2016

It is 0600 hours. I feel intense direct energy that is hot. My abdomen is fully distended. I called the police department and spoke to operator 102 and reported direct energy weapons.

It is 0700 hours. I am feeling energy around my head. I have pain in the upper right arm and right hip. I feel the electricity on the bottom of my feet. I have grotesque bowel sounds and movement, and unusual flatulence. In addition, I have the psycho-sonic ringing in the ears.

It is 0800 hours. I feel electricity around the left upper stomach, bowel sounds and movements. In addition, I have unusual flatulence.

01 December 2016

It is 0700 hours in the morning. I have ringing in the ears, distended abdomen, and unusual flatulence. I am being sexually tortured and abused by the targeting energy.

It is 1100 hours. I could no longer work at the local grocer due to being a Targeted Individual. In general and more specifically I have not been getting any sleep and the direct energies effect my mobility. While at work at times I often loose cognitive awareness and I lack balance and coordination. My muscle skeletal system is stiff from the prolonged and ongoing electronic assault on my body. And so I went to the emergency room. While at the hospital I was able to call my boss and told her I am a Targeted Individual for direct energy and that effects my ability to work.

02 December 2016

I am experiencing direct energy to the head and male reproductive organs.

05 December 2016

I am experiencing the feeling of direct energy to the head. I have a feverish body. I am being

sexually tortured and abused by the targeting energies.

07 December 2016

I am feeling direct energy to the right arm. I have pain in the left forearm and wrist. My stomach and intestines feel distended. In addition, I have uncontrollable flatulence build up and release.

It is 2130 hours. Work called me to give me a second chance. While at work I felt direct energy to the head and left shoulder. While home, I am experiencing direct energy to the right forearm and head. In addition, my stomach and intestines are distended; with bowel sounds and movements. The unusual flatulence follows.

It is 2300 hours. I am feeling direct energy to the left wrist. In addition, I am experiencing ringing in the ears.

08 December 2016

It is 0600 hours. I am suffering from sleep deprivation. I feel something oscillating around my head, arms, stomach, and legs. It feels like there is heat involved with this direct energy. The direct energy embeds itself deep within my body. This was also accompanied by sonic, ringing type energy.

It is 2056 hours. I am feeling energy all around my body. I feel like the energy has heated my cells. I have that feeling again where I compare it to like traveling through the galaxy at 12,000 miles per hour. I am reflecting over my past experiences with the Vocational Rehabilitation program at the Lyons, N.J. Veterans Affairs campus. I was provoked and sexually harassed by the coordinator.

10 December 2016

I feel like I am traveling at light speed. I am feeling the direct energy streaming through my body. I compare this feeling to having every single proton and electron in your body being replaced at great speed. I am not a scientist or physics major but this is what I can imagine is happening. This is accompanied by ringing in the ears, my head and body feels like it's totally engulfed in direct energy. My abdomen and its contents expand and contract while at times uncontrollably flatulent build up and release.

11 December 2016

I have what seems like an increase in direct energy build up. To better illustrate what I mean; when I purchased a 100 Christmas lights to hang, I touched the plug end and I could keep all 100 lights lite up for roughly a half or so second. Or, if I go to insert my metal key into the door from outside, I release a static discharge that lights up the evening darkness; the static electric discharge is so strong, I could light a cigarette with this spark. I have increased provocative prods, pokes, and nerve twinges. My chest and rib cage seems to be the target of interest today.

12 December 2016

It is 0800 hours in the morning. I feel electricity targeting my body, and I have ringing in the ears.

It is 1700 hours. While I was walking home from work I felt direct energy targeting my shoulders.

13 December 2016

The direct energy is causing my abdomen and intestinal tract to expand and contract. I am not a scientist or physics major; however, I am certain it has to do with satellite and radio frequency antennas.

14 December 2016

I am experiencing a strong level of direct energy flowing throughout the entire body. I feel like I have an electric halo on my head. My stomach expands and contracts. This is followed by the release of built up. I have realized remote nervous system monitoring and manipulation when they will often trigger an action potential with my sphincter muscle.

16 December 2016

I am complaining about the direct energy flowing through my body that expands and contracts my stomach and intestines. 19

December 2016

I tried to walk; more like stumbled to the library. During this walk I felt brief periods of direct energy. My eyes and lips feel dry.

20 December 2016

It is 1030 hours. My male reproductive system are hurting again because they are being affected by the flow of direct energy.

22 December 2016

Today I am experiencing direct energy to the head. I have ringing in the ears, vibration of bones; male reproductive organs are hurt, and I my bowels are making grotesque noises, movements, and are filled with air.

29 December 2016

I feel the flow of direct energy to the head and throughout the entire body. In addition, I have that psycho-sonic ringing in the ears.

30 December 2016

I went to see my doctor at Robert Wood Johnson Hospital in Somerville, New Jersey; yesterday, and complained about the direct energy.

31 December 2016

I feel direct energy traveling through my body. The energy is strongest along the path of where my male reproductive organs. I am being poked, prod, and feel nerve twinges. I am getting those feelings like someone is keeping a running account of my thoughts, behaviors, and actions.

Chapter Three: 2017

03 January 2017

It is 0500 hours and I am suffering from sleep deprivation. I feeling a pulse direct energy that seems to occur from within (internal) my body. I made another attempt to contact the FBI, my second or third try, on the internet.

05 January 2017

I am experiencing the feeling of direct energy flowing through my heart. I am suffering from sleep deprivation. Walking is difficult for me. I lack balance and coordination, forget about even jogging. It feels like a torsion field took out my ACL/PCL along with some important ligaments and muscles in my calf's and hamstrings.

It is 2100 hours and my left thigh feels like its a focus for the direct energy. My head feels like a radio beacon. I have ringing in the ears. I am reflecting over the events while utilizing my Veterans benefits at Lyons, New Jersey campus and how I was harassed, provoked, and stalked by the coordinator's of Veterans Industries.

08 January 2017

Out of desperation for relief from the torture, I wore the tinfoil hat to shield myself from direct energy to the head. I white parts of my eyes have turned red; bloodshot looking.

09 January 2017

I am inflicted with emotional distress over the direct energy weapons and psychotronics. I checked my IP location and the location was somewhere out in the middle of a golf course near the Lyons, New Jersey VA. I am still getting cyber harassed, with modified neuro-linguistic feedback loops and/or subliminal messaging. I am currently experiencing direct energy; I have heart palpitations, ringing in the ears. I feel like they are confusing me while I am trying to focus while at work. I get this feelings that they are provoking me by the prods, nudges, and nerve twinges while at work .

January 11, 2017

Today I went to the local hospital to complain about my abdominal cavity and bowels expanding and contracting now for over a years' time. They just refer you to the psychiatrist. They then sent me to the hospital in Trenton, New Jersey.

January 24, 2017

I was transported to the hospital in Trenton, New Jersey and ended up with a missing driver licenses in the end. I gave my I.D. to the driver of the transport vehicle and then from there was delivered to the emergency room who then found me a bed in the hospital. From there I have not seen my I.D. since.

January 25, 2017

Today I went to the Department of Motor Vehicles to get a replacement I.D. I also called my boss today at the grocer where I had work to try and get my job as a cashier back. Come to find out since I did not show up for work for a couple of weeks they had let me go. I am also experiencing a constant flow of energy to my head, hands, or feet.

January 26, 2017

I missed my Doctors appointment at Manhattan VA because I was up all night while they directed energy at my body. While I was walking home from town, I felt direct energy throughout my body, and I had lost all faculties and defecated in my pants. Although I am aware that the direct energies target me both while I am at home and also while I am out and about in public. I had made it known to the super intendant where I live that I am being targeted with these energies. He cannot do anything about the satellite direct energies but I went ahead anyhow and submitted a work order to correct the EMF that I could feel and detect in my room. Ultimately, it ended up along with my letter to the Department of Community Affairs sending out an inspector to access my living quarters.

January 29, 2017

My legs shake and vibrate uncontrollably, my knee ligaments have been subjected to torsion and stretched out to where I can hardly walk, cannot jog, can barely stand. I have no balance or coordination to walk over a half mile roughly. Currently I am being subjected to more of the satellite torture. I feel a sonic or resonance shower of frequencies often rain down that resonant off the ceiling and inner housing structural components. My right arm, head, and left leg bones are in pain.

It is 2300 hours. I am experiencing another sonic, and microwave shower. I have detected microwave frequency wavelength using one of the applications on my phone that measures EMF. I am inclined to use the term 'microwave' in my descriptive journaling because of the measurements.

February 04, 2017

It is 2000 hours and I can feel the sonic shower. I suspect something to accompany it; due to the heat sensation that I get at the same time. I am experiencing phantom pokes, nerve twinges, and prods on legs and shoulders.

February 07, 2017

It is 0300 hours and I am suffering from sleep deprivation. I realize phantom taps, prods, and pokes.

February 15, 2017

I believe to be under remote nervous system monitoring and manipulation due to the phantom prods, taps, and nerve twinges that I feel on my body. It feels as though there is direct energy flowing through my upper left thigh and male reproductive organs.

February 17, 2017

It is approximately 0100 hours in the morning and I am suffering from sleep deprivation. I am feeling what I compare it to in description a rapid exchange of what feels like electrons and protons (electricity) flowing through my entire body.

It is 0830 hours in the morning. I have a numb left side to my body and face. I discern this feeling from times where numbness occurs because of the direct energies that purge or embed from within my body.

22 February 2017

It is 0300 hours and I am suffering from sleep deprivation. I am experiencing the feeling of energy. I feel direct energies to the left upper thigh. I tried to walk to the local library which is about a mile away and I am having difficulty with my walking balance and coordination. It feels like my muscular-skeletal system has been altered in some way from the long term exposures. Flexing and extending limbs have become problematic.

28 February 2017

Today I am experiencing what feels like direct energy to the left ankle and down my entire spine. I find this to be very uncomfortable and torturous.

It is 0300 hours and I am suffering from sleep deprivation. I feel phantom touching and stimulating nerve and muscle fibers all through my body.

04 March 2017

Today I woke up to direct energy embedded into my hand and arm, I knew it was direct energy because I could feel the electric type presence. I was able to reduce or extract the direct energy that had purged its way into my hand and arm by applying a USB cord to the affect area.

05 March 2017

It is 0500 hours. I feel direct energy throughout my entire body; however I feel it the strongest to the upper left thigh. My male reproductive organs hurt and feel like they are being sexually tortured and abused.

08 March 2017

I have been buying shielding material which initially put me behind on rent. I missed a march 07, 2017 doctors' appointment due to increased directed energy and a consequence of the lack of sleep the previous evening. I realize a trend in the intensity of direct energy torture when I am scheduled to work, or if I have an important appointment, such as a doctor's appointment or probation.

09 March 2017

Between the risks I took with the Uber opportunity for employment and the fact that I have been purchasing expensive materials as shielding I am now facing eviction from this address. So, today I went ahead and faxed some materials over the homeless shelter in the event and in preparation to apply to a homeless shelter. I do not want to go back to where all this started from however I do not have many options.

15 March 2017

The past couple of days have been increased abdominal, stomach, and bowel expansion and contraction due to the energies targeting me. I feel the direct energy on my head.

19 March 2017

It is 0800 hours and I am experiencing a sonic shower, ringing in the ears, my whole body seems to be in a resonance or vibration.

24 March 2017

Went to court this morning concerning eviction. We were able to come to an agreement. Mediated it out to the agreement that I would catch up on rent over a three month period. No matter where I go the direct energy and electronic harassment will be there. It's not just with me here at my address however follows me wherever I may go.

27 March 2017

Once again I am thinking the glass is half empty, the direct energy is present today with exception to the head and male reproductive organs. The provocative phantom touching seems to have reduced.

30 March 2017

It is 1000 hours in the morning and I am experiencing ringing in the ears. Today I have hyperactive bowel sounds accompanied by an unusual amount of uncontrollable flatulence.

It is 1300 hours and I am stumbling to the church I attend. I lack the coordination and balance to walk. I am going to church to speak with my Pastor to let him know what is it that I am exactly experiencing in regard to how I have spent my rent money on barrier materials to protect me from the direct energy and electronic harassment. He has agreed to let me borrow some money so that I will not be evicted. I shared with the Pastor my payment agreement I made with the landlord so that I will not be evicted.

It is 2000 hours. I stumble to the local mini mart to buy some milk. It feels like my anterior cruciate ligament and my posterior cruciate ligaments both have been stretch out to the point where it has made my ability to walk or jog impossibly unstable. I have not balance.

31 March 2017

It is 1500 hours. I am experiencing ringing in the ears, and a vibrating sensation emanating from my male reproductive organs. This sexual torture and abuse. In addition, I have hyper spastic bowel sounds and movements. This is followed by a distended abdomen cavity and unusual buildup of flatulence. The flatulence comes out uncontrollably. A poke, nudge, and prod are felt.

02 April 2017

It is 0600 hours. I have been experiencing what feels like direct energy or electricity flowing through my body from head to toe. I have ringing in the ears, and bowels are constantly expanding and contracting. This is followed by production of an unusual amount of flatulence.

04 April 2017

It is 0400 hours. I am experiencing what feels like energy frequencies. I rate this feeling to be a 8 on the pain scale. I notice my face is getting red, and the pores on my skin are beginning to reveal themselves. In addition, I get provocative pokes, prods, and nudges; commonly on one of the buttocks.

06 April 2017

It is 1700 hours. I am experiencing direct energy flowing throughout my entire body. I rate this pain and torture an 8. My head and entire body feels like a radio beacon for transmitting radio frequencies. In addition, I have psycho-sonic ringing in the ears.

08 April 2017

It is 0130 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my body. I rate as a level 8 on my pain scale. I have ringing in the ears and my head feels like its been purged by this energy. I am experiencing pokes and nudges which I refer to as phantom touching. I get these harassing prods and taps usually on the buttocks, or across the neck where the arteries lay.

10 April 2017

It is 0630 hours. I am experiencing the feeling of the flow of direct energy throughout the entire body. At this time my head feels like it is going to burst open.

13 April 2017

It is roughly 0600 hours in the morning. I am experiencing a very provocative poke, jab, and nudges. I will rate this to be an 8 on the pain scale. When considering the mental anguish and distress; this and the direct energies cause, It is much higher on the pain scale than just a one.

19 April 2017

It is 0300 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy to the back of the head and neck. This experience feels like all nerves of my cranium had been taken over. In addition, I have distended abdomen, bowel noises and movements, flatulence, and ringing in the ears. I rate this experience to be very tortuous at a 9 on my pain scale.

22 April 2017

It is 2000 hours and I am experiencing the feeling of the flow of direct energy through my body. I like to describe some of what I am feeling as a rapid exchange of protons and electrons with some hertz and radio microwaves. Accompanying this feeling is the provocative pokes, prods, and nudges.

24 April 2017

I am experiencing the feeling of the flow of direct energy from head to toe. I have ringing in the ears. It feels like my head has is in a grip by an eight legged electrified octopus. I rate this 9 on my pain scale.

26 April 2017

It is 2000 hours and I am experiencing direct energy flow through my body. I am experiencing the occasional pokes and nudges and some ringing in the ears.

01 May 2017

It is 0540 hours and I am suffering from sleep deprivation. In addition, I am experiencing direct energy to the head and then proceeds on throughout the body. It feels like an electromagnetic hertz frequency and/or radio/microwave. I rate this to be a 7 on the pain scale.

02 May 2017

It is 1100 hours. I was late to my doctor's appointment; not only did I not get sufficient sleep the night before, but the train I took into the city was a late on arrival to Penn Station. Then on my return trip home while on the train, I was provoked and harassed with the pokes, prods, and nudges. My forearms feel the direct energy. I notice the NSA Kinnecome Group watching my internet usage. I say this because when I typed in a Google search for Kinnecome Group; I noticed an instant glitch in my search result.

*****04 May 2017*****

It is 2300 hours. I am experiencing direct energy flowing throughout the body from head to toe. I rate today's pain to be a 7 on the scale. It does not matter whether or not if I am inside the house or out in public, the direct energies target me wherever I am at. In addition, I have ringing in the ears. I feel sexually tortured and abused because the energies target my male reproductive nerves and organs. Which leads me to my next journaling: About a month ago, I broke out with a health condition. I did not know how to journal it until now.

06 May 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy through my left leg. My male reproductive nerves and organs are targeted. This has a sexually torturing effect. I rate this experience to be a 8 on the pain scale.

****11 May 2017****

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my whole body. My abdomen, stomach, and bowels distend and contract, making spastic bowel sounds and movements, and unusual amounts of flatulence. This is accompanied with ringing in the ears. The direct energy is painful and torturous. I mailed my civil liberties complaint to the state for direct energy weapons, psychotronic, and remote nervous system monitoring and manipulation.

It is 1000 hours. I am experiencing the feeling of the flow of direct energy to the head. The energy feels like a 'head gripping' claw down to the skull. With the energy purged through into my cranium taking control over the cranial nerves and other neural functions. I rate this to be an 9 on the torture scale.

17 May 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout the entire body. I can feel some of the energy flow through to the right eye. In addition, I am experiencing the feeling of a vibration such as sonic or sonar. This experience is very painful. I also feel the usual energy that is targeting my upper left quadrant of my abdomen.

20 May 2017

It is 2000 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body; however, I feel it the strongest on my finger tips. In addition, I have the psycho-sonic ringing in the ears. I am also experiencing the provocative pokes, prods, and nudges.

23 May 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy from head to toe. I rate this to be a 7 on the torture scale,

It is 1100 hours. I have developed an awful headache from all the direct energy. In addition, I can feel the poking, prods, and nudges. I rate this to be a 8 on the torture scale.

****25 May 2017****

It's roughly 0400 hours and I am suffering from sleep deprivation. I feel hot, and soar. I wonder if the direct energy is making me sterile. I feel the provocative pokes, and nudges on the butt. I often wonder about that. In addition, to the internet experience I have had. I noticed a lot of intimidation, and the persuasion of fear through the use of false flags and psy-op type of

experiences. They promote a lot of racism too!

28 May 2017

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing provocative and harassing pokes, taps, and nudges to the left chest wall. I rate this to be a painful and torturous experience to be a 8 on the scale.

29 May 2017

It is 0300 hours and I am suffering from sleep deprivation. I would like to journal my attempts to join the online support groups for targeted individuals. I realize a certain amount of hacking on these support group websites; in addition to some suspicious activity to the emails I send in order to join these support groups. My attempt with one website that offered support was unsuccessful; and I was not entirely successful. I am not a member of Facebook and never have been.

31 May 2017

It is 2300 hours and I am experiencing provocative pokes, prods, and nudges. The remote neural monitoring and manipulation in conjunction with the direct energies are not only harassing but set me out to be very clumsy at anything I attempt to do. I rate this to be a 8 on the pain scale.

01 June 2017

I am experiencing the feeling of the flow of direct energy throughout my entire body. I have a headache, ringing in the ears, expansion and contraction of stomach and bowels, spastic bowel sounds and movements, and an unusual amount of flatulence. In addition I am being sexually tortured and abused. The way I like to describe my situation as a Targeted Individual is being exposed to something like cyclotronic. What ever it may be; it has may different affects including but not limited to either a wet or dry nose and mouth. I notice difficult breathing from pressure on my throat oftentimes. In addition, it stirs up the dust all around you within your environment and atmosphere. Oftentimes creating sinus problems, and eye irritations. I find myself at times constantly sneezing and/or occasionally the opposite of dry nasal but runny sinuses.

It is 1400 hours and I am experiencing direct energies that have influenced my digestive system to a significant degree. I had a doctor's appointment today and although I have told them about my direct energies and remote nervous system monitoring and manipulation symptoms, they are falsifying my chart by the diagnosis.

04 June 2017

I am experiencing the feeling of the flow of direct energy to the head and throughout the rest of the body. In addition, I feel the harassing and provocative pokes and nudges.

06 June 2017

It is 0200 hours in the morning and I am suffering from sleep deprivation. I am experiencing a

fair amount of direct energy flowing through the body. I have ringing in the ears, distended bowels, and excessive flatulence. I rate this to be an 8 on the pain scale.

It is 0900 hours and I am experiencing direct energy flowing through the whole body. Although the energy continues to flow through the whole body I can specifically feel that on my hands, fingers, and male reproductive organs are being targeted. In addition, I am experiencing phantom pokes, prods, and nudges.

07 June 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. The best way I can describe such a feeling is by comparing it to what I have read about oscillatory, and cyclotron energies. Within this metaphysical rotation is a fog of electricity. It is greater at times than others and I have noticed variations in strength and power of this electronic fog. Other times it feels like it is hot; like an infrared light and/or microwave. And, at other times feels like something hot like a convection oven. In addition, I am experiencing provocative pokes, prods, and nudges on the left shoulder.

08 June 2017

It is 0700 and I am experiencing direct energy flowing through my entire body. I suspect and can feel what seems to be varying elements; such as: light (radiation), oscillation, electronic fog, sound or sonic, sonar, radio, and microwave.

It is 2100 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. I can feel it concentrate on the left thigh and hip bone. Often times the direct energy is focused on my male reproductive organs. This is not only provocative and harassing but torturous and abusive.

10 June 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I am experiencing pokes, and nudges. I rate this experience to be an 8 on the pain scale.

It is roughly 1530 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. I can feel the energy concentrate on my the right arm. In addition, I can feel pokes, prods, and nudges.

13 June 2017

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I can feel pokes, prods, and nudges.

16 June 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the

flow of direct energy throughout my entire body. I can feel that this energy is strongest on my head. In addition, I am feeling pokes, prods, and nudges at my inner thighs. I rate this torturous experience to be an 8 on the pain scale.

It is 1400 hours. I struggled to walk or more like stumbled to the post office here in town. The walk is less than a mile of distance. It's more like I wobbled to the post office; I lack the coordination and balance it requires to walk normally. I had to take many breaks to get there. According to Google Maps; it took three times the amount to walk there. It's only supposed to take 35 minutes to walk to the post office; however, with several breaks, it took me an hour and a half. I rate this experience to be a 7 on the pain scale.

17 June 2017

It is roughly 0300 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout the entire body; however I can feel it the strongest on the head. My left arm, feet, and legs are specifically targeted as well. My abdomen, stomach, and bowels expand and contract. In addition, I am experiencing spastic bowel sounds and movements, and ringing in the ears. All this is accompanied with a poke, prod, and nudge.

****18 June 2017****

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I wish to journal about my experience with synthetic telepathy. All they said was that this is "MK Ultra;" however, I realize could be a false flag. I rate this experience to be a 7 on the pain scale.

****27 June 2017****

It is 1030 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body; however I feel the strongest energy targeting my head. This morning I conducted a Google search and was looking up the Kennecome Group and all of a sudden I had the same result as I did earlier; I was cut off the internet immediately. In addition, the pokes, prods, and nudge continue to be provocative today. I rate this to be a 7 on my pain scale. I tried to contact an advocate of Human Right; a Dr. Daniel Leibowitz. He is a Board Certified Radiologist and understands what Targeted Individuals are going through. I tried to track this individual down to see if he accepted my insurance, so that I could make an appointment with him. However, his Penn Valley practice as listed and address is no longer and nobody knows how to get ahold of this individual. I was able to contact Dr. John Hall's office out of Texas; however, only spoke with his receptionist. The receptionist took my name and number any reminded me that there was no assurance of the doctor calling me back.

****29 June 2017****

It is approximately 1700 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. I especially can feel the energy on my head, ankles, and legs. I rate

this experience to be a 7 on the pain scale.

It is roughly 1800 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I am experiencing remote nervous system monitoring and manipulation. I know this by the way they are able to trigger and manipulate my nerves by inducing a muscle contraction. I notice pokes, prods, and nudges. I rate this experience to be an 8 on my pain scale; however, is greater when considering the mental anguish and torture.

03 July 2017

It is 0300 hours and I am experiencing direct energy to the whole body; but, more specifically, the hands and arms. I am complaining of my muscles hurting, and pin point energy to the heart. In addition, my male reproductive organs are targeted for energy. The heat rising from my head feels like energy of some type. I feel phantom touching on the posterior chest wall.

It is 0500 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I feel the energy most strong on my left arm and jaw. I feel heat arising from this energy and my body. In addition, I feel my spine is being targeted with this energy. I am having muscular and skeletal contractions.

05 July 2017

It is roughly 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy all throughout the body. More specifically, I feel it the strongest on my head, hands, arms, and abdomen or stomach cavity. My abdomen expands and contracts as gas is generated it releases itself uncontrollably. In addition, I feel aggressive pokes, and nudges. I rate this experience to be a 8 on the pain scale.

07 July 2017

I am experiencing the feeling of the flow of direct energies throughout my entire body. In addition, I feel muscle contractions, pokes, prods, and nudges.

09 July 2017

I am feeling the flow of direct energy to the head, left hand, and left arm. This is accompanied by thumps, taps, and prods. I am also experiencing muscle contractions as well.

It is 1830 and I am experiencing the flow of direct energy. I feel it the strongest on the feet. In addition, I am experiencing phantom touching my right buttock.

12 July 2017

It is 0300 hours and I am suffering from sleep deprivation. I am experiencing the flow of direct energy throughout my entire body. In addition, I am feeling a lot of phantom touching. I rate this to be a 7 on the pain scale.

It is 2100 hours. I am experiencing the feeling of the flow of direct energy. I feel it the strongest on my head. Some of the symptoms I have noticed are the lack of balance or coordination to walk or jog, headache, crepitus. Often times my skin appears like its burning. I feel tortured and maimed. I rate this to be a 7 on the pain scale.

****14 July 2017****

I am experiencing remote nervous system monitoring and manipulation. This is true because I am experiencing muscular and skeletal contractions. I feel a burst of direct energy to the heart.

It is 1900 hours. I am experiencing bursts or pulses of direct energy to the head. I rate this to be a 9 on the pain scale.

It is 2000 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, my abdomen, stomach, and bowels expand and contract. When it does this it makes a spastic bowel sounds and movement. To follow is unusual amounts of flatulence, and oftentimes induced defecation.

It is 2330 hours. I am experiencing the feeling of the flow of a direct energy to the heart. This is accompanied by pokes, prods, and twitches.

16 July 2017

It is 1300 hours and I am experiencing remote nervous system monitoring and manipulation. My symptoms include automatic muscular and skeletal contractions. In addition, I am experiencing nerve twitches, pokes, prods, and nudges.

17 July 2017

It is 1400 hours and I am experiencing direct energy to the left arm and hand. My symptoms include complete paralysis of the arm and hand, numb sensation, and I was able to reduce some of the direct energy that had purged itself in my hand and arm with USB cord. I rate this experience to be a 10 on the pain scale.

20 July 2017

I am experiencing the feeling of the flow of direct energy throughout the entire body. In addition, I am experiencing pokes, prods, and nudges.

22 July 2017

It is 0700 hours. I am experiencing the feeling of the flow of direct energy throughout the entire body. Some of the other symptoms include but are not limited to: ringing in the ears, and phantom touching.

24 July 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the

flow of direct energy throughout the body. I rate this experience to be a 7 on the pain scale.

26 July 2017

I am experiencing the feeling of the flow of direct energy throughout the entire body. I feel it the strongest on my head. Some of the symptoms I am experiencing include ringing in the ears, and pokes, prods, and nudges.

It is 1500 hours. I am experiencing direct energies to the male reproductive system organs. This is sexually tantalizing to the point where it now feels torturous.

28 July 2017

It is roughly 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of direct energy throughout the body. I can feel it the strongest on my feet. In addition, I am experiencing a distention and contraction of the abdomen, stomach, and bowels. I can feel pokes, prods, and nudges.

30 July 2017

It is 0100 hours and I am suffering from sleep deprivation. In addition, I am experiencing pokes, prods, and nudges.

03 August 2017

It is 0200 hours. I am experiencing the feeling of the flow of direct energy throughout the entire body. I rate this level an 8 on my pain scale.

It is 1000 hours. I am experiencing the lack of balance and coordination to walk.

****04 August 2017****

It is 1700 hours. I am experiencing the feeling of the flow of direct energy throughout the entire body. I feel it the strongest on my left arm. This is the same arm I received an inoculation at the Lyons, New Jersey VA. It is ironic for the fact that it was not to long after this shot is when on or about the time where I started to notice the electronic and direct energy harassment symptoms. In addition, I am experiencing pokes, prods, and nudges. I rate this experience to be an 8 on the pain scale.

07 August 2017

I am experiencing the flow of direct energy throughout my entire body. I rate this experience to be a 5 on the pain scale.

10 August 2017

It is 1000 hours. I am trying to walk to the local convenience store which is less than a half mile down the road. I lack coordination, balance, and feels as if my anterior and posterior cruciate ligaments in my knees are stretched to the point where my legs subluxate. It feels like I have

absolutely no stability in my legs and knees.

14 August 2017

I checked my email and have received my code to take the Global Targeted Individual Survey that I registered for the other day. I submitted the survey upon completion.

15 August 2017

It is 0400 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I feel the energy target my abdomen and into my chest cavity. Some of the symptoms I am complaining about are the feeling that my bowels are congested and that my chest and lungs are congested.

18 August 2017

It is 0400 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I rate this experience to be an 8 on the pain scale.

It is 1300 hours and I stumbled to the social service brown bag lunch place. It is less than half a mile up the road. My symptoms today include but are not limited to: the lack of balance and coordination to walk.

20 August 2017

I feel a consistent flow of direct energy throughout the entire body. There has been a substantial increase in pokes, prods, and nudges.

****21 August 2017****

It is 0500 hours in the morning. I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout entire body. More specifically, I can feel it on my abdomen, stomach, and bowels; usually on the upper right hand quadrant of the abdomen. During this feeling my bowels make spastic sounds and movements and then either expand or contract. To follow is an unusual build up of gas with usually an uncontrollable release of flatulence if they are not manipulating my sphincter muscle. In addition, I can feel my male reproductive organs are being targeted. This energy and nerve manipulation is sexually torturous, painful, and abusive.

****22 August 2017****

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. More specifically, it feels like there are pulses of direct energy synchronized and in coordination with my heart beat. In addition, I have ringing in the ears, my abdomen, stomach, and bowels expand and contract, flatulence build up and uncontrollable release. Phantom touching pokes, prods, and nudges.

23 August 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. This experience feels like there is some kind of heat accompanying it such as inferred light, or gigahertz radiation. In addition, I am experiencing a profuse heat throughout my entire body, phantom taps, and touching.

25 August 2017

It is 1100 hours and I am experiencing direct energy to the head. Phantom pokes, prods, and nudges.

27 August 2017

I have been experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I am experiencing the usual and provocative pokes, prods, and nudges. I usually feel the pokes, prods, and nudges on the buttocks, back, or shoulders. The direct energy seems to affect my bones, ligaments, muscles, and tendons. It also impacts my ability to have coordination and balance to walk.

28 August 2017

Currently, I am experiencing the flow of direct energy to the head. The direct energy that I am feeling is accompanied with pokes, prods, and nerve twinges.

30 August 2017

It is 0400 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. Some other symptoms that I am experiencing are the harassing and provocative pokes, prods, and nerve twinges.

01 September 2017

Is 1500 hours in the afternoon and I am experiencing direct energy flowing through the entire body. The direct energy is accompanied with pokes, prods, and nerve twinges.

03 September 2017

It is 0100 hours in the morning and I am experiencing the feeling of the flow of direct energy throughout my entire body. The direct energy is accompanied by the harassing and provocative pokes, prods, nudge, and nerve twinges. In addition, my other symptoms include the distension and contraction of my abdomen, stomach, and bowels. I also have spastic bowel sounds and movements. The uncontrollable release of gas build up follows.

05 September 2017

It is 0100 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout the entire body. Some of my symptoms include the pokes, prods, nudges, and nerve twinges. I feel my abdomen, stomach, and bowels, spastically move by expanding or contracting

****08 September 2017****

In an attempt to get my doctor to better understand what it is exactly that I am experiencing; on September 5, 2017, at the Manhattan Veterans Affairs Hospital", I gave her a copy of the article "On the need for new criteria of diagnosis of psychosis in light of mind invasive technology," by the author C. Smith. This article was published in the Journal of Psycho social Studies, 2003 or 2014. I also informed her that I was very cognizant of and know the difference between my Multiple Sclerosis symptoms and those of direct energy weapons and electronic/psychotronic harassment.

It is roughly 1600 hours now and I am experiencing the flow of direct energy throughout my entire body. I am particularly focused on feeling the abdominal, stomach, and bowels expand and contract. The subsequent spastic bowel movement and sounds, and gas build up is torturous. I rate this particular experience to be an 8 on my pain.

09 September 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I had an interview with the Stop n Shop grocery store manager recently and I landed the job. The only worry of mine is: How long will I last while being Targeted with this direct energy and the sleep deprivation that goes along with it.

10 September 2017

It is 1330 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy. Among the many ways to describe this feeling; one is, that it feels like radio frequency.

****11 September 2017****

It is 0700 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of direct energy flowing throughout my entire body. What I am journaling is a reflexive praxis, and original material.

It is 1300 hours and I am suffering from sleep deprivation. I wish to journal my attempt to report this to the victim's advocacy unit here in Somerville. I spoke to a lady there and she said that I needed a police report. I shared with the lady over the phone that I had made several attempts to file a police report for direct energy and electronic harassment however that the police refused to write one up on it.

12 September 2017

It is 1100 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I am experiencing pokes, prods, nudges, and nerve twinges on the muscles of my legs.

14 September 2017

It is 0830 hours in the morning. I am experiencing the feeling of the flow of direct energy

throughout my entire body. Some of the symptoms I am experiencing include headache, ringing in the ears, phantom pokes, prods, nudges, and nerve twinges. I am experiencing dream manipulation.

15 September 2017

It is 0100 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my body. I rate this experience to be an 8 on the pain scale.

It is 1400 hours and I am experiencing sleep deprivation. In addition, I am experiencing the feeling of the flow of direct energy throughout my entire body. I am also experiencing the usual symptoms where my abdomen, stomach, and bowels expand and contract. I have spastic bowel sounds and movements. My hair on my head stands on end, and the body hair on my stomach will do the same.

16 September 2017

It is 0400 hours and I am experiencing sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I am also experiencing phantom pokes, prods, nudge, and nerve twinges. I lack the balance and coordination to walk a small distance. I realize my hips and knees are unstable.

It is 0800 hours. I want to journal that it took me over an hour and a half to walk a distance that is only normally supposed to take 30 mins. I walked to my new job at Stop n Shop and realized how much of the lack of coordination and balance I had to walk. I am not sure how long I will last at this job. The only reason why I can maintain this job at this point; aside from having the ability to ignore the psychotronics that assault me while at work, is that as a cashier, the only strenuous requirement is standing in one position most of the time with little to no requirements of having to walk or lift heavy items. While at work I felt direct energy around my left leg, my abdomen, stomach, and bowels expanded and contracted producing much needless gas. While in orientation, I could barely focus and concentrate on the orientation test questions. On the way home I felt direct energy around the left leg and head as I stumbled home.

17 September 2017

It is 0900 hours in the morning. I am experiencing the feeling of the flow of direct energy throughout the entire body. I feel the energy the strongest on the abdomen, stomach, and bowels. I have spastic bowel sounds and movements. I then had an induced bowel movement by the influence of the direct energy.

It is 1300 hours and I am experiencing sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my body. I feel like I have a radio frequency targeting my head. This radio frequency emits a lot of heat. In addition, I can feel the energy on my heart and is causing labored beating. I have the psycho-sonic ringing in the ears.

18 September 2017

It is 0100 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I feel the energy targeting my head, abdomen, and rib cage. Each with their corresponding symptoms as mentioned many times before in my journal e.g. (headache, distended and contraction of abdomen, stomach, and bowels and chest pain).

21 September 2017

I am experiencing the feeling of the flow of direct energy throughout my entire body. I have difficulty walking to work. I lack balance and coordination, and muscles feel like they have been compromised by the direct energy. In addition, I am experiencing phantom touching.

22 September 2017

It is 0300 hours and I am suffering from sleep deprivation. I am experiencing what feels like a sonic shower. I can feel it emanate off the ceiling. In addition, I have the ringing in the ears, and phantom touching.

26 September 2017

The past couple of days have been the feeling of the flow of direct energy. I feel it mostly concentrated on my head, arms, and male reproductive organs.

29 September 2017

I am experiencing the feeling of the flow of direct energy throughout my body. Some of the symptoms include but are not limited to ringing in the ears, spastic bowel sounds and movement, sexual torture and abuse of the male reproductive organs, and phantom touching.

04 October 2017

I am experiencing the feeling of the flow of direct energy throughout my entire body. Some of my symptoms include but are not limited to torture of male the reproductive system, and phantom touching.

22 October 2017

Every day is a struggle: I am under financial constraints, I am maimed from the electronic harassment, it's a challenge to make it to work. It is a challenge to stand, walk, and concentrate. It is a challenge to focus in order to operate the grocery store cashier computer. I felt energy targeting parts of my body for a couple days and then they finally go numb. My stomach is still influenced by the remote nervous system monitoring and manipulation. Everyday my head hurts with the feeling of radio and microwave frequencies. My legs and arms seem to tighten up and then get loose over and over again. On occasion, I have had a leg or an arm get numb to the point where I thought I had lost it for good.

25 October 2017

Over the past few days I have been experiencing a variety of signals and frequency intelligence

such as

light, sonic, electrical voltages and frequencies, WiFi, in total I refer to all these direct energies. The energy has a major influence on the many different systems and organs in my body. Each of these direct energies often influence a psychological mood in me. I am often times emotional, or angry, or exhausted.

The direct energies influence my muscular skeletal system. Sometimes, I lose the ability to walk with normal balance and coordination. Often times it feels like the connective tissue, ligament, and tendons and even down to the connective tissue in my skin expand and contract. The events are abusive and torturous.

29 October 2017

It is roughly 0500 hours in the morning and I am experiencing direct energy flowing through my entire body. Some of symptoms include but are not limited to ringing in the ears. In addition, I am experiencing spastic bowel sounds and movements and my limbs often get numb and cold occasionally feeling like they are going to fall off. This morning was my left leg.

It is roughly 0600 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. Some of symptoms include but are not limited to: psycho-sonic ringing in the ears, spastic bowel sounds and movements, and my limbs often get numb and cold.

30 October 2017

I am experiencing a continuous flow of direct energy to the head. Other symptoms include but are not limited to: extreme headache, the expansion and contraction of my abdomen, stomach, and bowels. In addition, I am experiencing spastic bowels movements and sounds, and the buildup of extreme gas.

****03 Nov 2017****

While at work today (Stop-n-Shop) I was being harassed by direct energy, pokes, prods, nudges, and nerve twinges. I was unsure of myself and well-being if I was going to make it through my shift. While at work my abdomen, stomach, and bowels where distended and contracted.

My goal is to try and keep working the job until they close on the 30 Nov 2017. The store is scheduled to close for good on this date. While working at my previous job (ShopRite) I had the same symptoms as listed above. I eventually ended up in the hospital and lost the job at ShopRite. At this point I am beginning to believe that any work for me will be impossible. While at work I felt like they induced a bowel movement because my whole internal viscera expanded and contracted. I had to be excused from my post to make an emergency rush to the bathroom.

05 Nov 2017

I am experiencing direct energy flowing through the body. Some of the symptoms include but are not limited to: psycho-sonic ringing in the ears, distention and contraction of my abdomen,

stomach, and bowels, and unusual flatulence.

06 Nov 2017

It is 0200 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my body. In addition, I can feel the energy strongest running through my left arm. I have ringing in the ears, and abdomen, stomach, and bowels distend and contract, causing spastic bowel sounds movements, and gas.

09 Nov 2017

I am experiencing the flow of direct energy targeting my head. I can feel it strongest in my legs, arms, and male reproductive organs. I have heat and cold spells, ringing in the ears, abdomen, stomach, and bowel distention and contraction, spastic bowel sounds and movements, and an unusual amount of gas. In addition, I am feeling pokes, prods, nudges, and nerve twinges.

11 Nov 2017

I am scheduled to work today from 1330 to 2100 hours so I called a cab to get me to work. I am having difficulty walking. My bike was recently stolen, however, that is due to my fault. I was able to work only up to about 1900 hours due to direct energy being disruptive and making me dizzy. I felt as if I was going to fall out, so I asked my supervisor for early leave.

12 Nov 2017

It is 1000 hours in the morning. I am experiencing direct energy throughout my whole body. Some of my symptoms include but is not limited: excruciating pain to the male reproductive organs. It was so painful it made me jump a foot from my bed. In addition, I am experiencing the ringing in the ears, my abdomen, stomach, and bowels expand and contract. It feels like the perps have control over the viscera in my abdominal cavity. I am experiencing pokes, prods, nudges, and nerve twinges. The filings in my teeth as well as my gums are heated and hyper sensitive.

*13 Nov 2017

It is 0600 hours and I am experiencing direct energy throughout my body. I feel it the strongest on my male reproductive organs. This is a very tortuous and uncomfortable. All this is accompanied by pokes, prods, and nudges between my legs on the thigh areas.

It is 1530 hours in the afternoon. I tried to walk to the store. I notice that I still lack the coordination and balance. The direct energies affect my muscular and skeletal system. I lack the stability to walk to the store without resting multiple times. I am fortunate to be able to work at this time due to the fact that as a cashier the only requirement is for me to stand in position.

22 Nov 2017

It is 0830 hours in the morning. I am experiencing the feeling of the flow of direct energy throughout my entire body. This energy was hot; like microwave. God only knows what it's doing to the soft tissue or my cells. In addition, I am experiencing heat on my skin, ringing in the ears,

and bowel sounds.

24 Nov 2017

I am experiencing the feeling of the flow of direct energy throughout my entire body. Some of the symptoms I am experiencing include but not limited to are ringing in the ears, spastic bowel sounds and movements, manipulation of the male reproductive nerves, and phantom pokes, prods, nudges and nerve twitches.

It is currently 0600 hours. I am experiencing the feeling of the flow of direct energy through my entire body. Some of the symptoms include but are not limited: unstable ligaments and muscles in my knees, and I can feel the direct energy on my chest. My male reproductive organs are a major target and I am concerned how it may affect them. I notice how the effects of being targeted with psychotronics while at work. I can not function normally on the job. It is distractive and is not good. So I will call work today to resign from my position as a cashier.

25 Nov 2017

It is 0130 and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy frequencies throughout my entire body. Some of the symptoms I am having included but are not limited: the feeling of the energy flowing in through my arms and feet; that purges deep into my bones. I have spastic bowel sounds and movements with unusual gas build up and uncontrollable release. My hair follicle per centimeter on my brow fluctuates and changes as my head and skull expand and contract.

It is 1900 hours and I am experiencing the feeling of the flow of energy throughout the body. I feel the energy strongest in around the male reproductive organs. In addition, I can feel in this area, the energy, purging its way, deep into my pelvis. This is comparable to what I like to describe, as an active magneto or some energy that has a small oscillation and acts as a motor so-to-speak. This motor perpetually turns because it is energized.

****26 Nov 2017****

I am here in my room and I am feeling the heavy sheet rock on the ceiling in my room heat up, emitting heat. This is hurting my entire body down to the skin and bone. I remember this occurring last year around the same time but on a much greater scale. I notice a disc player type noise in my left ear. As I feel direct energy travel through my body I can feel murmur or a vibration type energy pulse through the long bones such as my left and right leg. I am noticing increased crepitus in my neck; especially where the brain stem meets the cervical neck bones. I am experiencing pains in the pancreas and liver. I notice changes to the male reproductive contents..

It is 1300 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy go across my lower legs. The rays were something that I never felt before. I could tell that they were precise and powerful, as one left what feels like a radiation burn on the

left side of my leg.

29 Nov 2017

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing what I oftentimes like to describe as a cyclotronic frequencies. The energies had a gravity type pull or magnetic feeling going in and out of my body.

I am at Dunkin Donuts at 0600 hours. I am experiencing the feeling of the flow of direct energy on my head and on the arms. I maintained this feeling of direct energy as I stumbled all the way home. In addition, both my arms at the shoulders hurt from this energy. I felt my skull expand and contract. My teeth and gums hurt from the direct energy. The energies have an impact on me both physically and mentally.

30 Nov 2017

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. My face and arms are sore. The nerves to my male reproductive system are being manipulated. This is a torturous and sexually abusive experience. In addition, I have that psycho-sonic ringing in the ears, spastic bowel sounds and movements, and cramps.

It is 1300 hours and I wish to journal that I had a doctor's appointment today in the city. My doctor has been falsifying my chart. She does not write an accurate subjective S.O.A.P. note. She records her views of my situation. There are entries made in my chart by my doctor that I never said; for instance there is an entry in my chart by my doctor where she says that I said "I feel like while working at my last job at the grocery store I thought some of my coworkers while working where in on the gang stalking". This is not true. I told her that I had to resign from my job at the grocery store due to the fact that my mobility was getting worse from being targeted with this energy and therefore could not handle my responsibilities as an employee there anymore. In addition, I was not getting enough sleep due to the electronic harassment all night. I took the train on my return trip home. While on the train I noticed I was getting zapped on my ankles and feet. This energy had some heat to it. At home, I felt direct energy purging through my entire body. My abdomen, stomach, and bowels began there spastic distention and contraction. The direct energy likes to target the right side of my upper abdomen.

01 Dec 2017

It is 2300 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. I can feel; what I describe as, a radio frequency on my skin. The energy eventually purges its way deep within my body. In addition, I have that psycho causing ringing in the ears.

03 Dec 2017

I am experiencing expansion and contraction of the abdomen, stomach, and bowels. In addition, I am experiencing spastic bowels sounds and movements, ringing in the ears, and the pokes,

prods, nudges, and nerve twitches.

It is 2300 hours. I am experiencing; how I like to describe, a cyclotronic and/or radio electronic frequency. Some of the symptoms I am complaining about include but are not limited: increased production of mucous, sometimes my nasal passage ways gets irritated. I can feel the nerves to my male reproductive organs get manipulated. This is torturous and sexually abusive.

04 Dec 2017

I am experiencing the feeling of the flow of direct energy throughout my entire body. My left leg has been the recipient of cold direct energy recently. I have been getting cold direct energy when I am out and abroad as well.

05 Dec 2017

I have submitted a complaint online to the Government Accountability Office and have received an automatically generated response from an individual who is out of the office. I have noticed issues and manipulation with my Gmail account. Often times it is difficult to sign in or out of my account. For some reason I am not able to sign out of my account successfully. The problem seems to be a whole host of issues and continuing problems I have had with my internet experience since I have been targeted as an individual.

07 Dec 2017

It is approximately 0100 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. It feels as though my face is receiving a lot of the direct energy. In addition, my left leg gets cold up to the knee. I can feel the coldness on the outside of my pant leg. I notice my nasal passage way dries up instantly to energy that contains heat. As a result of the extremely dry nasal passage way, my nose clogs and can no longer breathe through my nose. In order to breathe through the mouth one must open the mouth however when I open my mouth to breathe my teeth and the fillings in my teeth become sensitive to the room air and or direct energies. I have bowel sounds and movements that seem unusual and not normal.

It is 2030 hours in the evening. I am experiencing what feels like the flow of direct energy to the head. In addition, I am experiencing an atmospheric aura that feels like direct energy of heat possibly the radium or light. I have ringing in the ears, blurred vision, no balance, and spastic bowel sounds.

08 Dec 2017

It is 0500 hours in the morning. I just would like to journal that I am experiencing what seems to be cyclotronic energy or frequencies. Over time of being exposed to this type of frequency; I have noticed the development of a red blotch; or soar, on the tip of my nose. This soar appears to be a closed wound. If my nose is not dried up and caked with old drainage from being 'cooked!', then it is in the opposite state where I notice my nose has an unusual amount of drainage. I

notice how the cyclotronic frequency and direct energy picks up dust in the atmosphere around me and draws it towards me. I can watch the dust draw near me when my ears ring and I feel the electronic aura all over in and on my body. The dust will accumulate on my clothes when the energy draws towards me. I am concern about what the long term exposure to these energies will do to my male reproductive system.

10 Dec 2017

It is 0100 hours in the morning and I am experiencing direct energy throughout my whole body however it is my left leg that feels like it gets cold. I am concerned for my male reproductive system for it seems like it has be the focus now for a long time. Some of the other symptoms include but is not limited to are spastic bowels sounds and movements, head and facial features shape shift, bone pain in my arms, and the provocative pokes, prods, nudges, and nerve twinges.

12 Dec 2017

All day I experienced what to me feels like cyclotronic frequencies and direct energy all throughout my entire body; and especially on my head. I can also feel this energy flow through the inside and outside of the left leg.

It is 2230 hours in the evening. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I can feel some sonic or sonar type vibration all throughout my entire body. It was enough energy to influence spastic bowel sounds, contraction, and movement. I have the unusual psycho-sonic ringing in the ears.

13 Dec 2017

It is 0200 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of a cold direct energy through my left leg and profusely throughout my entire body. After several hours of feeling this cold direct energy to my left leg, the cold direct energy had purged its way up into my abdominal cavity making my abdomen and bowels feel cold. In addition, I have spastic bowel sounds, contraction, and movement. I am also experiencing the provocative taps, thumps, and nerve twinges.

It is 2100 hours. I am experiencing what feels like a sonic shower. I can feel the sonic frequencies rain down from the ceiling of my room. I have ringing in the ears, bowel sounds, soar skin, and my gums and teeth are in pain.

15 Dec 2017

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. Some of the symptoms I am experiencing include but are not limited to: ringing in the ears, bones crackling, leg muscles twitching; I lack balance, and am dizzy.

It is 2330 hours. I am experiencing the feeling of the flow of direct energy. In addition, the nerves to my male reproductive organs are being manipulated. I find this experience to be torturous and sexually abusive.

18 Dec 2017

It is 0200 hours and I am suffering from sleep deprivation. I am experiencing the feeling of a consistent flow of cold direct energy throughout my entire body. I have the ringing in the ears, expansion and contraction of the abdomen and bowels.

It is 2000 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, the nerves to my male reproductive system are being manipulated. I find this experience to be torturous and sexually abusive.

23 Dec 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of cold direct energy throughout the body. In addition, I am experiencing pokes, prods, nudges, and nerve twinges across my left carotid body. It feels like my blood pressure has changed and I have heart flutters.

It is 0230 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy and maybe a radio frequency throughout my entire body. Some of the symptoms I am experiencing include but is not limited to: ringing in the ears.

25 Dec 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I can feel the cold direct energy the strongest on my feet and lower legs.

It is 1500 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. As I lay here in my bed I can feel my blood pressure being manipulated.

It is 1700 hours. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I can feel the cold energy the strongest on my feet and legs. The cold direct energy purges through my body to my brain. I notice the cold direct energy having an effect on my blood pressure. I have a headache.

It is 1900 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. I feel completely disabled and I have a headache.

It is 2200 hours and I submitted my complaint to Senator Leonard Lance.

27 Dec 2017

It is 0800 hours. I am experiencing the feeling of the flow of cold direct energy throughout my

entire body. In addition, I can feel manipulation of my male reproductive organs nerves. I find this experience to be torturous and sexually abusive. My knees are sore and I have ringing in the ears.

It is 1100 hours. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I have ringing in the ears, poor capillary refill in my lower extremities, and my gonads are cold.

It is 1700 hours. I am experiencing the feeling of the flow of cold direct energy to my legs. In addition, I feel super-fast vibrations traveling through my body. I also have spastic bowel sounds and movement.

29 Dec 2017

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. In addition, I have ringing in the ears and a headache.

31 Dec 2017

It is 0100 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. The nerves in my lower extremities feel frost burnt.

Chapter 4: 2018

01 Jan 2018

It is 0400 hours in the morning and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I feel it the strongest to the lower legs. My lower legs are getting cold. In addition, the fillings in my teeth and my gums are hypertensive to this energy. It seems as though I have cold breath.

It is 1700 hours. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I can feel it the strongest on my feet and lower legs. My feet and lower legs are getting cold.

It is 1900 hours. I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I can feel it the strongest on my left leg. My leg is getting cold. My left leg feels like it is going to fall off. In addition, I can feel the cold direct energy affecting my mouth and teeth again. The energy feels like it has made its way to my brain. I have developed a headache. I am concerned for what the energy is doing to my nerves in my legs and body. I have that frostbitten type feeling all over.

It is 2200 hours. I am experiencing the feeling of the flow of direct energy throughout my entire body. In addition, I have ringing in the ears, spastic bowel sounds and movements, and unusual

gas build up.

02 Jan 2018

I am experiencing the feeling of the flow of cold direct energy throughout my entire body. I feel it the strongest to the left leg. In addition, I am experiencing crepitus to the head, neck, and skull. The cold direct energy is intense, I rate this experience an 8 on the pain/torture scale. This is the 4th time I have realized the strength of this energy. I am concerned for what it may do to the nerves in my body. I am having everything from chest pain to spastic bowel sounds and movements.

It is 2330 hours. I am experiencing a burning sensation across both lower legs. In addition, I am experiencing pokes, and zaps of electricity to the male reproductive organs. I realize there is no stability in both of my knees. My leg muscles are basically useless at this point.

06 Jan 2018

My friend bought me a heating blanket; which seems to help keep me warm. It is 0600 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of cold direct energy. This cold direct energy purged its way throughout the organs of my body. My abdomen, stomach, and bowels feel cold from the outside of my skin. I rate this an 8 on the pain scale.

It is 1800 hours. I am experiencing the feeling of the flow of cold direct energy to both feet and both lower legs. I rate this experience to be an 9 on the pain scale.

It is 1900 hours. I am experiencing the feeling of the flow of strong cold direct energy around both lower extremities.

08 Jan 2018

It is 0100 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of cold direct energy to the lower extremities. In addition, I am experiencing ringing in the ears.

10 Jan 2018

It is 0400 hours and I am suffering from sleep deprivation. I am experiencing the feeling of the flow of direct energy throughout my entire body. I feel it the strongest on the left foot. In addition, I have ringing in the ears.

It is 0600 hours. I am experiencing strong cold direct energy to the feet. In addition, I have ringing in the ears, spastic bowel sounds and movements, and pokes, prods, and nudges.

It is 0800 hours. I am experiencing the feeling of the flow of direct energy to my head. The energy that I am currently feeling is how I like to describe as a radio frequency.

It is 1300 hours. I am feeling the flow of direct energy to the head. In addition, I can feel and hear crepitus where the neck meets the skull. I have ringing in the ears.

12 Jan 2018

It is 1600 hours. I am experiencing light direct energy to the male reproductive organs. I can feel this energy the strongest targeting and manipulating the nerve to my male reproductive system. I find this experience to be torturous and sexually abusive. I rate this experience to be a 9 on the pain scale.

15 Jan 2018

It is 1300 hours and I am suffering from sleep deprivation. I am experiencing direct energy to the teeth and gums. In addition, I feel pokes, prods, nudges, and nerve twinges across the neck where the carotid arteries are. I rate this to be an 8 on the pain scale.

It is 1500 hours. I am experiencing the feeling of the flow of direct energy throughout my body. I can feel it the strongest on my right leg. The energy feels like it may include a sonic or vibrating frequency. I rate this to be a 2 on the pain scale.

It is 1600 hours. I am experiencing the feeling of the flow of direct energy to the head. The energy that I am currently feeling on my head feels like a strong electricity of sort. In addition, it is making me dizzy and sick. I rate this to be a 7 on the pain scale. I would like to note that one of the websites I belong to as a member; Citizens against Harmful Technology, has been hacked. Most of the links on the webpage do not work or function properly or not at all.

19 Jan 2018

I am experiencing the flow of cold direct energy throughout the body. I feel the energy the strongest on the legs. In addition, my teeth and gums are hyper sensitivity to the energy. I have spastic bowel sounds and movements. I realize that this direct energy has influenced my blood pressure among other bodily functions.

31 Jan 2018

I am experiencing the feeling of the flow of cold direct energy throughout my entire body. In addition, I have experienced everything from radio frequencies to the head and stomach to cold direct energy to the toes and legs. In addition, I am experiencing spastic bowel sounds and movements, ringing in the ears, and pokes, prods, nudges, and nerve twinges.

02 Feb 2018

I had to venture out into the city for my doctor's appointment. At the doctor's appointment I had updated her on my condition and situation. I had to hail a cab because I still cannot walk. I reported that I was now the target for cold direct energy. The doctor recommended that I take a tranquilizer for anxiety. While out on my venture I experienced cold direct energy.

Direct energy Weapons, Psychotronic assault, and Remote Nervous System Monitoring and Manipulation has inflicted me with physical, emotional, and psychological pain and torture. To say the least; they have inflicted me with multiple health conditions, have tortured me with ongoing spastic bowel sounds and movements, affected my neuro-muscular system, and have violated my privacy. In addition, they played with my anal sphincter and male reproductive nerves, provoke and harass me with pokes, prods, nudges, and nerve twinges. And have hacked and cyber stalked me for at least four years now.

AFFIDAVIT OF Michael Todd Entress

State of New Jersey
County of Somerset

On this 14 day of March, 2019, Michael Todd Entress appeared before me, an individual known personally to me the person that affixed his/her signature to this document below and being first duly sworn on this oath, hereby deposes and says:

I, Michael Todd Entress, am over the age of 18, and am fully competent in all manner to make this affidavit. I have personal knowledge of the facts herein, and if called as a witness, could and would testify completely thereto.

1. The journal above is a detailed account of my experience as a Targeted Individual for direct energy weapons, psychotronic assaults, and remote nervous system monitoring and manipulation for roughly four years now.

2. The Neuro/Biotechnology experimentation and/or tortuous and abusive events mentioned above in (1) violates civil liberties and are human rights abuses. As noted in the Journal above; on multiple occasions I have been hospitalized from these torturous and abusive technologies and procedures.

I declare under the laws of the United States and the State of New Jersey that to the best of my knowledge and belief the information herein is true, correct, and complete.

Executed this 14 day of March, 2019.

Signature Michael Entress

Name: Michael Todd Entress

Address: 44 South Main St. Apt. 5

City: Manville State: New Jersey Zip: 08835

JURAT

State of New Jersey

County of Somerset

Subscribed and sworn to (or affirmed) before me on this 14 day of March, 2019

by Michael Entress

proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.

Nanette Peterson
Signature

(Seal)

NANETTE E. PETERSON
NOTARY PUBLIC OF NEW JERSEY
My Commission Expires 10/27/2020



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