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Gangstalking Tactics:

Do gang stalkers really use scripts to induce fear, paranoia, and manic/depressive states in their victims?

First answer: "Yep, and they're the stupidest scripts too! If you are a T.I. you need to remember that it is a 24hr. skit at all times you're hearing. Literally, 24hrs. a day!!! What they're saying and doing at 3a.m. is all fake, as fake as what they are doing at 3p.m.,,. Just Stupid...and they just either remember it or write it down in some silly little work document, that they can send to others. Or like street theatre.

E.g

Street theatre where a group will "perform" an overt activity like a fake confrontation or scenarios designed to test your reactions or pre-scribed. Often takes the form of a couple who position themselves near you and then have a conversation using many of your conditioned words or pertaining to your particular situation and sensitivities."

Second answer: "The Truth About Gangstalkers: Yes, They Have Scripts.

Have you ever heard of gangstalking? It's a form of targeted harassment where a group of people, sometimes even strangers, work together to intimidate and harass an individual. I am a victim of gangstalking and surveillance, and I can tell you from personal experience that gangstalkers definitely have scripts. In this post, I will be exploring the different tactics that gangstalkers use and how they are scripted to induce fear, paranoia, and even manic/depressive states.

Good Cop, Bad Cop Games:

One of the tactics that gangstalkers use is the "good cop, bad cop" game. They will alternate between friendly and aggressive behavior to confuse and intimidate their target. The "good cop" will act friendly and sympathetic, while the "bad cop" will be hostile and threatening. This tactic is designed to make the victim feel like they are walking on eggshells, never knowing what to expect from their tormentors.

Scripts to Induce Manic/Depressive States:

Gangstalkers are not above using psychological manipulation to control their victims. They have scripts designed to induce manic and depressive states in their targets. They will use techniques such as gas lighting, which is when they make the victim question their own sanity, and directed conversations, which is when they deliberately steer the conversation to topics that will trigger the victim's emotions.

They Let You Know You Were Under Surveillance When You Thought You Were Private:

Another tactic that gangstalkers use is to let their target know that they are being watched, even when the victim thinks they are alone. They will make comments about the victim's private conversations or activities, or use directed speakers to make it seem like someone is

talking to them through the walls. This tactic is designed to make the victim feel like they have no privacy and that their every move is being monitored.

Constant Badgering Using Directed Speakers, Noise Campaign:

Gangstalkers are not above using noise campaigns to harass their targets. They will use directed speakers to play loud noises, such as sirens or dog barking, at all hours of the day and night. This tactic is designed to disrupt the victim's sleep and make them feel like they are going insane.

Conclusion:

Gangstalking is a real and terrifying phenomenon that is becoming more common in our society. It is a form of targeted harassment that can cause serious psychological harm to its victims. Gangstalkers use scripts and psychological manipulation to control their targets and induce fear, paranoia, and even manic/depressive states. It's important that we raise awareness about gangstalking and take steps to protect ourselves from this type of harassment. We need to stand up for our civil liberties and demand that our government takes action to stop this type of abuse. Remember, no one deserves to be harassed and intimidated by a group of strangers.

STAND YOUR GROUND! DEFEND YOURSELF! SURVIVE!"

Third answers: "Yes, these are the goals. It doesn't all have to be "scripted" either. So long as they are given the green light to say it or do it, they can use their own 'creative forms,' I've learned. As long as it fits into the overall "theme."

How do gang stalkers use subtle hints to control targeted individuals, and what impact does this have on the victims' lives?

Unmasking the Shadows: How Gang Stalkers Use Subtle Hints to Control Lives: (Found on quora).

"In the unsettling world of gang stalking, a method employed by some individuals or groups to intimidate and manipulate targeted individuals, subtle hints play a significant role. One question that arises is whether all gang stalkers give these hints to let their targets know they are being watched. In this article, we will explore the clandestine surveillance tactics used by gang stalkers, how they communicate their presence, and the impact it has on the targeted individual's behavior.

Clandestine Surveillance and Psychological Manipulation:

After the initial stages of clandestine surveillance, gang stalkers often employ psychological manipulation techniques to unsettle their targets. One common tactic is to provide subtle hints that the target is being watched. By revealing knowledge of private actions or conversations, the stalkers aim to create a sense of constant surveillance and invade the target's privacy. This

psychological pressure forces the target to alter their behavior, leading to self-isolation and heightened paranoia.

"The most potent weapon in the hands of the oppressor is the mind of the oppressed." - Steve Biko
Gang stalkers employ various methods to let their targets know they are being observed.

Here are a few examples:

Knowledge of Private Activities:

Gang stalkers may mention specific details about activities or conversations that took place in the target's home or personal space. For instance, they might casually reference a recent event or detail from a private conversation that the target knows could only have been observed through surveillance.

"Privacy is not something that I'm merely entitled to, it's an absolute prerequisite." - Marlon Brando

Coincidences and Synchronicities:

Stalkers may orchestrate seemingly coincidental events or synchronicities to make the target believe they are constantly under observation. This could involve encountering the same people in different locations, hearing snippets of their private conversations being repeated by strangers, or experiencing repeated occurrences of specific objects or symbols associated with the stalking.

"Coincidence is the word we use when we can't see the levers and pulleys." - Emma Bull

Provocative Statements or Actions:

Gang stalkers may intentionally make provocative statements or engage in suspicious behavior in the presence of the target. This serves as a psychological trigger, making the target question their own safety and reinforcing the notion that they are being watched.

"The best way to control the opposition is to lead it ourselves." - Vladimir Lenin

Behavior Modification and Self-Isolation:

The primary objective of these subtle hints is to induce behavior modification in the targeted individual. By creating an atmosphere of constant surveillance, stalkers aim to make the target self-isolate and limit their interactions. The fear of inadvertently involving friends or loved ones in the stalking activities forces the target to change their usual patterns of behavior. They may avoid visiting certain places or contacting specific individuals to protect them from potential surveillance or harassment.

"The price of freedom is eternal vigilance." - Thomas Jefferson

Impact on the Targeted Individual:

The psychological impact of constant surveillance and the pressure to modify behavior can be significant. Targets often experience heightened stress, anxiety, and paranoia. The feeling of being constantly observed erodes their sense of safety and privacy, leading to increased social withdrawal and isolation. The emotional toll can have long-lasting effects on the target's mental well-being.

"The most common way people give up their power is by thinking they don't have any." - Alice Walker

Subtle hints play a crucial role in gang stalking, as they are used by perpetrators to make their targets aware of their constant surveillance. These hints create an atmosphere of psychological pressure, forcing the target to alter their behavior and isolate themselves. Understanding these tactics empowers individuals to recognize and respond to the manipulative techniques employed by gang stalkers, promoting awareness and support for those affected by such distressing experiences."

Why gangstalkers recruit neighbors, why your neighbours remain silent and the manual.

The post had the following questions:

- How do gangstalkers recruit neighbors
- What does a manual gangstalking guide look like?
- Why do the neighbors of gangstalking victims remain silent about the abuse that they witness?

(Found these answers from different social sites. I think my post is kinda crude but if your interested anyway, here it is).

How do gangstalkers recruit neighbors?

First answer: "At least in my environment they don't, i don't suffer from community gangstalking. Gangstalkers have people placed in a variety of neighborhoods already. Then they are activated. Or they at least recruit one or two of your neighbours, whom don't already like you. (They're assisting but the depth and length of involvement may depend). It's hard for them to recruit "normal" people in a neighborhood with low churn that aren't on their payroll. E.g. Paying for petrol."

Second answer: "They simply learnt it from another and etc. They usually know each other and basically its word of mouth which spreads quick as fire does. That person will tell his/hers circle of friends, those people will tell other circles of people etc. Everyone who is told about a target joins in, so on and so forth, kinda like the effects of dominos falling one after the other.

However, even though they know each other they make out to a target they don't know each other.. (they are not intelligent) a target always KNOWS.. LOL.

It's actually sickening.. what they say about a target individual.. really horrid things that aren't even true.. They also 'blacklist the target permanently..
God Bless."

Third answer: "It's simply the same as school yard bullying.. except they have the technology to get in touch with people everywhere... long story short... if you're trying to improve your life, and people don't like it.. they want to pick on you. I always stood up to my bullies.

It starts from very good intentions to cooperate with neighborhood watch, in order to "check out" new neighbor (s) , simply watching you as a part of community watch (it's not always hostile as a lot of people present it) Then , they can be asked to perform street theater, they will make noise, disrupt sleep, walk in and out same time as you are, ring car horns every day same time and so on. The escalation is when you see petty crime done to neighbors just before you leave for trips, vacations and so on.

They use community watch groups who don't take much convincing and are eager to "help". Also, will use people on probation/parole, who cooperate out of fear or intimidation. Or they just tell people you're a terrorist, pedophile, general piece of crap, or that you shot JFK. Whatever..."

Fourth answer: "

Lying
Threats
Bribery
Favors
Extortion
Blackmail
AI programs

I imagine there's more ways, but these are what I imagine they choose for getting people involved."

Fifth answer: "At least in my neighborhood my reputation died , it started with people telling lies about me and soon enough the entire block went from friendly to nasty, and I saw and heard two men who looked like detectives telling a neighbor that I was a thief and I leached off of women and all of that.

Neighbors are no longer happy to see me, even though I've helped most of them out more than once. In my case it started with the drug dealer on my block bad mouthing me. to anyone who moved in and even people that I'd known turned away from me. I began to suspect police involvement as a lot of white guys showed up and were there often. This jumped out at me as

before this I'd never seen a single non-black person come out of that house in the five years that we had lived on the same block. So she destroyed my reputation and now most people on the block are suspect. And let's not worry here people, if I could prove any of that we'd have been in court by now. Unlike many liberals I don't get violent without hard factual evidence ...and even at that I would call the police on them or the state police if needs be. I'm not someone that gets all nasty without proof. But it still sucks."

Sixth answer: "A lot of perpetrators are generational. They are the children and relatives of ones who came before them. This is why it's hard to get information about GangStalking to the general public from the perpetrators themselves. Family loyalty, perhaps a brain bit starting working and they find out they are indeed a criminal, lack of funds, fake education can't find other ways to make a living etc.

Snitches. They think they're working for the police or some other law enforcement. So they do what they do because of it. Might not know everything that is involved why and how. They just know their part.

Got To Be Special - These are individuals who like the Snitch don't think they are a Snitch but believe they are working for law enforcement getting training and participation in the "big picture" Unlike the Snitch you can place these people "in the public" some what to do stuff. This is the high end GangStalker. Or they think they are.

The Foreigner - Recruited for a better life and a job that's waiting. Will make more money in the UK/States, than they would at home. They don't know anyone and won't get caught up in GangStalking families and friends they know or who they are a part of.

Retarded in some form. The best job they will ever have and can make more money supposedly doing this than they would on a regular job if they can get one.

Low IQ, Belief in something, A Need to Make a Lot of money for others and willing to cross the line in criminality are the people they target for recruitment."

What does a manual gangstalking guide look like?

First answer: "Yes. In fact gangstalkers follow a textbook practice. This is why they don't come and fight you when you call them out. They believe in the process. (But i think it is shared through families and friends as well. It's a lifestyle choice).

It could look something as basic as this:

Ohchr: Harassment tactics - Harassment techniques -
<https://www.ohchr.org/Documents/Issues/Torture/Call/Individuals/Harrassmenttechniques.pdf>

And this explains community policing - <https://www.ojp.gov/pdffiles/commp.pdf>"

Second answers: "I don't know for sure, but I can assume it would be beneficial for the perps. It would probably contain notes of what to do or things they have done. Maybe other networks who also stalk would contain numbers, websites, and email addresses. They probably share it around as a pdf file or word document.

I found target individuals website to be handy about
it: <https://www.targetedjustice.com/gangstalking--training-manual.html>"

Third answer: "I am not sure but it seems to follow a pattern and i guess technology is simply taught along with it, depending what particular type of gangstalking it is.

This youtuber is okay: Eric K

https://youtu.be/c5LtX1K1yfM?si=Yf9_YFN--hKsB5_3 - Organized gangstalking manual part 1
https://youtu.be/C_ngqdrbvTs?si=06awB5rGHziH38UX - Organized gangstalking manual part 2
<https://youtu.be/h4w4Mh7AQdA?si=Bp3474oVuf5GxJx5> - Organized gangstalking manual part 3"

Why do the neighbors of gangstalking victims remain silent about the abuse that they witness?

First answer: "Because there are some really vile people out there today. Nasty pieces of work that thrive on slander. Instead of getting their own house in order, they would rather concern themselves with other peoples. Most of them are jobless, bored stupid basically and stalking is the most exciting thing they have ever participated in ever.

Nosey curtain twitchers who sit there all day knowing exactly what the next door neighbours movements are. Do you want a laugh? One of the gang that was recruited in harassing me had got to be about 70. She from what I heard was an alcoholic. I knew something was not right with her as her face resembled a crumpled up map of the world. She was vile. This old spinster would stand underneath my window making her dog constantly bark. Just to annoy me. What made me laugh is she looked a right sad idiot stood there in some pink hoodie and wearing a baseball hat that she had turned backwards. She used to be an avid member of the local church too.

Absolute hypocrite. You would see her outside serving the free tea and coffee the church used to hand out, and then go home and gang stalk me. She offered me a cup once, I told her no as you might spit in it. She was stood there like some kind pillar of the community but was vile, absolutely vile. Another was this young mother, she used to get her small child to make silly noises as she walked up and down and down and up again past my property deliberately trying to wind me up. The list is endless. It is truly unbelievable how some folk act. Most do it for no rewards at all, simply for fun. They simply thrive on upsetting another."

Second answer: "Your neighbors remain silent about the Abuse because they are PAID to, 1-participate in the abuse, ie: slander, noise campaigns, role playing so you will pick up on key words, ALL your neighborhood is RECRUITED including the poor elderly, children are asked to participate, they usually use their own children, and actually train them, to be bullies, ie: play loud, kick and scream, yell out key words, told to color code themselves. These abusive Gangstalking Parents, who abuse the little mind of their own innocent children, should serve community time or be charged for corrupting the minds of their innocent little ones who are guided on how to abuse a T.I. TARGETED INDIVIDUAL.

They think no one will know, they seem like they are just acting normal but it goes far deeper than that. The parents, once they commit to the devil's, Narcissistic, psychopath's, plan to bully & abuse a target, in exchange for money, incentives, such as car rentals, expenses for colour coded clothes or articles, .. the Narc, Agents, will even offer to pay full house repairs, as long as noise campaigns continue. If, a T.I. rebels by mirroring back their stupidity, in colours or sounds, they get a neighbor to activate his chainsaw every time you open your windows!

Long story short, they are somehow convinced by the hideous lies from these pathological, mind controlled, liars, to spread a list of horrific lies, so horrible that ALL jump on the destructive band wagon, without realizing, they were mind controlled to follow the DEVIL'S, every command instead of saying, " sorry boys and girls, this is none of my concern, instead, they take the cash and follow the code of silence. Get paid to destroy, the target, themselves and their communities. It's the sickest most destructive PROGRAM, I HAVE EVER SEEN, or ever thought could leek, like black poison, across the planet!

When caught, ALL THESE SICK MINDS CONTROLLED BY THEIR HANDLERS, SHOULD BE LOCKED UP AND A HEFTY FINE OF 10,000, PER AGENT CAUGHT. THESE FUNDS SHOULD THEN BE GRANTED TO THE INNOCENT TARGETTED INDIVIDUAL, for the enormous and irreparable harm they have caused to ONE, unsuspecting Human targeted, for fun! Not for experimentation, (as they claim), they have experimented this evil program on thousands of innocent victims, many falsely locked away, deemed crazy, for rebelling against these criminal gang mobs! The abuse and the mental anguish, mental rape, they have caused on a target, is buried away, with no trace of these COVERT HARRASSMENTs taking place around the globe!

That, is the reason, no one speaks up! They are under a vow of silence, to keep all their demonic secrets, hidden.. until WE ARRIVED!

WE ARE THE 144000

HERE TO FREE ALL T.I'S FROM THE HORRIFIC GRIP OF THESE DEVIL AGENTS, FROM THEIR (DEMONIC AGENDA'S), HEADED BY MY BOSS, "God", and carried out by his ARMY OF RIGHTOUS WARRIORS, conducted by ARCHANGEL MICHAEL!

PEACE! ...SOON YOU WILL SUFFER, NO MORE!!!

I AM ARCHANGEL AVYA~

SENT HERE BY THE ORDER OF THE THRONE ANGELS IN SERVICE TO RESTORE TRUE LAW & ORDER IN THIS SECTOR OF YOUR GALAXY!
...and so it shall come to pass!!"

Third Answer: "more than lively, they are passively or actively involved. Remember, this is done to us by the earth powers that be. So, even though they know what they are doing is wrong, they know that the likelihood of them being charged and prosecuted is slim to none. However, "when I lay me down to sleep, I ask the Lord my soul to keep" may not happen for them..

If you are being gangstalked then your neighbors most likely are involved and participating in it. They even move gangstalkers in all around the target to dew, monitor and harass. They will pay any existing neighbors to participate or to move out.

In the rare case that a neighbor is not involved, they won't do/say anything because they are probably either brainwashed or oblivious.

They also probably have been told lies about the target.(like they are a criminal/weirdo). So they think that the harassment is ok.

Or

Fear it will be done to them too. People in these small communities controlled by fear and false prophets usually are brainwashed into believing this is normal behavior. They are so sheltered from the outside world, they don't know any different."

Many people, even stalkers, do not know what is going on. They know they do illegal harassment to victims for favors, etc.; but may not even know when and who they are doing it to. They stay out of caring to continue getting favors, themselves."

Fourth answer: "Yes they do. They may be gas-lighting, pretending it is not happening. Everyone is in on it to a certain degree and may be told different things about you. Gangstalking is a group of PMCs using techniques to control a community. Gangstalking is only one technique that is used.

PMCs use a technique to lead on and convince a victim that people are Gangstalking them with all kinds of outlandish types of harassment. They do this with a purpose—to drive the victim toward a fake psychosis that everyone will believe, including the victim; and that will ruin their social standing and ability to testify as a reliable person. The victim is driven to this by the influence used in the surveillance: sleep deprivation, dehydration, stress, and fear.

For instance, they will use constant influence and drive a victim to think people in white vehicles are driving by their house and gunning their motors to harass them.

The PMC already has a stalking friend with a white car that drives by the house everyday, anyway. The PMC gets the person to gun their motor through influence. The guy doesn't even know anything about the victim living there.

Then the PMC juices the victim with every bit of paranoia they can about white cars harassing them, following them, a gang of street theater people are screwing around in a certain color of Tshirts, etc.

The victim's perception is altered to see things the way the PMCs want them to see things and to be angry or afraid.

So. The answer.

Many people, even stalkers, do not know what is going on. They know they do illegal harassment to victims for favors, etc.; but may not even know when and who they are doing it to. They stay out of caring to continue getting favors, themselves."

Is gang stalking the end to a target's life?

First answer: "Stand strong and it's a no. You would have to go through it to fully understand exactly what being a targeted individual is like. The whole experience does end up isolating you. You are backed into a corner by a group of sewer rats. You will feel totally helpless and alone. Your sanity will be questioned, your character marred.

You will be accused of being the abuser too. Think of a nightmare and you are halfway there. There will be times where you feel like life is not worth living. If it is not the slandering, it's the 24 hour surveillance, not forgetting the animosity off strangers too. If that is not bad enough then comes the sabotaging. Your home targeted, sometimes. The true family, friends and others will stick by you till the end.

Some say you must have done something to cause all this, some get scared of being targets themselves and others just do not want to get involved. You do feel persecuted and hated and not believed. This obviously has an affect on how you feel about yourself. That is the plan by these gang stalking cowards. It is nothing but a calculated plan to destroy you. A fat reward usually lies in wait for any said person involved who succeeds in causing this. My advice is to stand strong, do not give in. Really, what for, a bunch of losers?

That is exactly what these gang stalkers are. A bunch of snakes in the grass. To all you targeted individuals I say to you, you do have the possibility to map out your own destiny. Do not let these low life's be your legacy. Life is precious, never ever let these nasty f^{ckers} be the reason why you end it. Don't you dare."

Second answer: "In a way it is the end of your prior unencumbered and unaware life. With time, being stalked will change how you see the world and thus your will change. Not all for the bad either. I learned a lot about myself, about other people, and it did a lot to motivate me spiritually as well. So . . . one type of life gives way to another, but you'll probably end up better for it and I am no longer scared."

Third answer: "Nope although I personally know someone who hurt themselves from gangstalking. The goal is just to hurt you mental. They hope to convince you that you did something wrong and that your persecuted by some mystery cabal. It's just a group of pretty normal people who really enjoy gangstalking people."

You're just another person on the list. You probably have something they don't like about you. Don't bother to figure out the reason, it's a waste of your time - don't yield for such a evil People. I wish someone would have told me sooner."

Fourth answer: "No, it's just a matter of learning to deal with toxic people. Some people are changing for the worst, so we have to search for some kind of normal life in a abnormal environment. But our life can still be fulfilling, exciting, joyful, and filled with love and peace. We just have to use our common senses to pick up on the red flags that toxic people and narcissist ect...give out to us."

These people can only keep up the act for so long before they move on. If all else fails just say no and hold firmly to your boundaries don't compromise for no one. The right person will always let you know what they're about over time. It takes longer than a year to really scratch the surface of who a person true self is."

What do gang stalkers want?

This post is little more colorful with the wording due to different person's answers or perspectives and phrasing of the topic).

First answer: "Approval for their useless, unaccomplished lives; payment for their nefarious, criminal acts since they're too lazy and uneducated to find real employment; a sense of community from other low-life losers since decent people won't give them a second glance once their true nature is seen; acceptance from their criminal handlers, who pat them on their sad, ignorant heads in approval like the dogs they are."

They want to be seen without doing anything worth shining a light on. They want to harm innocent people because doing so makes them feel important, while lying to themselves that the people deserve it. They want to feel like they belong when they actually belong with those like them who fill the prisons.

They are feckless; have no marketable skills; are too stupid or lazy to pursue marketable skills; and they run after cheap praise from the criminals above them in the hierarchy of communal

purpose, like flies flock to steaming piles of shit falling from the assholes of horses. Whatever they're reasons, like getting you to move out of your neighborhood because of some personal delusions or some vindictive plot. They're worthless lives and purpose have no place in the real world and that's why they hide. Out of fear of what everyone and the world would really think of them and what they do. They're sick puppies".

Second answer: "To torture their target as they have some type of defaming information on them created by someone that wants some type of revenge for some reason. Does it matter they're reason? They're messed up and spy on you then become up with some diluted reason why they spy on you and then dare to call you crazy. PPPSSSTTT, idiots".

Third answer: "For everyone to bow down and agree with whatever they say like little bitches and for to basically quit thinkin for yourself and of ur life. So to get onto a different course rather than the one set by them, they want self-destruction & they want for everyone to blindly choose their "doctrine" rather than work on everyone gettin along and helping each other, like normal human beings. They're like a narcissist but in group form. They are doin this crap as a hobby too instead of stayin home and pleasin They're wives. I say nah to this, I still have a life to live and won't stop."

Forth answer: "

Easy money.

A sense of entitlement.

A false sense of empowerment.

Being a member of a gang (like adolescence boys).

Being a part of something bigger than themselves.

And being noting more than cheap whores.

Just focus on family or work instead."

Firth answer: "They want us to suffer. Sometimes you can look them in the eye as they are harassing you, and they have a look on their face that can easily be read. It is the look of someone that is enjoying tormenting someone they despise. They don't just hate me, they despise me and they are thrilled about it. I think many of them think that they're somebody important like a not-so-secret secret agent? Sometimes it's just a look of disgust.

They are told whatever will make them hate me. That I am a crazy, worthless or etc. Some people don't care what I am so long as they're making money or helping some silly party".

Sixth answer: "Great question but it's very intricate, even for them. This all depends on the value of the empowered individuals character. If you have high morals and certain standards the gangstalkers may become envious and want to out-do you in whatever facet that maybe. If your standards aren't too high then the GS may simply just want a reaction be it good or bad based on what their handler is requesting. These GS begin to realize that for them to be put in such a position there must be something low of their character, but again, this depends on how the EI handles the case. The goal is to make u feel low in some way, so if that happens, then

that makes them feel justified in their actions. If the opposite effect is being shown by you, then it lets them see the truth about what they are doing and how silly they are and or look to be partaking in such rudimentary, sociopathic behavior.

I heard a statement from a person that stated to be a targeted individual. They heard V2K, work mobbing and etc. This is indeed an oath that alot of these individuals have taken and the reality that they are bound to something of low character and morale can make even a fool question their decision.

Most of these gangstalkers are being handled by different energies as well. Either they want your attention for just their handlers observation or they want attention to prove that they are better than you or could be seen as such or that you don't intimidate their confidence. Either way, it shows how low they are for buying for someone's attention, specifically someone that they don't know."

Seventh answer: "Gangstalkers want to ruin your life. They declared a war on you. These individuals are a bunch of losers and lowlifes. They slander your name to get others to join their group in attacking you. It is psychological warfare and they do everything possible to take you down, but usually won't lay their hands on you. There are a few people who have done something serious, and get targeted as a result of that. There are also people who have done nothing to warrant that type of treatment.

Your stalkers consist of toxic people who are jealous, envious, cowardly dolts. In many cases, these losers don't get physical, unless you get in their face and start fighting back, which I have done and keep doing, because many of them are cowards breaking the law.

There are non-government people involved in gangstalking. Investigate the scum harassing you, to see who is pulling the strings. Outsmart them and hold them accountable for their actions. It's time to stop being on defense and start going on offense.
Or this;

Gangstalking is a form of organized psychological harassment that involves the use of multiple individuals to stalk and harass the target of the campaign. Gangstalkers want power and control over their victims, and they use intimidation, surveillance, and psychological manipulation to achieve this goal. The will to power is a fundamental element of gangstalking, and many perpetrators are driven by an intense desire for domination and control.

The will to power is often associated with the writings of German philosopher Friedrich Nietzsche. Nietzsche believed that humans have a strong and inherent drive to dominate, control, and shape the world around them. By taking control of those around them, gangstalkers can exercise a sense of power and control over their foes, whether it be their victims or rivals. They also derive a sense of satisfaction from the physical, emotional, and psychological suffering of others..

Ultimately, gangstalkers want power and control over their victims. They use intimidation, surveillance, manipulation, and even physical violence to put their targets in a state of fear and anxiety, in an effort to assert their dominance. The power they seek is one that is rooted in both the physical and spiritual realms, and the will to power is an essential part of the gangstalker's mentality."

What are some tactics that gang stalkers use to victimize a target?

First reply: "The most obvious one I can think of is their ability to get you to think they're messing with you in ways in which they probably aren't. Because of the active stuff that is happening to a person, that person will start to see other things that they think the gangstalkers are behind or responsible for whereas it's just your reality being torn apart by the damage they are inflicting. The telepathic voices, mind reading, and total control over technology do seem real, however, and I believe they are. So be aware of this."

Second reply: "Anything and everything, their goal is to make you look crazy, socially isolate you. You can control you actions".

Third reply: "Constantly letting them know that their private life isn't actually private like it should be by repeating significantly specific parts of conversations exchanged in privacy! Mimicking things done while "alone" only...ohhh...symbolism...sooooo much symbolism..it's a psychological bombardment of symbolism..relentless attempts at guiltig & shaming by skewing that persons past in a negative way to create defensiveness..the list is longggg..basically manipulating people emotionally, psychologically, and physically...What they say is complete bullshit honestly".

Fourth reply: "They think by repeating what you have said in the privacy of your own home will scare you into saying nothing on them.

Voice over's they will make out the person a complete stranger has said something to you so you will get into a fight with them. What you have to realize is it is these shits sitting on their arse's all day and night viewing you

I was sitting by my sister and heard that V2K, they tried to make it look like my sister had said something when my sister's lips did not even move. They do these voice over's and it splits up families.

To beat them have a full life be happy smile laugh go places do things headphones are great play music meditate take yourself on long walks in the forest share your life with a companion a dog cat bird rabbit

Treat yourself often when can afford and know these dead end beats have no life are sad fucks.

We can wear our indigo ribbons t-shirts saying 'Give stalker groups execution jobs' whatever you want on it."

Why do gang stalkers have to see you every day?

Found on Quora:

First answer: "The short answer is to keep the constant pressure on the targeted individuals. What is the purpose of the stalking to begin with? To get the TI to stress out and then act out as a response. It is a 24/7 365 operation. So by being present every moment of the day there's the likely-hood of these A-holes meeting their goal.....that is really incremental, as an observation.

They think that (and I suppose it is true for some victims of GS) that everyday, they do their BS they break the TI down. Slowly but surely they get them mentally compromised and closer to their goal. That is, if you fall into their adolescence."

Second answer: "I believe they have a strong desire to be near the TI'S because we give them a reason to live. They would have nothing worth doing if we didn't exist.

These poor demonic narcissists/gangstalkers is possessed and have an assignment to keep us from doing something that we have been born at this time to do. It is so important that evil is coming against us they can't touch us but, if they make us take ourselves out they win or if we so happen to have an accident so well by default they win. It's called spiritual warfare and evil will always come against good to turn you evil or to take you out. Just always remember greater is He that is in you than he that is in the world. You can do all things through Jesus Christ whom strengthen you!"

What makes gang stalkers increase their tactics?

Post found on Quora:

First answer: "When their targets gets irritated, nervous, paranoid, scared and angry. Once the targets responds to the tactics they do, that will make the stalkers continue messing with the targets because their tactics is getting into the targets mind but if the targets has a way to ignore the tactics the stalkers do and the more the targets ignore the stalkers, eventually they will back off but when you let the stalkers piss you off more and more the more they will continue to mess with you and it gets more intense."

Reply to First answer: "I can confirm - they do this because they always want to remind you that they're always there. But who cares, this is literally part of their basic tactics to cause stress. But I am busy with life, I'll get to you, when I get to you".

Second reply: "Being on quora is one....calling them names saying what. They can't do to you...giving other tis helpful information....ignoring them in the streets...just not being afraid of them period...will increase there attacks on you ...they will do anything to get a. Reaction from you ...i have been out of mind with rage. At times but I wasn't caught..."

Reply to Second answer: "But we can get legal revenge on them, if you managed to find out which neighbor they are. E.g. If they have a barking dog then report them. Report if they're breaking any local laws at all. (Watch neighborhood revenge shows and get inspired. But make sure it's legal!).

Post a community flyer about gang-stalking, to help raise awareness and to stop people getting involved with them. Once they understand the full affect. (You could post at night too). Here is an example of one: Template for Gang-stalking awareness: <https://docdro.id/piaiQSZ> You could post the evidence of them on social media (like to a gangstalking group) as long as the platform allows it and the evidence is legal/clearly shows the act. Or you could describe the reason why and how it relates to gangstalking as well. But never give away your personal information away in this post.

Your creativity is up to you".

Third answer: "Cause there getting paid to do it and it's their job. There legit job maybe a part time job for some. And they change their tactics to form a different version of the same event. Which is find a new way to harass someone. The increase there tactics when the get a certain type of reaction out of their victims.. or when something in there victims environment has changed."

Fourth answer: "There is no one-size-fits-all answer to this question, as the motivations and intentions of gang stalkers can vary widely. Some possible reasons why gang stalkers might increase their tactics include:

- Escalation: Gang stalking behavior can escalate over time as stalkers become more emboldened or seek to exert greater control over the victim. They may also become more aggressive if their previous tactics have failed to achieve their desired outcome.
- Retaliation: If the victim has taken steps to protect themselves or report the stalking behavior, the stalkers may retaliate by increasing their tactics as a way to intimidate or punish the victim.
- Psychological manipulation: Gang stalkers may use psychological manipulation tactics to convince themselves that their behavior is justified, or that they are acting in the victim's best interests. This can lead them to believe that they need to increase their tactics in order to "help" the victim, even if the victim does not want or need their help.
- Group dynamics: Gang stalking behavior can be reinforced within a group, with members encouraging each other to increase their tactics in order to maintain group cohesion and identity.

It's important to remember that regardless of the reasons behind the gang stalker's behavior, it is not acceptable or justified. If you are experiencing gang stalking, it's important to take steps to protect yourself and seek support."

Why do gang stalkers want you to not tell anyone what they are doing to you?

Post found on Quora:

First answer: "I'd like to preface this with having no expectations in life or highly trained in personal mastery- physical response isn't dependent on environment. The lashing out is ill advice for most, I simply like playing with them and hope it brings some joy to your heart that I'm doing so.

They say not to tell others about it in hopes of you telling them. It'll be something that will seem like you're paranoid, delusional, and have lost your mind. They'll end up wanting you to see a mental health professional in order to get a diagnosis to have it on paper where you're a less credible as an individual.

Absolutely do not tell anyone the full scope of what is happening, it'll cause you to be isolated from those who discard you as mentally incompetent. There are ways to speak to people about things, but don't do it in a way that sounds anywhere like what they're actually doing... think about this, if someone told you about this going on to them and you had no idea about all the technology and capabilities that they have, would you believe them? Even if you did there would be a lingering "maybe they've lost their marbles" which would slowly drive them away from you. Any erratic behavior and such is often picked up when you feel that this is going on and you're able to find some help and are denied it. When you think that help is going to be coming, it'll be ripped away from you as you realize that all have removed themselves from your life because of your massive flip in behavior.

If you want some pointers, I can say that what they're trying to do is make you do something that'll hurt yourself image, they'll use all types of psychological tricks to try and make you believe they're capable of all these crazy things when they're actually just limited to psychological warfare via words and making you believe that they're hurting you when they're simply coming in contact with the nerve endings to simulate the sensation of damage being done. I'd advise limiting your conversations with them, they try to reel you in and then use positive> negative in order to build you up and then tear you down. They love using contrast in order to make their presence seem like it's much worse treatment. Don't do anything that they tell you and don't let them use the reverse psychology method like they're doing with "don't tell anyone"

If you'd like some more info, check out my answers on my profile, you'll find a multitude of useful info. Best of luck to you, you've got this. It might seem difficult at first, but you can

adapt. Live your life to the fullest and ignore the pathetic bitches that dare steal from the people to destroy the rights of its citizens."

Second answer: "The short answer is to keep the constant pressure on the targeted individuals. What is the purpose of the stalking to begin with? To get the TI to reaction or get themselves in trouble.

They think that (and I suppose it is true for some victims of GS) that everyday, they do their BS they break the TI down. Slowly but surely they get them mentally compromised and closer to their goal.

All I can say is learn to ignore the idiots. They are nothing but children and have nothing that you don't give them. So fuck um. You're in control.

True gang stalking is nothing more than a mindfuck. And it only works if you allow it to happen. So stay focused on family, friends, life and hobbies instead".

How do gangstalkers become gang stalkers? I mean its not like you just apply? How does it come about?

Question found on quora:

First reply: "Gangstalking is not magic. It usually occurs when a lot of individuals conspire under the influence of some sort of prejudice or willingness to persecute someone. In many cases the victim of gangstalking was defamed in some way. Neighborhood watch and other untrained opinionated vigilantes are the obvious offenders of gangstalking, including fanatical religious and unofficial political groups.

Some people need an excuse or other encouragement, and that's why many people use the law as cover, and to convince other people into stalking and harassing someone. They don't want to be held accountable for a crime and that's why the law is assumed to be their perfect cover. This is called acting under the color of law.

Gangstalking only occurs on account of some sort of prejudice, and the spirit of gangstalking awareness should not be violated by accusing innocent people of stalking. That is what gangstalkers do. It is not gangstalking if someone has personal needs or makes personal requests of another. Anyone who does not believe that gangstalking exists is probably guilty of it themselves or covering for someone that is guilty."

Second reply: "Some are blackmailed into becoming one. My guess is some of them had a friend tell them about a job that pays well and doesn't require a lot of effort.

Some of them see it as a game where they are rewarded monetarily if they get an emotional reaction from the target.

That's how it begins, and once the gang stalkers develop camaraderie among them, "group think" invariably occurs and it is perpetuated from there."

Third reply: "The way I figure it is, is that they're either just your every day bored out of their mind type people that become obsessed, or they're fanatical types.

Basically just about anyone from any walk of life that develops an extremely intrusive, unhealthy fixation with your life.

I'm not just talking about some internet trolls that constantly want to have the last say in some none-sense argument, or someone that has some type of temporary love crush, but certain types of people whether they realize it or not, becomes a heavy taxation on your mental health, because they want to obsess over every moment of your life.

Sometimes these types of people can be a collective conspiring organization of 'gangstalkers', but some of the behavior I've detailed here today definitely can contribute to the feeling that you're being monitored, watched, spied on, followed etc'.

These are some of the reasons why I believe that too many people in the world today, show others entirely too much attention."

Forth reply: "A Gangstalker systematically uses threats, intimidation, gaslighting and coercion to instill fear in their target. They use these actions to intentionally control and dominate their target and get anyone to join by using lies or temptation.

They are rewarded with money, drugs, cars, awards, job promotions and legal immunity. They enjoy the payout.

Gangstalkers believe they are doing their community a service by harassing innocent people who have not been charged with any crime.

They want to be on the winning "team" and will do anything they are asked to be accepted into the group. Even if that includes driving an innocent person to feat or worst".

Why do gang stalkers repeat what you're thinking?

Question found on quora:

First reply: "Gangstalking is an increasingly prevalent problem that can leave victims feeling scared, confused and helpless. It refers to repeated, unwanted attention directed toward an individual by a group of people, often in psychological or physical harassment. This includes verbal abuse, following someone, or even repeating what they say. But what makes gangstalking so insidious is the use of certain mind control techniques - such as using subliminal messages - that are designed to influence and manipulate the victim's behavior.

Subliminal messaging is a form of communication that bypasses the conscious mind and targets the subconscious. It involves sending subtle messages - often in the form of words, phrases or images - that are largely undetectable to the human eye but can still be processed by the subconscious. These messages are used to influence the victim's thoughts and emotions, and as such, can be a powerful tool for gangstalkers.

For example, a gangstalker might repeat what the target is thinking in order to plant ideas and manipulate their thinking. By repeating these ideas over and over again, the target is more likely to accept them as truth and act on them without questioning them. This can lead to further manipulation and psychological control. It's also possible for gangstalkers to use subliminal messaging to return negative thoughts and feelings back to the target, making them feel anxious, scared and confused.

In extreme cases, gangstalkers may even use mind control techniques to directly control their target's behavior. This could include using subliminal messages to induce feelings of depression or anxiety, as well as programming suggestions into the victim's mind. This can be especially dangerous if the messages encourage the target to hurt themselves or others.

It's important to note that while the use of mind control techniques and subliminal messaging can be worrying, it's not a form of mind control that can be used on any individual. Every individual is unique and has their own set of psychological defenses and responses to different forms of manipulation. However, understanding how subliminal messages and mind control techniques are used in gangstalking can help victims recognize these techniques and take steps to protect themselves.

Ultimately, understanding the types of mind control techniques used by gangstalkers can be crucial in helping victims learn how to recognize and defend against these tactics. By increasing awareness of this issue, we can help to reduce the risk of gangstalking and provide much-needed support to its victims."

Second reply: "They repeat what you are currently thinking: You describe your own environment through subvocal, they know the sounds of your home, they know what's happening inside your house and everyone's plans, they have spied and studied you for a while - By simply listening. (They may repeat what you say to bother you).

But realistically that means nothing as they cannot do anything besides the standard. They are nothing more but perverts, who like to waste their time. Thinking they're actually achieving something.

So if it bothers you, just play some annoying sounds, I like nyan cat myself- doesn't even have to be loud. They're condenser mics are sensitive".

Third reply: "Because they don't have any original ideas or thoughts. They can create a new narrative without your input".

Gang-stalking and Tactics

Post found in Quora, written by user: World-Champion.

"Gangstalking is primarily psychological abuse and that should tell you what your first line of defense must be. Everyone will have their own method, strategy, practice, or whatever, for figuring out how to prevent yourself from being broken down mentally, emotionally, spiritually, physically.

Their goal is to literally destroy you, crush you, and ruin you *first* psychologically. To destroy all goodness in your life. To interfere with everything that sustains you, makes you happy, brings you joy. Deprive you of all privacy.

We must figure out a way to become strong warriors within. Find your inner power, inner strength. Use their presence as means to practice this. They are not going away anytime soon. Best to learn how to use the persecution to your advantage. Ultimately this is spiritual warfare.

I promise that you can become stronger on multiple levels if that is your goal and you commit to it every day. Do not give in, never give up. Allow their negative energy to pass through you *and out* Do not resist it, and then choose peace instead of anger/resentment for what is unwarranted torture.

At some point we must move beyond the normal human reaction of horror, anger, fear, resentment, etc., due to undeserved, immoral, vigilante harassment. At some point we must move beyond trying to figure out the why of it all. Ultimately, it does not matter. It is here, in your face 24/7 and we must deal with it. The gangstalkers want nothing more than for us to be fixated on them, to be obsessed with them. We must move beyond that to self-care that builds all of our good muscles on all levels.

History is filled with people who overcame far worse adversity than what TIs are experiencing and found an inner strength and peace heretofore unknown to them. Look them up, read their stories, let them teach and inspire you. You are never alone. You have an inner guide and teacher. He is just waiting for you to turn to Him.

Love yourself, love others, be kind and polite, do good deeds, and smile. Do not let them poison all that is good in you. Do not become like them. You CAN do this. I know positively that you can. Begin now. You will have setbacks, it does not matter, just begin again. Over and over and over until it becomes your daily practice. We do not defeat them externally (for now), we instead *neutralize their effect upon us* and grow stronger mentally, spiritually, physically, and emotionally. They hate that, which is all the more reason to do it."

How do I find out who my gangstalking handler is?

First answer: "Your "handler" is the person who was interested in you in the first place. He or she initially told the others about you and they often do the will of the :leader: or in this case, your handler. The person is usually not around once the stalking starts.

However, the person keeps tabs on you through the others and you will feel a sixth sense about who that person might be. Most of the time, the handler is someone you actually met or even spoke to before or a family member has. They seem to be down to earth or popular, manipulative and who you sensed gave you the creeps. Most likely that person is your handler. Sometimes it is someone who just looks at you while the others ask if you can be the next one. They have a reason why they want to know what you are doing. I don't know all of the details because it varies from person to person. If you want to know who they areand they are contacting you in any way or shape or form....talk to them.

They will show a pattern of conversation *email, text, voice or video* over time and you will begin to remember who they remind you of. They will talk to you like they know everything about you and sometimes at a certain point, they really do! It is so strange to meet someone who is really following every detail of your life. Your handler will act like that. You will be able to figure it out over time if you ever met them in real life. Just watch for the signs and repetition."

Second answer:

"I have been Gang Stalked for more than three years now. I still have no clue who my handler is, but I have my suspension and tactics to overcome this.

Normally your handler is someone you loosely know. You might not even be in contact with that person anymore. Here is my method. I'm hoping it will be beneficial to someone. This is for gangstalkers who are immediately available for the local area because as soon as you leave the house. That requires someone nearby to follow you.

(Over time you may have gathered a list of car number plates or are currently in the process of adding to that list.)

- Write down the car number plates that suspiciously follow you around, especially at night. (If you cannot see anyone, don't worry they will eventually show themselves over time).
- Once you have a list: Act like you're going for a walk around the local area, so you can record street by street. Wear a body cam or have a chest pocket and stick your phone in there, so you can silently and discreetly record them.

(There are even some apps which allow for silent background recording, this means you just download the app and quickly press the icon on your main mobile screen and it will automatically start recording silently. You stop the recording by pulling the mobile tab down, usually. This will allow you to record and never be expected if someone suddenly asks for your phone). Play around with the app, so you know how it works first. They are usually called background video recorder from the play store.

But do this method, street by street. It will be easier to achieve - You could do more if you like. Tip: Remember you need to ensure that the camera records the neighbor's car's plate for each house. (If they're not there, you can always try again later).

- Extract the footage from the device and upload it to a computer. Name the video or file after the street name.
- Review the footage and entered all the car's number plates from the footage to the excel document or a word document. But make sure it has some form of organized order, so you can find specific car's plates in the future. E.g. Topic - The street name List - The car number plates for that street. (Numbers of the house are not necessary as you can always check your original footage later or google street view them as well).

Eventually you will have a whole list of the locals number plates and can easily find out, who or which household might be involved. And the more they follow you, the more you will eventually get more suspicious car plates as time goes on.

Tip: If you suddenly leave the house randomly and didn't mention it previously. That means someone needs to be sent out and they're local. Additionally you know what the traffic on your local area looks like too. So you can tell different random traffic and suspicious traffic. I recommend giving one chance encounter before jumping to conclusions about local traffic. However if your quite far from your home location and you see a local near you. That could worthwhile to note down. For the first time. The second time is odd as hell - Take note.

Faces:

If you want faces tho. I recommended trying the same method or by visual sight, on a train instead. They will be forced to spend people after you, no matter what time of day and cars can't fly through traffic signs nor do roads travel in a straight line.

Someone on that train is a gangstalker and you just need to pick, the least busiest time for your area. The less people, the easier it is to locate them. *Never approach them nor interact with them - This is only for research only).

What are they carrying? What are they wearing? Could they be hiding anything? The goal is to find what equipment they're using, by judging what is carryable or for studying local faces instead. What age group are they or what race are they? If you know your local demographic, what local things are near you and what date it is. You can roughly guess, who they might be. E.g. I have a high school near me and its Saturday - I might have a younger gangstalker after me because it's a family suburb.

Or

If i have a old age facility near me or a older population near me and it's a sunday - It might be the older person.

Or

If i have a lot of green race demographic specifically near me, more than the other local areas and considering they're age availability. It might be them as a gangstalker again. Either way, there are many things to consider and wait upon.

And if you did pocket record this train encounter - You could always screenshot that recording to create a image. And that image or recording is all yours. To do whatever you want with. But remember no illegal activity. (Or you could silently sit near them to freak them out). Either way - You know someone is one and they can't hide from you."

Third answer: "A lot of us started getting targeted in 2016. Mine was started in late April 2016. I'm not sure how this got started but it's a wide spread it is locally. My handler is most likely a few different people. One in particular stands out. If you're getting gang stalked it's a group effort, but involvement with the wrong person can set you up for this community watch insanity.

If I'm honest after years of this constantly feeling watched and ill at ease experience, researching and delving into the topic ... I don't think you can solve your situation by merely finding the "leader" but you can solve what issues you have with allowing perps them no attention! And get better security as well!"

Fourth answer: "I don't think solo targets have handlers, which is why in mass you are being targeted. However, you can find who placed you on the list by paying close attention to key words and phrases that are being used by your gangstalkers that may have been said by a hater in your local community or co-worker group.

But for me, i just heard v2k through the walls and knew it was probably one of my immediate neighbors instead but I couldn't care less because I can absolutely promise everyone this right."

How do I stop gang stalkers?

First answer: "You don't - it might go away itself over time tho but you condition yourself to not react. Their tactics are psychological in effect. Realizing it is a game geared at your reactions, you mindfully cease and desist from reaction. You learn to live among the activity. This is the hope of existing within the scenario. While their sick motive is to leave you disheveled, you can only control your participation."

Second answer: "I usually hand out awareness flyers at night or join target individual groups, but I mean...technically you could do alot to raise awareness in your local community about it. I often learn about new ways to protect myself as well, so that's cool. Always new things to try out, if you know where to look.

Up to you really, just don't do anything silly or illegal."

Third answer: "How do you stop gangstalking ...how do you stop anything that is operating outside of your control...you don't...you redefine it, reframe it, and remove all judgement... Understand first that, nothing can touch your divine ability to use LOGIC AND REASON...your senses can be fooled, and your memory can be flawed...but the laws of physics will still apply. Lean on GOD...He made those laws, and they are always enforced ...be grateful for that. This is not a new phenomenon by any means, it's been around for centuries, and it has been called by many names....what is new...is the technology surrounding it, and most importantly, the "gamer" conditioned brains of the latest generation of users.

They think completely in first person shooter mode with the overview grid...that is how their minds operate. They want you to be conditioned to shoot at whatever jumps out in front of you. It all hinges on your reaction...

You must think like a Chess player...slow, deliberate, never impulsive or reactive... strategize...out think them...it is really not hard at all...

Start by keeping your mouth shut about anything except maybe the weather and everyone's health... Limit social media...

READ BOOKS INSTEAD.

Pay close attention to those who press you to talk about your personal business...your feelings, anything other than the aforementioned subjects.... If they mimic your body language, phrases, and mannerisms, too...

It's a flying monkey... Shhh.

Never take it personally, quit wondering why, and never allow yourself to be angry. They really aren't the brightest pennies in the bucket...they just have numbers and cell phones...it gives them that "overview grid" that creates the illusion of omnipresence.

If you resist the fear and the paranoia...they got nothing.

Thank God I grew up playing Chess, and not World of Warcraft...it has been my saving grace. Your own Enlightenment will be the end result of winning this battle... It is so worth it!!!

Embrace the situation, don't worry about what is not in your control, and you will find PEACE.

They are training you to see things that aren't there, but you can counteract that by training yourself to not see things that are there...if you can do this, then you got a shot. If you refuse to believe that the events are connected directly to you, and you redefine them all in some other purely logical way... If you start telling yourself that it's an illusion...(which it totally is), if you follow the old adage... believe none of what you hear and only half of what you see... If you call it what it is...an impression...

If you refuse to speculate, wipe out imagination, and add nothing to the bare facts.. The problem will reduce in it's overwhelming nature by about 90%...no lie...it's amazing. Refuse to believe it, and it will cease to exist.. take it from me...a lifetime of hyper awareness and acute observation didn't change anything...one day I just decided to stop. I decided to live in a world where fear and paranoia wasn't part of my reality.. whatever happens, I will deal with it.

I started filling my mind with philosophy. I read classic works on logical, intellectual and academic subjects.

I leave no room for illogical nonsense...
This really helps.

Even if it is there...it is out of your control...so you might as well define it as you see fit. Then you can take each misfortune separately and deal with them logically, one at a time... A tornado is horrific and destructive...but it is not evil, and it does not know your name... It just is what it is.

Logic and reason is a divine gift...use it.

"If you really want to escape the things that harass you, what you need is not to be in a different place, but to be a different person".

Fourth answer: "Whatever u want, it's your approach and creativity you need to use. I usually take pictures without being seen and show them on my personal blog. I also posting videos as well."

How do prove I'm being gangstalked?

Post found on Quora:

First answer: "Documentation. Keep a journal. Buy at least one Sony Digital Audio Recorder (I use model # ICD - UCX560, and I now have four - they cost between \$80 and \$100, and buy an external hard drive that can store up to 1 Terabyte or more of information - I have three, and have been recording almost continuously for over two years).

The digital recorders record up to 12 hours, then have about a 5–10 second blackout period where they store the file and start recording again. If you use a memory card, they can record over 48+ hours. If you have more than one recorder, you can effectively eliminate the blackout and record continuously 24 hours a day - use it even when you sleep. They also have a "flag" button (I think it's technically called a "T-Mark" or "Time Mark" button that puts a little flag next to anything interesting. Using this feature, you can go back and look at the recording and jump right to the moment of interest. At the end of the day, transfer the data from your recorder to the external drive and label it "Police Pull Me Over for No Reason Again" or whatever the big event of the day may be.

I have four digital audio recorders now because I often leave one in my bedroom, and one in my car when I'm working. I wear one on an armband for most of the day - they're small enough to fit next to my iPod Nano and don't draw much attention. I would use cameras and body cameras if they were affordable, and if storage was affordable, but it's not, and at work, I typically move around too much to get the kind of coverage that would really be needed. So Audio is more affordable. The recorders won't remove the problem but they WILL force your local gang to back off a bit.

As cocky and cruel as they are, they don't WANT to get caught. So keeping records DEFINITELY helps. Keep a camera nearby if you can. Record them whenever possible, but I've heard that they're often willing to break into your house and just steal your cameras, etc. So in terms of cost effectiveness, audio is all I can afford to lose. And if I accidentally lose a day's worth of audio, it doesn't matter, because these jerks aren't going anywhere and their need to intimidate outweighs their need to protect themselves.

Best of luck, and however long it takes, know that you're not alone, and that help is on the way!"

Second answer: "Sometimes you simply have to prove it to yourself. It can be proven to others. But often the "others" don't care. Use logic. Make sure that you apply logic to make sure you are not just scared, stressed out etc. Make sure you are not just dealing with folks who are going the same direction at the same time you are for lawful reasons. But if you have applied such logic and you are definitely being stalked, then do not rely on an expectation that anyone believe you. Hey. People get stalked.

For a very long time I felt I had to get some one else to believe me. I wouldn't let myself believe this until I could prove it to another.

I wasted a lot of time and energy, I'm sure "they" enjoyed that. I also discovered most of the people around me are "them".

You know what you know, trust yourself above ALL OTHERS. Don't allow yourself to be swayed from the reality of your situation. Don't be embarrassed about what you believe. It's all very, very real.

Many good answers here. Unfortunately, security and surveillance equipment can be quite spendy for long time targeted individuals."

Third answer: "You will never be able to prove it, period. You will know it, and the stalkers will know it, but that's all you get. You must become comfortable with that reality if you are ever to have another happy day.

They are beyond expert at making you notice very small signs that are clearly directed at you - but nothing more than background noise to those around you. Trying to prove their existence will only land you in the psych ward.

They don't go away and never will. Get used to your reality, and fight back in small ways that no one close to you will see. Keep it to yourself. Know that whatever you've done to incur their wrath isn't bad compared to what they do to you. They are evil, most especially because they think they are saints."

Forth answer: "You don't. Not even a joint court was able to force the govt admit they are doing these things. Absolute loss of time, money, energy.

What you really need to do is to teach people around you how to protect themselves of gangstalking. They will target you harder for that. that what they hate because that works, and the more people you have around, the harder you are to be isolated and suppressed into sickness and suicide.

Stay connected Stay healthy Keep your job, secure your money Learn and teach IT privacy, and health Organize autonomous lands and create safer spaces for targets.

Stop trying to beat them in THEIR court. Their laws are fake, the constitution is a joke for them. Create your own right."

Firth answer: "There are several things that you can do.

- 1) Get friends or relatives to "witness" what the gang stalkers are doing to you. Multiple eyewitnesses are much better than just "your word against theirs."
- 2) Use your cell phone to take photos of your stalkers; but do it carefully; you don't want to provoke them..These are potentially very dangerous people who can do serious harm to you; so don't EVER directly confront them.

Take your photos in a nonchalant, casual way, and only do this if you are absolutely sure that they are, indeed, stalking you...Stalking is a crime; and you have the right to collect evidence against those criminals who are stalking & harassing you. If your stalkers like to drive back & forth in front of where you live, use a video camera (if you have one) to document this and any other type of harassment they subject you to:

- 3) If you are being followed by gang stalkers in vehicles, take down their license plate numbers...They hate that.
- 4) If you can afford it, get a home security system, preferably with one or two (or more) surveillance cameras mounted on the front & rear of your home.
- 5) If your stalkers use annoyance calls to harass you, write down their phone numbers.....Most cell phones have Caller ID, and you need not answer any calls that come in "unknown" or without a phone number.
If you have a "land line" and are getting annoyance calls, let the phone company know by calling them and asking for the department that handles "annoyance calls". Block their number and report it as a scam call online.
- 6) Become informed! Do Google searches as often as you can on "gang stalking" or "organized stalking" or "multi-stalking"

Read as much as you can about this type of stalking."

How do you know if you are a target of gang stalking, and how can you stop it?

"Surveillance, property damage, vandalism, street theater, mobbing, random encounters, burglaries, strange phone calls, being followed, items being removed from your home, then placed back, smear campaign, discretion, electronic harassment etc.
That's Just to name a few..

Can it [Gang stalking] be stopped? I've been a target for over 15 year's, and because it's such a silent crime between you and them, it's hard to prove that it's happening to you proving to everyone else family, friends, co-workers etc. The only way it can be stopped, is if you have the evidence to support and prove that you are being [Gang stalked] by the group and it has to be rock solid evidence. Meaning your gonna have to catch them in the act by using video

recordings, pics, audio recordings, and written documentation, registration of cars plate numbers, strong descriptions of those cars, the drivers also, names, alias names known on the streets, addresses, phone numbers, social media profiles their more than likely to be on [facebook, instagram, Snapchat, Twitter] known locations of where gang stalkers are likely to be.

I started doing my own investigation against this organised gang stalking group who have targeted me for 15 years. The more information I gathered in the last 3–4 years."

What are some ways to protect myself from gang stalking?

"Protecting yourself from gang stalking can be challenging but there are steps you can take to increase your safety and reduce the impact of the stalking. Here are some ways to protect yourself from gang stalking:

Change your routines: Consider changing your daily routines to make it more difficult for the stalkers to track you. This could include taking different routes to work, changing your work schedule or avoiding certain public places.

Use security measures: Install a security system in your home, including a video doorbell and motion-activated lights. Make sure all windows and doors are locked at all times, and consider using extra locks or reinforcement for added security.

Be aware of your surroundings: Be vigilant when you are out in public and keep an eye out for anyone who may be following you or acting suspiciously. Trust your instincts and leave the area if you feel unsafe.

Stay connected: Stay in contact with friends and family members who can provide emotional support and help you stay safe. Let them know what's happening and ask for their help if you need it.

Seek legal help: Consider talking to a lawyer who specializes in stalking or harassment cases. They can help you understand your legal rights and options for protection.

Seek mental health support: Gang stalking can be very stressful and traumatic. Consider talking to a mental health professional who can provide emotional support and help you develop coping strategies.

Limit your online presence: Be mindful of the information you share online, including social media. Consider making your profiles private and limiting the personal information you share.
Use a VPN: Consider using a virtual private network (VPN) to protect your online privacy. This can help prevent the stalkers from tracking your online activity and location.

Keep evidence: If you experience any incidents of gang stalking, keep any physical evidence that you can, such as written notes or objects that have been left behind. This can be useful if you decide to report the stalking to authorities.

Educate yourself: Learn more about gang stalking and the tactics that stalkers use. Knowing what to expect can help you be better prepared and stay safe."

How do I stop gangstalking or find out who started it? They don't leave me alone, I kind of know who started but I want to be sure.

Post found on Quora.

First answer: "When you are gang stalked, you are quite shocked about the methods and tactics that are used and since you have never experienced it before, you wonder what it is and why it happens to you. Then you start going to the supermarket and you start to notice people more than before. You look around twice, and sometimes you act paranoid enough for other people to notice you.

People give you odd looks or walk past you and wonder what is wrong with you. You start to believe that they are in on it because of this. If you let it bother you, it starts spiraling into all areas of your life. This is why we constantly talk about it and try to help you and others in this support group.

If you give the impression that you are paranoid then other people will start to take advantage. If you really think about this question you will see that you do sound paranoid. These are questions to ask yourself when you start "spiraling" into this state of mind.

Realistically, how easy or hard is it to move into your apartment complex or neighborhood. For sure NOT EVERYONE is living there just to gang stalk you. If you said or did things to your neighbors then they are acting rude and mean but they are not intentionally gang stalking you. You might have to IGNORE them for a while. You can control social media. Just block or report people and comments that directly insult you. You are not at the mercy of social media anymore.

Gang Stalking is designed to "make you feel powerless" however you can do many things to take your power back. Don't let them get to you the way that you do. Don't allow them to make you feel excessively paranoid. I am going to write an E Book soon. If you are interested please let me know. You need to "escape" your thoughts about this and you can escape it by watching your favorite shows, eating your favorite foods, go out for daily walks and get plenty of exercise. The more you start living a "normal" life the better it is for you. You can get through this! I know you will."

Second answer: "Gangstalking, as described in your question, appears to involve illegal and harmful behavior that is unacceptable and may be against the law. If you feel that you are being targeted or harassed by individuals or a group in a way that is causing distress or fear for your safety, it is important to take appropriate action to protect yourself. Here are some general steps you can take:

Contact law enforcement: If you feel that you are a victim of stalking or harassment, it is important to contact local law enforcement authorities, such as the police, and report the incidents. They can provide guidance on how to handle the situation and may be able to take legal action against the perpetrators if warranted.

Seek professional help: Consider reaching out to a trusted mental health professional to seek support and guidance on how to cope with the stress and anxiety caused by the situation. They can provide you with coping strategies and support to manage the emotional impact of being targeted.

Document incidents: Keep a detailed record of incidents, including dates, times, and descriptions of the behavior. This documentation may be useful for legal purposes and can help establish a pattern of behavior if legal action is pursued. **Consider security measures:** Evaluate your personal security and consider taking appropriate measures, such as securing your home, changing your routines, and being cautious with your personal information online.

Seek legal advice: If you suspect that you know who started the behavior and have evidence to support your claim, you may consider seeking legal advice from a qualified attorney who specializes in harassment or stalking cases. They can provide you with legal guidance and options for pursuing legal action against the individuals or group involved.

Remember, gangstalking or any form of harassment is illegal and unacceptable. It's important to take steps to protect yourself, including seeking help from law enforcement, mental health professionals, and legal experts. Keep documentation of incidents, prioritize your safety, and seek support as needed."

Third answer: "I'm sorry to hear that you're going through this difficult situation. Gangstalking can be a very distressing experience and it's important that you take steps to protect yourself. Here are some suggestions that may help:

Seek support: It's important to reach out to people you trust, such as friends, family, or a therapist. They can provide emotional support and help you develop coping strategies. **Document incidents:** Keep a record of any incidents related to the gangstalking, including dates, times, and details of what happened. This can be useful if you decide to report the incidents to the police.

Consider installing security cameras or an alarm system at your home. You may also want to change your phone number or social media accounts.

It's important to remember that gangstalking is a serious issue and you don't have to face it alone. Seek support and take steps to protect yourself".

What have you learned after being a targeted individual?

First answer: "In addition to having my views on society, technology and the human condition changed forever? Let's see, I've started using Linux, learned audio equipment, I taught myself about emotional intelligenc, learnt about how to find solutions for myself and how to process myself. I've learned how you can get anywhere on a dime, how to occasionally cheat transportation companies and how NOT to show up on relative's doorsteps unannounced. I've learned how to hold my temper and I've learned how to walk around knowing that I have near-zero credibility with others, and how to avoid entangling others whenever possible. I've learned to change plans almost instantly. I now know how much I can borrow at any given moment. As for studies on electromagnetic radiation, basic acoustics, faith, networking, criminology and how to connect to others, they aren't going anywhere. I wish I had learned that sh*t years ago."

Second answer: "That stalkers are not very strong minded or willed. I have epilepsy, and a group of stalkers has spent a lot of time and money so far, to try and break me. I'm far from getting to a crazy they want and I will never fail myself! They're showing me the strength I have and building my confidence.

They followed me when I go out and I'm assuming they can't go home until i do. They can't do anything to hurt me or discourage me, no matter they're pranks."

Third answer: "That the universe is an illusion and this illusion is working hard to stay relevant. Ignore it. Manifest your own reality."

Fourth answer: "I have learned there is no more powerful thing than yourself or love. You can trust people. Humanity is a okay. If I want to be happy I have to please myself and others. People do appreciate acts of kindness."

One method of Dream Manipulation: Community Gang-stalking: Part 1

What you hear influences your dreams:

If you have a tendency to doze off while listening to your favourite radio station or youtube series, some science suggests that the voices you're hearing might influence your dreams. In fact, hearing human voices in the background could affect your sleeping brain in a specific way. It turns out that we still hear and interpret speech while we sleep.

E.g.

Our mind interprets the noise occurring around us while we're asleep, and makes it a part of our dreams. This means that sometimes in our dreams we hear a sound from reality which is incorporated in a way that makes sense to our subconscious state. For example, you may be dreaming that you are in a concert while your brother is playing a guitar during your sleep. In one study, researchers found that there was a significant difference between the dreams of the people who heard no music and the people who did. The ones who did hear reported that they had heard music in their dreams.

How do they use this every factor against you?

What is V2K -

"Voice to skull (V2K) is becoming more and more common these days. V2K is used for transmitting voices or low/high frequencies. Voices can be for commands or harassments attacks that may mimic the target's voice. Gangstalkers do primarily use their own however. V2K can also use to induce or manipulate dreams or to delay TI's sleep." There are many ways this could be done but they are using V2K to influence your dreams as the first paragraphs explain. Some community gang-stalking groups use audio equipment primarily, to harass their targets. They can use a low frequency microphone to listen and spy on you. (Most likely a condenser as they are quite sensitive). Or project V2K with low frequency speakers, so you can hear voices and other troubling things. Low frequency can travel over 250 meters and can pass through most material. (There are different ways to project V2K but with Community Gang-stalking, it's the most common method to use audio equipment).

It's all about blocking or minimize the effect of V2K, no matter how it may be projected.

How to minimize the effects of V2K or dream manipulation:

First reply: "If this technique you speak of really does exist, there must be ways to block it. If it's electromagnetic waves, then a faraday cage with a really long blocking range/spectrum can do the job as long as the waves used are included in that spectrum.

If it's sound, ultrasound and infrasound can also be either absorbed or reflected as long as the range/spectrum of block/reflection of what is attacking you is included in that spectrum. Sound and electromagnetic waves are the only possible ways someone can do this if it's really possible.

If not Aluminum foil is more than enough protection. Plastic, aluminum foil or sheet, cobalt sheet, zinc sheets, foam blocks, multiple layers of these and a mini room inside your room can protect you and isolate you from anything you claim is attacking you.

I think the only way to protect yourself better from such a thing is to really do it yourself, if you can harass someone the same way you get harassed, they will stop. If you create the same thing, you will at least bring the battle to a draw.

All the people who claim they are being harassed should gather up together and prove it, by hitting back with the same knowledge. That's the only way anyone will ever trust you."

Second answer: "I have more control over my dreams now because I trained myself in lucid dreaming. So if my gangstalkers try to spend or say anything nasty via V2K, when I am asleep. I can now control my response and my dream's response.

E.g. When I am sleeping, they could say something like: "Your loved one is now dying" So you dream about it. However instead I will be dreaming about me and my loved one flying around. Therefore they can't make you dream, what they want. You are in control of your dreams. Lucid dreaming has assisted me with this".

Third answer: "I sometimes use moldable silicone earplugs or blutac and put only one in my ear, at a time. E.g. Only one silicone earplug in my left ear. (But careful with blutac it can get stuck in your hair. I do this at home, in the car or going out to the shops but you might wanna cover them if you're heading out in public view).

I find this method helpful because it blocks out some of the sound (V2K) and forces my brain to eventually ignore it, especially if there's additional environmental noises such as wind, cars, birds, other people talking and etc. My brain can't possible focus on everything at once. And if there's not enough noise I can create some, like turning on the TV and playing music. (You can have both playing at the same time, if you need).

So I naturally block out some of the V2K and maybe even forget about it for a short time. Thus it's no longer fully getting my attention, so now I can pay attention to someone or an activity and eventually they will have my full attention as well, without the major effects of V2K. Because I use noise to naturally block them out and can now focus more on my tasks or on someone else.

You don't always need noise tho, sometimes even just wearing one ear plug can have this affect. (It just forces your brain to only focus on so many things at the same time). Noise just helps, whether naturally environmental noise or one you can create.

This also works while I am sleeping because my brain is blocking out some of the V2K because it can't listen to everything at once, even when I am asleep. So gangstalkers can't fully manipulate my dreams, if they tried.

You can always just leave the tv on as you sleep as well.

My friend recorded and made a noisy audio file with a variety of different noises. They had whispering, dog barking, wind and other random things. He said it was to confuse themselves and annoy the gang-stalkers at the same time - if they were spying.

He said if they produced V2K, he wouldn't be even able to tell. If it was his sound file or them. Thus he eventually stopped caring and started to naturally pay less attention. I guess it was like brain training for him".

One method of Dream Manipulation: Community Gang-stalking: Part 2

Fourth answer: "I have invented a ultra sonic mix that stops many phantom sounds like voices, tinnitus, clicking, TTTS, etc. A study was done in the UK and published by The British association of cognitive neural science in this science journal.

https://www.scirp.org/journal/paperinformation.aspx?paperid=109426&fbclid=IwAR3RCWQ-VGkbwwZhh0f5P9CPIQJ8FQgdJlxh4xwKN4cndHVPHTIVx_VkR8w

You can also use bone conduction headphones. I believe some people find them distracting, if they play heavy beat music.

I might also create a small faraday around my bed or maybe look into earthing as well."

Firth answer: "I kinda suffer more muscle spasms caused by the v2k at night. I sometimes use ice packages to numb the legs or the affect area. Only to a certain degree - You want numb, not frozen. This will help lessen muscle spasms caused by the V2K at night.

And I also read about TENS machines, they do the following:

'TENS is a method of pain relief.

TENS stands for transcutaneous electrical nerve stimulation. Transcutaneous means across the skin.

TENS machines pass a small electrical current across your skin to stimulate the nerves and relieve your pain'

I think this could help distract my muscles from the spasms but I think you can only use it for a short time. Per usage."

What abilities or how have you improve since gangstalking has started? How do better despite them?

(Question was posted around social media for people to answer).

First reply: "My ability to not react, to not flinch, to not move or to not verbally respond when I am approached by trolls & assholes has greatly improved. Social anxiety used to be very prevalent in my life, Now any form of anxiety is scarce.

Circumstances that used to stress me out & give me heart burn, now hardly has any emotional effect on me.

Rarely am I shocked, scared or surprised by anything.

Every now & then I trip up & lose my cool, but that is because most of my environments are specifically geared to piss me off, which is nothing short of abnormalcy.

I used to be a dedicated poet, but when gang-stalking intensified, by experience I also became an investigative poster.

All that I experienced in gang-stalking made me a better person, made me realize the importance of prayer & discipline, made me prepare to become a great parent or husband.

Looking at organized harassment as an opportunity to catapult my self-development process has made all the difference in the world for me. Looking at trauma as a psychological/emotional "RESET" for character flaws & inadequacies has truly made the difference.

Processing heartbreak, depression, betrayal, abandonment, narc abuse, smear campaigns & sabotage, without quick fixes or escapism - Made me wiser & less affected by the experiences that initially caused & triggered a lot these intense life-threatening emotions."

Second reply: "I've become closer to God. A couple strategies I have is to listen to music during the day to tune them out, listening to high frequency when sleeping, when I sleep.."

Third reply: "As a result of this experience, i was able to keep an emotional distance from other people. This helped me a lot in my personal and professional life.

The isolation enabled me to focus on productive tasks like reading books eg: "How to win friends and influence people - Dale Carnegie" and "Laws of Human Nature - Robert Greene" which helped me learn more about human psychology. The Bible is also a great source of evergreen psychological knowledge (Book of proverbs for example)

I also had more time to learn new skills, focus on improving myself, got clean and overall am in a better position now despite their actions. In a way, it is because of their actions that i got me out of my comfort zone and made better life decisions."

Fourth reply: "I've done so much studying in psychology and neuroscience before it got awful, and started learning to decontextualize myself from what is happening, why the harassment is happening, and logic-ing the behaviour (not much logic but understanding malignant narcissists w sociopathic tendencies and severe addiction issues, as they have since they generally fall into

illegal activity and something where they need to "harass" someone perpetually to feed their low bottomless pit) helped separate my emotions more from the experience and get less frustrated by everything.

Also all the studying in the fields I became really proud of and gradually getting better (by breathing / grounding better throughout the journey) has made things that used to annoy me barely phase me at this point. I also learned to live in the moment and appreciate the good everyday to stay more positive, and develop and improve a more positive mindset throughout the journey to make it more manageable. Keep improving, you'll have a more manageable life and more positive things to be happy about (despite this).

Always attribute your progress to yourself, I never understood individuals who thought that this was to help make people better, the individuals at hand have nothing but malignancy at their core, if anything its more for entertainment for themselves more than anything else."

Firth reply: "I'm no longer shy and social anxiety isn't a big deal these days.

I've also learned to depend more on myself than other people. I've never had a problem being alone, but I'm even better at it now."

I'm being gang stalked and I'm fully aware of several of my stalkers. What should I do without flipping out?

First answer: "The best thing you can do is ignore them, and survive to stay alive.

Easier said than done but reacting to what they are doing to you is simply not worth losing your life over. They want a reaction preferably a scared or anger one from you, they want to see you upset because to them seeing those reactions from a t.i? Gives them pleasure knowing they have made you sad, angry, upset. Please don't give them the satisfaction, because they are scum of the earth.. What you can do though is smirk at them. Like I do when I see my gang stalking group, who try to intimidate me with their pathetic tactics, my tactics are probably more lethal! But they know by me not reacting to their behaviour 24/7 the message I'm sending to them is:

'I? Don't care. And basically your all just a bunch of cowards who've got nothing better to do but to harass one female in this town. Go and get a LIFE'.

I'm the most despised female in the town i live in, it use to bother me now it doesn't..
God bless"

Second answer: "I'm sorry to hear that you are experiencing this. Gang stalking can be a very distressing experience, it's important to prioritize your safety and well-being.

1. Document everything: Keep a record of all incidents, including dates, times, locations, and any details you can remember. This can be helpful evidence if you need to report the stalking to the authorities.

2. Seek support: Talk to someone you trust about what's happening. This could be a friend, family member, or a professional such as a therapist or counselor. They can provide emotional support and help you develop coping strategies.
3. Take steps to protect yourself: Consider changing your routines and habits to make it more difficult for your stalkers to track you. This could include changing your phone number, using a different route to work, or installing a security system in your home. (Only if you have been physical attack before or you feel like this is currently necessary for your wellbeing).

Here is some additional information:

1. Understand what gang stalking is: Gang stalking is a form of harassment where a group of people systematically target an individual, usually for reasons that are unclear or irrational. The stalkers may use a variety of tactics, including following the individual, spreading rumors, and vandalizing property. It can be difficult to prove or prosecute, but it's important to take it seriously and seek help.
2. Know your legal rights: Depending on where you live, there may be laws that protect you from stalking and harassment. It's important to know what your rights are and how to assert them. You may want to consult with a lawyer or legal aid organization for guidance.
3. Stay safe online: If the stalking involves online harassment or cyberbullying, take steps to protect your digital identity. This could include changing your passwords, blocking the stalkers on social media, and reporting any abusive messages or posts.
4. Take care of your mental health: Gang stalking can be a traumatic experience that takes a toll on your mental health. It's important to prioritize self-care and seek professional help if needed. This could include therapy, medication, or support groups.
5. Build a support network: Surround yourself with people who believe and support you. This could include friends, family members, or support groups for stalking victims. Having a support network can help you cope with the stress and isolation of being stalked.

Remember that gang stalking is not your fault and you deserve to feel safe and respected. Taking steps to protect yourself and seek help is an important part of regaining control of your life."

Third answer: "I believe that they are deliberately making you aware of them through their psychotronic weapons, sounds and actions. They want you to pay attention to them and their street shows because this is how they are getting you into their mind control and hypnosis later- through colours, sounds, words etc. Try your best not to watch their street shows and if they keep trying to obviously attack you to get your attention, record them in video and sound recordings. Post them on your blog, save them everywhere email, hard disks, CDs etc. Go do something you enjoy instead like watching movies/ videos, gardening, reading a book etc. Don't tell your family members because they can brainwash your family members to calling you crazy then admitting you into a psych facility where it will intensify and worsen. Yes the gang

stalkers are evil psychiatrists and their malicious colleagues. Once they admit you into their ward/ unit, you will have a record with them which they can and will use to admit you again and again anytime they want. Then your freedom will be much more restricted.

If you really want, tell a friend who has no power to admit you against your will into a psych facility. Though I would say they have all most probably been brainwashed too even though they pretend not to know at first."

Fourth answer: "Self control is the most important thing. Part of the ganstalkers game is to make you flip out and make an error of some kind".

What are solutions for sleep deprivation tactics by organized gang stalking?

Found post on Quora:

First answer: "Well the same tactics that are used for good sleep hygiene will apply here to.

- Limit your intake of intoxicating substances like alcohol, cigarettes, drugs etc. The more you take these substances the more you will be anxious because of your targeting and over time you will be in a constant cycle of fear day in and day out which will prevent you from sleeping or encourage addiction. In fact your harassers and gang stalkers want to encourage this behaviour of addiction or dependent usage. (If you do use medication, like to drink alcohol and other legal things. Just remember to use those responsibly and still tend to daily life).
- Meditation and Deep Breathing Exercises which calm the mind and put it into a relaxed state.
- Listen to music that helps you relax, binaural beats, solfeggio frequencies. Basically you want to listen to music that moves energy throughout your body and stops the concentration of energy in one area. For example some TI's feel that they get alot of intestinal disorders from the pain and stress of harassment, you need to move the energy throughout the body to ensure it does not get concentrated in one area.
- Exercise, yoga anything that keeps you fit will help. When the body is mentally tired a good physical exercise will make you physically tired and help you to sleep better.
- Usage of light music with headphones over night to enable you to sleep better.
- Sleep pattern, go to bed the same time and wake up around the same time.
- Limiting usage of cellphone and other electronics emitting blue light or using the blue light filter near sleep time.
- Some find praying, in whichever god or religion helpful or comforting.
- Ultimately in order to sleep better you need to be in a less anxious and hyper vigilant state. This is very important. What community stalking and harassment, in addition to microwave auditory effect do is constantly make you anxious and compound that fear cycle with alcohol and other intoxicating substances. Stop the fear cycle, get into a

somewhat comfortable level with your targeting, because its not going away anytime soon and you will see a huge improvement in your sleep patterns.

- Don't wear yourself out trying to outsmart or get one upper on your harassers and stalkers, conserve your energy utilize in the positives. When you do feel overtly stressed because of the intense targeting, do vent out, but overall conserve your energy. Hope the above points help you."

Second answer: "I sometimes use gel ear plugs or blutac (but blutac is risky as it can get stuck in your hair or sometimes in your ear but user beware). I usually have the tv going in the background, to help with the V2K. You can use headphones as well, with this method if you like but just have the sound louder if you're allowed too.

I also made a creative sound file with annoying sounds that mimic the sounds, they use against me. E.g. like sighing, music or etc. (Which I have going on my phone but be thoughtful of sound levels).

I find it helps me as you cannot tell, what's always them or what's actual background noise in your environment, so you can sometimes train your brain to naturally ignore some of the sounds they use. E.g. Like how your brain naturally ignores the wind or bird noises around you sometimes). Plus the sound file annoys them because they have to listen to it.

You can sensitize yourself: Additionally you can also train brain/yourself to naturally ignore street theatre or V2K, if they use these sounds around you. E.g. Whispering, coughing or etc. By listening to ASMR or familiarizing yourself with these sounds, so overtime they can annoy you less because you notice less.

The method is about exposing yourself to these sounds. This principle is often used to overcome fears, like with spiders."

Third answer: "I find using blankets or clothing that block EMF, helps relieve some of the pain but there are many household things that block EMF as well.

I often take vitamins too for my iron levels".

As a survivor of gang stalking for 6 years what would be the best advice to someone who might be experiencing the same thing? How much should I reveal about myself in the process?

Post found on Quora:

First answer: "The best advice that I can give you is to expose these crimes committed by your local community or who has initiated your targeting. How you choose to do this is up to you,

whether online through social media or educating the public on the ground about these crimes. But please do this proactively.

These crimes remain hidden and cannot be proven as people are misled with false propaganda about you which is provided to them by your handlers or through its proxy organizations. The smear campaigns which differ from place to place and depend upon the particular situation are used to get the community and your coworkers to turn against you. To compound this, the people harassing you are explicitly told not to disclose of your targeting to you, so expose these crimes as these perpetrators love remaining anonymous.

Please also discuss the tactics used against you in a calm and a rational manner. We as TI's are so overwhelmed by all this negativity and harassment that we end up posting things in haste and then it becomes difficult for non-believers to easily comprehend and believe what is being done against you. If its sensitization, explain how it is done and its effect over time, if its workplace mobbing give examples of how this is done, if its microwaves and infrasound then explain the effects of this on your body and share the patents of these technologies, a lot of which has been posted already by people on social media. Show videos of gangstalking and electronic harassment in the news as well, again these are available on youtube and other social media websites. We need more support on our side and for non-believers to believe and help you and to avoid doing this crime inadvertently themselves, you need to give them some hard irrefutable facts.

Please do not go to any law enforcement or any medical professional who will simply diagnose this as an illness.

Also grouping online with other people facing similar situations and guiding them in an empathetic and rational manner will go a long way for the TI community to learn from each others experiences and help other TI's as well. There are however a lot of people who are not really TI's and use this platform to mislead a lot of other TI's with false information and to discredit you, but finding the right support group is necessary to survive this crime because one of the goals of this population control program is to isolate you completely from your support system as well to take a further toll on you emotionally.

Also, take it with a grain of salt that people in your community and your past friends might have been turned against you. So be the bigger person and still meet with them, but always at an arms length and disclose as little to these people as possible about your day to day life as it will be used against you in the future. Try to learn the tactics they are using against you and what information they have been told about you to mislead and discredit the community. They will not say this explicitly, but you will see the subtle signs of this once you become more aware and have been in this for a while.

Good Luck."

Second answer: "I have a youtube channel me and god vs devil and his rejects. I'm just honest and I talk about what I'm going through.

Pick your battles with these gang stalkers I will do exactly what they doing to me I just do it much better. (Don't highly recommend).

Before you start to tell people what's happening write it all down in a notebook step by step what's happening and how and where believe me it helps you to better explain what and how it's happening without sounding and looking like a nutcase or just rambling. Get a dash cam and pray and stay strong. I'm not saying it's gonna stop these bitches but when u are able to explain to friends and family what's happening to you and they understand u believe me it helps".

Third answer: ""NOVEL ALERT, but I have a lot to say:

Once you figure out what's happening, you've basically won the battle. The point is to make you appear and feel insane (therefore discredit you), and cause you to lash out (either outwardly so they can have you arrested/institutionalized or inwardly so you commit suicide or just destroy your own life). It's psychological and spiritual warfare.

The WHY isn't important (though in the beginning it can be all consuming). You begin to realize it is likely that 99% of those involved in your specific case have been lied to, misled, or otherwise manipulated to believe you deserve this. (If they had any common sense or intelligence, they would know enough to know the specifics of why they are following and harassing the person they are vs just being instructed to follow the blue Honda kind of thing). You'll want to clear your name and set the story straight, but you have to resist the urge to act impulsively. Be as strategic as "they are" (they really aren't, by the way.. it's almost text book how they behave, so educate yourself on their tactics, observe your surroundings, identify the pattern, and THINK—your greatest weapons in this and the ones they cannot take from you). Some won't care, but some will start to back off when they realize they've been lied to about this person they've been bullying (because that's what this is, adults bullying adults, and it's pathetic).

Others will be too enticed by incentives (like feeling part of a club, social status, etc), or be so delusional as to not be able to see the big picture of what their role in all of this really is: a minion carrying out a mission for someone at the top who would turn on them if they were to ever be caught doing any of the crimes they commit in the commission of their assignments. Your main handlers benefit the most (life is a series of patterns, so this "business model" shouldn't surprise anyone.. there's ALWAYS someone who started it and they rely on those at the bottom to not question the borg; essentially, they rely on people who's morals are malleable and who's conscience is easily manipulated.

You start to feel sorry for those who harass you, because they lack the things you've mastered: the inability to be controlled or coerced into becoming someone you're not. You aren't a sellout. You have something someone wants—either intellectually or the knowledge of something they want to keep quiet. Who cares what it is. If you knew, it wouldn't change their behavior—would it change yours? Would you suddenly give them what they wanted? Likely not, so don't drive yourself crazy trying to figure out what they are after... just know whatever it

is clearly can't be taken by violence, legal means, or civilized conversation—because they are investing cash money in you, and money is everything to these people.

The minions you interact with all the time? They are being controlled by the higher ups anyway.. like THINK ABOUT IT, the gang stalkers you most interact with are only around you because they've decided they are willing to be told "leave your house right now, yes in the middle of dinner, I need you to follow this person you don't know because they are out and about and I said so!1!" You couldn't pay me a million bucks to be someone's puppet like that. Especially without a damn good reason. I value myself and my soul more than that. So, there's another thing you have: self-worth and self-respect. Things no gift card or social status can buy or provide.

Your moral compass remains strong and you don't have to worry about meeting your Maker one day and explaining why you took part in something CLEARLY orchestrated by evil—as evidenced by the "fruit" it results in (you can always tell good from evil by looking at the fruits of its labor. Gang stalking, regardless of whether someone puts a "good deeds" spin on it, causes hatred, division and pain.

Be a good person. Help others. Spread love and knowledge.. they can't stop those things. So, reveal as much about yourself as you feel necessary to demonstrate who you TRULY are. Not with any ulterior motive in mind other than to continue to live your life as your authentic self, refusing to be brought down lower by hatred, lies, corruption, and evil. KEEP USING YOUR BRAIN, and think for yourself. And above all else: rest assured, the day WILL come where they WILL be held accountable, and you're in good company in terms of those who've experienced exactly what you're going through. Take comfort in that. It may not be something you see play out in your lifetime or in a court room where you're sitting at the table opposite of them, but it WILL come. Also, BE KIND TO YOURSELF and keep your chin up. You're fighting one hell of a battle, and they'd KILL to see you fall. God Bless you, friend!"

What advice would you give to someone, who is experiencing gang-stalking?

Additional related information found on Quora: (Decided to add more to the topic).

First answer: "Don't go to the police - without real evidence, don't lie steal or do drugs, don't let yourself be alone or manipulated, don't break the law - Never put yourself in the situation where you can be charged with any crime and live well and be as happy as you can. Make sure all those who are around you know that they can trust you. Remember this is 50 years of perfected covert harassment. There are ways to keep yourself safe but ultimately there's always a way they can set you up. Good luck and keep those close to you close to you always".

Second answer: "- Do not isolate yourself.

- Limit the amount of personal information you give coworkers, relatives, neighbors, whom ever.
- Have integrity. (Gaslighting sucks, but they will start to look like an asshole if all they do is spread lies)
- Stoicism - Do not go off of emotion or instinct when at all possible.(i.e. don't get hit by a speeding car) Do not act out in anger. Acts of aggression and anger are what they want. Then you make the lies true.
- Do a personal inventory of your all your relationships. (they use them to solicit information, turn against you, some never liked you. Is this relationship 1 sided. If yes, end it.)
- Make new friends.
- Document with cameras, use email or messages that can be saved, journal. (Journaling is helpful in the healing process. Write down the things that make you happy & things you would like to try. Do them - See # 1.
- Spend less and less time focusing on these people. (More time you spend on them, the worse it gets.)
- Focus on you, your health(physical & mental), employment(supplement your income & save), your relationships.
- Redefine your life. This period in your life will become the past, do not live the life they want you to live. Reclaim and define who you are everyday you wake up."

Third answer: "Once you figure out what's happening, you've basically won the battle. The point is to make you appear and feel insane (therefore discredit you), and cause you to lash out (either outwardly so they can have you arrested/institutionalized or inwardly so you commit suicide or just destroy your own life). It's psychological and spiritual warfare.

The WHY isn't important (though in the beginning it can be all consuming). You begin to realize it is likely that 99% of those involved in your specific case have been lied to, misled, or otherwise manipulated to believe you deserve this. (If they have even climbed the ranks enough to know the specifics of why they are following and harassing the person they are vs just being instructed to put a temp tag on their car and follow the blue Honda kind of thing). Be as strategic as "they are" (they really aren't, by the way.. it's almost text book how they behave, so educate yourself on their tactics, observe your surroundings, identify the pattern, and THINK—your greatest weapons in this and the ones they cannot take from you)—and prove to those at the bottom of this human pyramid that their boss is a lying liar who lies. Some won't care, but others will be too enticed by the money, incentives or be so delusional as to not be able to see the big picture of what their role in all of this really is: A minion carrying out a mission for someone at the top.

There's ALWAYS someone at the top and they rely on those at the bottom to not question the borg; essentially, they rely on people who's morals are malleable and who's conscience is easily manipulated.

Those who don't think for themselves. Those willing to sacrifice their own lives and freedom for the smallest payout (think gift cards and the illusion of belonging—despite the fact that the manager types absolutely will turn on you if you dare speak out, mess up and get caught, or challenge their authority.

You start to feel sorry for those who harass you, because they lack the things you've mastered: the inability to be controlled or coerced into becoming someone you're not a sellout. Who cares the reason why they stalk you. If you knew, it wouldn't change their behavior—would it change yours? Would you suddenly give them what they wanted? Likely not, so don't drive yourself crazy trying to figure out what they are after... just know whatever it is clearly can't be taken by violence, legal means, or civilized conversation.

Those who believe their lies about you, well.. they wouldn't care if you were Jesus Himself (who was a targeted individual, btw), because those kinds of gang stalkers are motivated by SELF and not by the collective community based policing this is often sold to otherwise upstanding people as being. Those people want their incentives, and will do anything to get them; there's nothing you can do but pray for people like that
KILL THEM WITH KINDNESS. Be a good person. Help others. Spread love and knowledge.. they can't stop those things.

So, reveal as much about yourself as you feel necessary to demonstrate who you TRULY are. Not with any ulterior motive in mind other than to continue to live your life as your authentic self, refusing to be brought down lower by hatred, lies, corruption, and evil. KEEP USING YOUR BRAIN, and think for yourself. And above all else: rest assured, the day WILL come where they WILL be held accountable, and you're in good company in terms of those who've experienced exactly what you're going through."

When a targeted individual gets to the stage of being nearly 100% isolated, what should that person do?

Post on Quora:

First answer: "Organized stalking is primarily psychological abuse and that should be our first line of defense. Everyone must figure out their own method, strategy, or process, to prevent oneself from being broken down mentally, emotionally, spiritually, physically.

The handler's goal is to literally destroy you, crush you, ruin you *first* psychologically. To destroy all goodness in your life. To interfere with everything that sustains you, makes you happy, brings you joy. Deprive you of all privacy. A nefarious abuse of power so massive that most regular citizens find it hard to believe. It takes a while to fully comprehend the reality.

I promise that you can become stronger on multiple levels if that is your goal and you commit to it every day. Do not give in, never give up. Their negative energy cannot affect you without your permission. Do not give it. Maintain awareness of your centre.

At some point we must move beyond the normal human reaction of horror, anger, fear, and resentment, due to immoral community harassment. At some point we must move beyond trying to figure out the why of it all. Ultimately, it does not matter. It is here, in our face 24/7, and we must deal with it.

The stalkers want nothing more than for us to become fixated on them, to be obsessed with them, because the mind is then preoccupied with evil. We must move beyond that to self-care that builds all of our good muscles on all levels. Organized stalking is but one manifestation of sickness.

You are not alone. I understand your fear and anxiety because I am where you are. The pain and isolation can be unbearable, but there is hope. You can fight back and regain control of your life.

As a victim of gangstalking, I know firsthand how it feels to be isolated from friends and family, to lose employment due to workplace mobbing, and to be afraid of mental health professionals. I also know that seeking help and support can be difficult when you've been gaslighted and manipulated into thinking that you're crazy.

But let me tell you, you are not crazy. Gangstalking is a real and devastating form of psychological harassment, and you don't have to suffer in silence. There are people out there who understand what you're going through, and there are resources available to help you cope. One of the most powerful tools in your arsenal is community. Joining an online support group can provide you with a safe space to connect with others who understand your experiences. You can share your stories, find support, and offer support to others who are going through similar situations.

It's also important to seek professional help. A therapist or counselor who specializes in trauma can help you develop strategies to cope with the harassment and deal with the emotional toll it has taken on you.

But don't stop there. Become an activist. Speak out against gangstalking and workplace mobbing. Raise awareness about these crimes and demand justice for the victims. Join advocacy groups and participate in campaigns to bring change.

Remember, you are not alone. Together, we can fight against gangstalking and workplace mobbing. We can create a world where everyone feels safe and valued. Don't let the fear and isolation hold you back. Take the first step today towards healing and hope.

Love yourself, love others, be kind and polite, do good deeds, and smile. Do not let them poison all that is good in you. Do not become dark energy like they are. Do not lose your sense of humor! You CAN do this. I know positively that you can. Begin now. You will have setbacks, it does not matter, just begin again. Over and over and over until it becomes your daily practice. "Mental fitness is just like physical fitness, it takes work."

Second answer: "Adapt and keep busy, keep your mind off the negative stuff. Don't let depression set in. Hang in there it's just something you have to go through. When you least expect it someone pops up and opens doors. I've been there and still standing. These gangstalkers will fear you because you endure what they fear the most."

Here is the answer - Go do volunteer work, do a job that requires daily social interaction, you will still be isolated but since you are having communication with lots of people it will diminish the effects on your psychological health greatly".

Do any Targeted individuals who are harassed through mind control and electronic attacks, 24/7, have any coping strategies or mind relief tips, any special exercises or low priced equipment to help cope?

Post found on Quora:

First answer: "My own experience is that we do have control of ourselves. Their social and electronic manipulations weaken us, make us prone to suddenly doing irrational things. That's THEIR DOING, and none of us can be expected to be perfect. Unfortunately, that's what they're counting on. Who is going to be perfectly in control 24/7? The perps just have to "wait us out," because a T.I. is a T.I. for life. They can only try for so long before someone else catches their attention."

Our defenses must be primarily psychological to combat the psychological torture (social and electronic). I read advice on targetedjustice. com. When I find myself starting to feel angry, I say to myself, "I will only think constructive thoughts." Suddenly, thoughts of revenge leave my mind.

I remind myself that I am a force of good, not evil. I quote passages from my personal bible to myself:

"A Jedi uses his powers in defense. Never attack."

"The Dark Side is not stronger. It's quicker, more seductive."

I remind myself that every time they fail to push me over the edge, I have won. I have more victories under my belt than failures, and none of my failures have allowed them to win the war.

I remind myself to feel love, which is not easy. Loving humanity keeps me going. Not hating the perps is in and of itself an act of love. I fail at this—I get snarky—but I’m getting better. I’m proud of myself.

Though not quite an act of love, I practice feeling sorry for my perps. None of them have what I have. None of them understand what it feels like to be truly valued. None of them know what it feels like to operate from a morale base with principals that are not selfish. Perps are sad little creatures.

I find that listening to music helps. I put in the earbuds and go about my day. I outright ignore my perps on many occasions. I keep my mind off their games.

I’m not just talking about social defenses. These tricks help defend against the EMF. These criminals attack us with subliminal messaging. I endeavor to think outside that box.

I purchased a water pillow, and I sleep in a boat on the water. H2O comes recommended, although I don’t know how effective it is. I will say that I’m more in control now than I was a few years ago when I lived in a house. I was an angry hermit, back then.

I recently purchased a “Faraday sleeve” for my cell phone. I’m hoping that will block out some of the EMF attacks coming from my phone. Quite effective.

I also brought a faraday hat, it helps with my headaches.

I hear a lot of T.I.s talking about Faraday blankets.

To iterate, I use mostly psychological defenses. I take pride in never stooping to “their” level. But it helps me keep control of my behavior, something they want to own for themselves. Okay, I’m done writing now. I think I’ve helped the perps enough. :) They just love it when we T.I.s answer questions on Quora".

Second answer: "Mindfulness meditation. You can find how it works online. Free yoga classes. YouTube has a section titled mediation music. Write poetry about your feelings. Spend spare time at fine art museums. You may meet someone special?

Forget any equipment other than headphones to listen to classical or jazz music. Pass on songs with lyrics for a while. Become a peaceful freedom warrior in your heart and mind and they don’t stand a chance".

Third answer: "Understand their tactics. document - keep a journal.

They are trying to isolate you make you question everything, everyone, every situation. DON'T DO THAT! Put in the WTF category put on the shelf and test it to be sure it is what you suspect. I pray for them and try to be nice but not always successful at the nice part".

Fourth answer: "Well that depends which areas you have the most trouble with..If traffic stuff is the problem, you have a few options..number one. Drive to a dead end road or somewhere that they are forced to drive by close and slowly also where if they drive by more than once it will be obvious. Video tape them and make backups..that should slow it down dramatically. If you can, drive into an area where there will be very few people. The more people that are around the easier it is to target you, and its harder for you to make sense of it.. you can also print flyers explaining the program and the details of the effects.

Put bumper stickers on your vehicle.

Ignore them as much as you can. I know it will be impossible to totally ignore them, but the more I ignore them, the less stress I have.

The more you let them get to you, the more effective this program is. If you really dont give a shit, this program will not be very effective against you."

How do you stop caring about being gang stalked?

Post found on Quora:

First Answer: "You do this by not ever letting them make you feel like they are above you. Remember this you are out living your life the way you want to live. Visiting family going to social events doing things you enjoy all the while they are following you to do petty shit to you and they aren't enjoying their own lives they are too busy trying to mess with yours. You continue to do the things you want to do in life and when they raise their minion heads to see what you are doing they are missing out on living theirs.

Things you may experience:

- Gangstalking is a form of organized harassment that involves groups of people targeting an individual for harassment and intimidation.
- Gangstalking can involve a variety of techniques, ranging from surveillance to verbal threat and intimidation.
- Victims of gangstalking often feel powerless and vulnerable, as they are being stalked by multiple people who are acting out of malicious intent.
- Victims may also face legal repercussions if they fight back or attempt to report the activity.
- Vigilance is necessary for victims of gangstalking to monitor the situation and alert authorities when necessary.

- Ignoring gangstalking is not a good strategy, as it can encourage the perpetrators to continue and escalate their activities.
 - Taking a proactive approach to gangstalking can help victims gain some sense of control and potentially protect themselves from further harm.
 - Keeping up with current developments and researching potential solutions can also be helpful for victims to understand their options for dealing with gangstalkers.
 - Seeking support from professionals and other victims of gangstalking can also give victims emotional strength and a sense of community.
- But focusing on family, friends, hobbies and life overall will help you cope or even exceed through this situation. Nothing is forever".
-

Learn to nitpick your information:

Gang-stalking is a complex issue with a few different varieties. E.g. Military gang-stalking, Community gang-stalking and etc.

Often within community groups, you will see a post/article but soon discovered that they're beliefs are not quite the same as yours - Don't let this stop you, read the article anyway, you might just discover some helpful/interesting information.

If you learn to pick and choose what information, you receive. It might help in the future. All free information is helpful as long as you know what to look for.

Community Gang-stalking How to handle Workplace Mobbing: Part 1.

Gang-stalking/Work mobbing occurring in every new job:

Question:

Has anyone on here that has been group stalked from your former employer, have it happen at every new job after that? I work in a nursing facility and I am already being harassed. I just started a month ago.

Reply:

Yes, I have been harassed through 4 different jobs so far? However in this new position, it seems that they couldn't commence the internal harassment. E.g. Either they were unable too or decided against it.

My co-workers and employer were not turned against me through vicious rumours, thus the work mobbing never started.

(I do have two jobs and the harassment is only currently occurring in the old one).

These are the reasons, I believe why:

- After my interview, some of them stayed around to watch/study the employees or work environment and decided it wasn't wise to attempt internal harassment.

Or

- They heard/spied on my employer while she was calling some of my referees and decided against internal harassment then. (They were probably studying her personality or something).

I am betting they were afraid that my new employer would tell me. (Not everyone is the same). Either way - They studied my new employment place before I started and decided against internal harassment.

They just use projected V2K and street theatre now instead.

Additionally gang-stalkers usually use their inner circle for the main harassment and the outer circle for less draining tasks. Perhaps none of the gang-stalkers knew anyone that worked there, thus there was no easy access as well.

Or they couldn't convince anyone to participate but it's far more likely that they were simply unable to. Australia Community Gang-stalkers aren't the brightest around.

What to do about Work Mobbing:

"Workplace mobbing is an impassioned, collective movement by managers and/or co-workers to exclude, punish, and humiliate a targeted worker. A desperate urge to crush and eliminate the target spreads through the work unit, infecting one person after another like a contagious disease. The target comes to be seen as absolutely abhorrent, outside the circle of respectability, deserving only of contempt. A steadily broader range of hostile words and actions toward the target are to be deployed.

Mobbing is distinct from penalizing or firing a worker who, on the basis of evidence, does not measure up job requirements. The latter is a reasoned, routine managerial procedure, normally directed with regret at an underachiever. Mobbing is a furious collective attack made with undisguised glee on an overachiever or someone seen as threatening to good and decent employees.

Workplace mobbing is like bullying, in that the object is to rob the target of dignity and self-respect. Here, however, it is not a single swaggering bully that the target is up against, but the juggernaut of collective will. The message to the target is that everybody wants you out of here. Understand the stages of the process No two cases are alike but mobbing typically proceeds from subtle, informal techniques of humiliation and exclusion to overt and formal measures.

Five stages are commonly distinguished:

1. Avoidance and ostracization of the target.

2. Petty harassment: making the target's life difficult.
3. A critical incident that triggers formal sanctions: "something has to be done."
4. Aftermath of the incident: hearings, appeals, mediation.
5. Elimination: target quits, retires, is fired, becomes disabled, dies of stress-induced illness, or commits suicide

Recognize of Signs of Ganging-up: The first step to prevention and remedy of workplace mobbing is to recognize the behaviors that constitute it and call the process by its name. Here are signs to look for:

1. By standard criteria of job performance, the target is at least average, probably above average.
2. Rumors and gossip circulate about the target's misdeeds: "Did you hear what she did last week?"
3. The target is not invited to meetings or voted onto committees, is excluded or excludes self.
4. Collective focus on a critical incident that "shows what kind of man he really is."
5. Shared conviction that the target needs some kind of formal punishment, "to be taught a lesson."
6. Unusual timing of the decision to punish, e. g. Apart from the annual performance review.
7. Emotion-laden, defamatory rhetoric about the target in oral and written communications.
8. Formal expressions of collective negative sentiment toward the target, e. g. A vote of censure, signatures on a petition, meeting to discuss what to do about the target.
9. High value on secrecy, confidentiality, and collegial solidarity among the mobbers.
10. Loss of diversity of argument, so that it becomes dangerous to "speak up for" or defend the target.
11. The adding up of the target's real or imagined venial sins to make a mortal sin that cries for action
12. The target is seen as personally abhorrent, with no redeeming qualities; stigmatizing, exclusionary labels are applied.
13. Disregard of established procedures, as mobbers take matters into their own hands.
14. Resistance to independent, outside review of sanctions imposed on the target.
15. Outraged response to any appeals for outside help the target may make.
16. Mobbers' fear of violence from target, target's fear of violence from mobbers or both.
17. Lying low, keeping your head down, following the crowd, and kowtowing to the boss are poor defenses against being mobbed. Nobody is safe in workplaces of chronic scapegoating, mobbing, and nastiness. This year's mobber may be next year's target.

Practical suggestions researchers commonly offer for personal conduct include the following:

1. Keep your mind on the job. Mobs form when people lose sight of the organization's purposes, turn their attention inward, get caught up in power struggles and one-upmanship.
2. Plan carefully before blowing the whistle on managerial misconduct. Managers tend to go after whistleblowers, and elites close ranks.
3. Get a life away from work Cultivate social relations in many different groups, family, school, church, community. If managers and workmates turn on a person who lacks alternative sources of social support, the target is easily destroyed.
4. Show kindness to the target. Instead of joining mobbers or bystanders, find ways to affirm the target's humanity. The mob may then turn on you, but you may possibly save another's life.
5. Nietzsche said it best: "Distrust all those in whom the impulse to punish is powerful".
Article by Summary of Workplace Mobbing: The Waterloo Anti-mobbing instruments
Link to full document: <https://docdro.id/4k4UzN6>

This document offers more solutions: Safety Matters - Work Mobbing
OSH <https://docdro.id/iLrwBov>

"How to respond to workplace mobbing (solutions) In his paper, Dr Sheehan attempts to identify some solutions to the problem of mobbing.

He refers to suggestions found in existing mobbing literature such as legislative change and enabling legal redress. He says that legislators, however, have been slow to heed the call. He warns that legislative change may be needed to organisation as a whole needs to be aware of the problem of workplace mobbing so that it may act in an educative and preventative, rather than reactive, way.

Quoting from others Prof Westhues suggests some personal actions that may be useful to avoid mobbing and responding to it: Keep your mind on the job, plan carefully before blowing the whistle, get a life away from work, show kindness to the target, distrust those in whom the impulse to punish is powerful."

Community Gang-stalking How to handle Workplace Mobbing Part 2.

"Construction of a Mobbing Environment the trigger for upward mobbing is downward or horizontal mobbing. Those at the top, or horizontal with the target, take abusive, vicious and bullying action against the target. Others at the top, or horizontal, with the responsibility to intervene, provide support, and take a stand against the abuse, fail to do so.

This signals that bullying, abuse and viciousness will be tolerated, rendering the target vulnerable. Subordinates then have the signal, that if they engage in attack, the manager or supervisor, etc whom they attack will not be supported, and their bullying conduct will not be stopped. Indeed, they have the message 'full team ahead' or 'go for it', in the most primitive and patently obvious way.

Yet the target, concentrating on what is important –

- Being effective as change agent;
- Getting on with the job;
- Attending to 'what is important', does not realise immediately what is happening.

Often, the target does not realise for some time that –

- The message is out;
- Attack will not be prevented or stopped;
- The attack has effective and often real support (even connivance) from the top.

Deconstruction of a Mobbing Environment Bullying happens:

- Because a person exists;
- Because a person believes s/he has a right to exist;
- Because a person believes others have a right to exist.

The first type of bullying is generally about someone who is identified as 'different' in a 'non-political' sense. The person is of a different sexual orientation or sexuality; is of a different race/ethnicity; is of a different sex/gender; is of a different religious affiliation or belief; is of a different political affiliation or belief; etc." Article by A recipe for Work Mobbing - Dr. Scutt Link for full document: <https://docdro.id/hKW867Z>

"This paper discusses the counterproductive behavior of 'workplace mobbing' where gossip, rumor, innuendo, and malicious accusations are reported to unfairly target and discredit targeted workers. The discussion is based on an Australian study of reports from public sector employees who self identified as targets of workplace mobbing.

The behaviors are typically covert and are sometimes instigated and perpetuated by management. In focusing on three themes that emerged from the interview study, the paper discusses the sometimes toxic nature of public sector culture, mobbing behaviors and workplace expulsion. It also discusses some recommended regulatory and organizational responses that could potentially reduce the occurrence of such behaviors. Keywords: mobbing, bullying, harassment, employment, discrimination and management" Workplace Mobbing Experience in Public Sector. Link for full document: <https://docdro.id/VR1xJYR>

Additional Documents:

More depth document description: Mobbing - Emotional Abuse Link for download document: <https://docdro.id/PJn062j>

Qualitative Inquiry of Behavior Link for download document: <https://docdro.id/T91f1gY>

EMF Shielding with Household items and Professional.

Shielding: Protection from EMF. Household items/Raw materials (top of page) and Professional items (bottom of page).

Note: Try inexpensive countermeasures first before spending a lot of money on elaborate versions - try \$2 copper mesh before spending \$30 for a shielded baseball cap, try \$10 rubber mats before spending \$150 for a blanket-sized sheet of rub.

Household items:

- Buy gel packs and tape them together to create a blanket. Water has proven to be effective at blocking out signals.
- Create a thick blanket using tin foil - cheaper and temporary option, until more effective measures are found.
- Buy a large piece of steel and sleep under it. Even using pots/pans have been known to work.
- Copper is really effective metal at shielding against EMF. So copper mesh.

Other material countermeasures: You can create clothes, blankets, attach the items to the walls, ground and etc.

- Steel cookie sheets, heavy pieces of steel such as multiple layers of foil or similar.
- Multiple layers of mylar blankets. (Attach to walls or use as blanket).
- Wet towels and wet blankets
- Lead xray aprons. (Wear this around you during the day or night).
- Filled plastic water bottles (Place these around you).
- Hand lotion, other lotions, jels and creams applied to the skin.
- Metal necklaces, metal wrist, ankle bracelets, metal belts and metal impregnated clothing.
- Metal impregnated bed sheet
- RF shielding fabric conditioner. (For washing clothes with).
- Unrolled copper mesh scourers wrapped around the head.
- RF shielded baseball cap from <http://www.lessemf.com> or create your own.
- Neodymium or other strong or large magnets
- Box fan leaned against the bed to provide vibration.
- Moving around during the day (working around the house, gardening, hiking - makes targeting more difficult) playing one or more radios tuned to different news talk stations or tuned to different types of music stations such as classical and jazz
- Foam earplugs.
- Any size ceramic tile (around the walls typically).

Another Targeted Individual's Experienced Advice:

"Shielding countermeasures that work well to counteract synthetic vibrational sensations are rubber mats, electrically grounded ground plane, electrically grounding myself, RF shielding fabric conditioner, ceramic tile, RF shielded baseball cap, the anti-tinnitus CD/headphone, and listening to talk radio. I have an aluminum screen (metal kind used for window screen and screened doors) in bed".

Grounding Setup for the more technical incline:

"Under my fitted sheet connected to earth ground (third prong of an electrical outlet, or cold water metal plumbing supply line pipe under the sink, or a metal rod driven ~2' into the ground outside). Thus I'm sleeping on a ground plane that tends to "ground-out" some of the RF directed at me. Helping further is an electrically grounded wire touching my skin while in bed. Next thing for me to try is an RF fabric sheet on top or a sheet washed in RF shielding fabric conditioner. Under my aluminum screen in bed is a layer of 16"x16" (more commonly available in the 12"x12" size) ceramic flooring tile from Home Depot. Yes, for whatever reason, any size ceramic tile works surprisingly well for many TIs according to someone on the conference calls who got the idea after researching what the military uses to RF shield their secure bunkers. If you've never tried it, do so!".

Targeted Individual sleeping advice:

While sleeping I listen to a CD developed by a TI named David Case of Case Electronics which is supposed to eliminate the tinnitus some TIs experience; for me it helps me relax. The CD is free (last time I checked) but you have to buy high-frequency headphones that go up to at least 25kHz, such as KOSS TSC75 and KOSS PRO35/A from Radio Shack (\$25-\$40).

Treating your clothes:

A fabric conditioner called AegisGuard LL, available from <http://www.aegisguard.com>, added to the final rinse cycle of the laundry while in the washing machine, results in your clothes being RF shielded. I use it all the time and feel much more comfortable during the day as a result. It costs about \$4 per laundry load. Based on my experience it is highly recommended if you can afford it!

Overall:

As everyone's targeting is different no one countermeasure works for everyone so experiment to see which set of countermeasures work best for you. Try one thing at a time. Even if something doesn't have much effect at first try it for a week as the beneficial effects may not be apparent initially. If things get extremely bad then discontinue but be aware it takes a while to adjust and sometimes sticking it out for a few days proves beneficial in the long run.

Once countermeasures are found that work, switching-off between two or more of them may increase their overall effectiveness. For example wear a shielded baseball cap during the day and listen to a jamming CD at night. Try moving shielding components around to a different spot each night. Reserve an especially effective countermeasure for use only in rare instances of unusually heavy attacks. If you've never or only briefly experimented with shielding I would highly recommend doing so. You may feel only a little better at night but then during the day may feel more positive and may be able to get more accomplished. Before employing shielding

countermeasures my life had a very nightmarish, hopeless feel to it. Now my outlook is much more positive and I have more energy during the day.

Professional Grade items:

Products by: EMF Protection

EMF Bed: Twin to King Size

The BlocSilver Tent is a great portable way of EMF shielding. It is easy to set up and offers great shielding anywhere as you can carry it when staying in a hotel or visiting friends/family.

<https://emf-protection.com/product/blocsilver-tent/>

Blocbag Original Swiss Shield EMF Sleeping Bag:

Our EMF Sleeping Bag offers much of the cell tower radiation shielding qualities and therefore improved sleep patterns of its bigger sisters, the cell phone radiation protection bed canopies, but at a much smaller financial cost and it's portable too easily slipping into your suitcase meaning even those suffering from severe electrosensitivity can now consider that trip away that they never felt was possible.

This EMF protection Sleeping bag is made from two great quality shielding fabrics, Swiss Shield Wear for the body and New Daylite at the front and top to allow breathing whilst fully enclosed but with a full zip so that you make the decision regarding how much of your body to cover up depending on exposure temperature and personal comfort

<https://emf-protection.com/product/emf-sleeping-bag/>

New 5g Blocbag EMF Sleeping Bag:

The New Blocbag Radio Frequency Protective Sleeping Bag is ideal to create an EMF shielding environment when traveling away from home. It is made from lightweight breathable fabrics, washable, easy to carry, and very comfortable. It offers shielding up to 45 dB and conductivity, the much improved BlocBag 2 will have you asleep in no time, even when facing most 5G scenarios. It comes with an integral pillowcase slot but no face covering. For those who can cope with face covering, simply order the half meter of Blocsilver.

<https://emf-protection.com/product/new-5g-blocbag-emf-sleeping-bag/>

Products by: Defender Shield

EMF Protection Anti-Radiation Blanket:

Whether at home or on-the-go, the DefenderShield® EMF Protection & Anti-Radiation Blanket can help you stay comfy while protecting from wireless EMF radiation and acting as a floating ground.

Our technology shields up to 99% of EMF

<https://www.defendershield.com/emf-radiation-protection-blanket>

EMF Clothing Range:

EMF protective clothing is designed to shield you from electromagnetic radiation when you are on the go. By wearing an EMF protection hoodie, T-shirt or anti-radiation hat you can reduce

your exposure to EMFs. We offer a range of EMF shielding clothing for all the family which has been designed and manufactured in our UK-based facilities and tested to keep you safe!

<https://emf-protection.com/product-category/emf-clothing/>

Products by: Holland Shielding

All body shielding

<https://hollandshielding.com/protective-clothing-electromagnetic-radiation>

Product made by: Blushield Tesla

Blushield Premium Portable.

Blushield is an active EMF protection technology designed to protect users from the health effects of man-made electromagnetic fields from mobile phones, smart meters, Wi-Fi, 3G, 4G, 5G and all other sources of EMF.

This new Blueshield Premium Portable is twice the strength of the Blueshield Tesla Portable. It has a rechargeable battery and comes with a USB cable and induction charge dock. With a three-metre radius (six-metre diameter) area in all directions, place in your pocket or bag when out and about away from your protected zone, or when travelling.

<https://www.earthingoz.com.au/blushield-premium-portable>

Product made by: Mission Darkness

TitanRF Radiation Shielding Throw Blanket - 50" x 60" (127cm x 152cm) Ultra-Soft Reversible Gray and White Design with EMF Radiation Protection

LAB TESTED & CERTIFIED TITANRF RADIATION SHIELDING THROW BLANKET The Mission Darkness TitanRF Radiation Shielding Throw Blanket combines quality materials and innovative radio frequency (RF) shielding technology. The main function of the blanket is to act as a barrier between your body and harmful electromagnetic frequencies (EMF) and RF inside your home, such as those coming from cell phones, laptops, Wi-Fi routers, smart meters, and 5G cell towers. To use, simply place the blanket on your lap or other areas of your body to reduce your exposure to radiation.

The double-sided reversible design consists of ultra-soft 100% polyester exterior layers with EMF radiation protection hidden inside. The standard size throw blanket is perfect for enjoying on the couch, at a desk, or while traveling. The combined features offers comfortable shielded protection in any environment.

https://www.amazon.com/Mission-Darkness-TitanRF-Radiation-Shielding/dp/B0876J41P6?ref =ast_sto_dp

Product made by: AegisGuard

AegisGuard LL For Washable Clothing & Fabrics

AegisGuard™ LL protects users from the airborne radiation normally penetrating body organs covered by clothing. Added to the final rinse water and safe for all hand and machine washable fabrics, it deflects both high and low radiation frequencies away from the body. It is an ideal shielding solution for individuals suffering from electrosensitivity (EHS).

AegisGuard™ LL Radiation Shields provide safe, proven radiation shielding protection for all hand and machine washable clothing and other fabrics, including smart clothes, without affecting their color, appearance or texture. Simply add to the final rinse, with or without fabric softener, and machine or hang dry. They are the #1 doctor recommended shielding products for patients concerned about the health effects of radiation frequencies upon the body, and electrosensitive (IEI-EMF, EHS, and ES

[https://www.goaegis.com/aegisguard ll radiation shields.html](https://www.goaegis.com/aegisguard_ll_radiation_shields.html)

Product made by: Holland Shielding

EMI/RFI-shielded Faraday tent

The EMI/RFI-shielded Faraday tents are made of highly conductive, lightweight, and ultra-strong textiles. By default, the Faraday tents are delivered with multiple ropes so they can be easily attached to a ceiling, or they can come with a self-standing frame.

Typical applications are EMC experiments, RF measurements, mobile military or forensic activities, and personal protection in the field. Faraday tents offer a mobile solution for only a fraction of the cost

<https://hollandshielding.com/EMI-RFI-shielded-Faraday-tent>

Product made by: LessEMF

Long Sleeve T-Shirt by Less EMF

Comfortable and classic, this attractive Long Sleeve T is made with a cotton/poly blend woven with silver fibers. The material has been tested between 10 MHz and 4 GHz and shields radio frequencies at 45 dB. A great way to protect your upper body. Pairs nicely with Less EMF Beanie (shown in the image). Available in gray. Made in USA. Specify desired size: S M L XL Washing Instructions: Hand wash (104°F) with TexCare

<https://www.lessemf.com/personal.html#20520>

Copper is really effective metal at shielding against EMF

https://www.amazon.com/Brite-Bronze-Copper-Insect-Screen/dp/B00N19V97K/ref=sr_1_6?ie=UTF8&qid=1446167910&sr=8-6&keywords=copper+screen

Other Resources:

Does Copper Block EMF Radiation?

<https://emfacademy.com/copper-block-emf-radiation/>

From Experience: Targeted individual method of shielding in full detail.

Medium site: Jay

<https://jay-coins.medium.com/what-im-shielding-with-today-2c193e75e7ad>
&

<https://jay-coins.medium.com/my-gear-as-a-targeted-individual-here-is-the-shielding-i-wear-30ee9fd78475>

From Experience: Targeted individual method of shielding in full detail. Very in-depth.

Site by: CounterTruth

<http://www.countertruth.com/shielding.html>

How to manipulate Social Media to raise Awareness about Gang-stalking or your evidence.

How to manipulate Social Media to raise Awareness about Gang-stalking or your evidence.

Question found on Quora:

Is gangstalking trending now and why?

Answer:

Social media is a useful tool to spread awareness about Gang-stalking or Community gang-stalking. E.g. I use my reddit account to post funny videos, memes and etc. While also posting on gang-stalking communities as well.

If people find your entertainment post funny, sometimes they will naturally click on your profile and see your posts/profile description about Gang-stalking. Thus people are introduced to the topic/subject matter of Gang-stalking.

Additionally: They will see your evidence videos of people getting involved as well. E.g. Perfect way to indirectly show who is involved. (If done suitable).

How do you know if you're being gang stalked? Part 1

First answer: "Well in my case someone flat out told me. I had never heard of gang stalking and just thought I was experiencing a bit of bad luck. They said "Man I don't know who in the hell you pissed off but you have a hellstorm about to come down on you. You're about to be gang stalked. "Hell even after I knew about gang stalking I didn't believe it.

After all of the strange coincidences and relentless string of events that took place that match other people's experiences to a T I knew without a doubt. It's gotten to the point that I can predict what is going to happen now pretty much like clockwork. It's been a long crazy road filled with community harassment, character assassination, financial ruin, medical negligence, random pains and aches, isolation, sensitizing, gas lighting, narcissistic abuse and etc, unbelievable but just subtle enough coincidences to remain explainable singularly, brighting (light harassment), crowding, street theatre, surveillance, threats, the list goes on. I have just resigned myself to the fact that there's nothing I can do to stop it. I can however record everything 24/7 with a body cam uploaded to a cloud.

This has stopped a lot of the overt physical harassment for the time being. If you believe you are a victim or about to become a victim of gang stalking start taking the steps to protect yourself now. Get cameras everywhere. Stop doing anything unhealthy or illegal now. Question everything but don't be paranoid, you still have a life to live and always play every possible scenario in your head and have a solution to each before hand. This is like a game of chess and you have to think 3 steps ahead. You can survive this and you'll be better for it so try to make peace with yourself. Good luck."

Second answer: "

- The people in your area is color mobbing you. You will see people walking around in all Red, Blue, Burgundy, and Black t-shirts. You see one headlights or hazard light cars passing you
- When you try to enjoy a meal at the restaurant, there is always a suspicious person standing around, or they might be facing you on their phones. They are truly antagonizing you.
- Street theater. E.g. Random people try to spark conversations with you like they know you. Or If you every hear strangers talking loudly, saying some of the exact same words you spoke earlier or recently.
- Neighbors are involved and communities. It is given a green light to watch you. E.g. Suddenly conflict with neighbors.
- Noise campaigns. (You get passive aggressive attitudes by your community. They will cough and etc).
- You might hear V2K through the walls and think that the neighbors are talking to you.
- People might seem meaner suddenly - You'll experience this outside the house, at work or even around your neighbours. There will seem to be a lot of conflict or negativity from everywhere suddenly. E.g. Work harassment increases.
- Repetitive coincidences. They want you to know they're watching you, so they generally will continuously repeat doing something to get you to notice.
- Are you getting any numbing tingling burning sensations in your body?
- Does your head get hot in no time or another spot of your body?
- Property vandalism / car vandalism"

Third answer: "Well you will eventually figure it out because they become more and more aggressive when they do not get what they want. Thing is, what ever they use as their excuse to justify their actions for hazing, stalking, harassing and flat out insane foul behavior, they would have came up with something else all together. Control is the ultimate driving force, they have none in their own lives, they pathetic humans that literally have no soul. Don't let them take yours. We as the targeted individuals, need to stand together. They are weak, you need to find weaknesses in each of them.

These people that are part of this network of "gang stalkers" likely don't even know how hugely vast and wide the harassment is to the "Targeted Individual" or "T.I." I believe that the people

stalking me have one person amongst them that was initially asked to be involved. And I am speaking of the group that lives close to my home. Of that group, one maybe two have a more in depth awareness of how enormous their whole group is world wide. The others I think are doing it because the clan leader has convinced these people of "you're a piece of shit", and they're doing society this justice in literally making your life nearly impossible, cutting you off from all your loved ones, closing you into a small space that they can control you, and allowing you access to the world when they and how they want.

That is not why it begins, nor is that what the research is about. And what ever you do, DON'T LET THE FUCKERS WIN!! They're mind fucking you and you need to live your life. The main purpose is to focus on mind control and these assholes think they are going to bully you, push you and make you do things. Do not feed into it, attempt to live a normal life, and just haze the fuck out of them. Do it in public, do it in private, take pictures post the pictures but be subtle. Ill share video, audio and pictures of my asshole clan, I call them the "droners" "claners" hate group! My group has a small drone network, every time i leave my house, 1 or more are following me. We should start a website to out each and everyone of them.

Just remember, do not let them cut you off from loved ones. they will hack into your phone and steal your mail. Soon you won't be getting any phone calls, and you start to feel angry at your family for never calling, especially with how they treat you. I went through this, only to found out this bitch ass was just fucking with me. Hang in there! Remember, there's a shit ton of us out here too!) We can use drones, jammers, and bad computer skills of we work together!"

How do you know if you're being gang stalked? Part 2

Fourth answer: "I figured out I was being stalked because of this weird rule of threes I have. If something happens twice still may be a coincidence, but after the 3rd time something is going on. So if the same car followed you at 3 different times, then you may have something. Apply common sense if you leave your house at 7:30 to get to work by 8:00, the other person could be doing the same thing.

If however, you have a trip to grocery store, a doctor appointment and a trip to the hardware store at different times on different days and that car was in your rear view 3 times it is happening.

You don't want to get paranoid if it is not happening. Also, do you just have one creepy stalker or does it seem like many people are doing it?"

Firth answer: "Hearing voices? Because theyre using v2k weapons/audio weapon? Feeling pressure, suddenly chills or heat spots because they're shooting the electromagnetic energy or sound pressure? Feeling small aches in your frontal lobe where they caused because of pressure headaches? Got random weirdos driving by using gestures or looking at you like they been talking about you the last decade?"

These are some of the basic symptoms of gangstalking from there you just start noticing other stupid shit like whys there a fly on the wall? Smash.. Why was it all rubbery? You know next thing you know you got knowledge of all the spy equipment possible for defense and as well as usage if you wanted. Now you know a fact it all exists and how it works so.. You can start stealing all their ideas."

Seventh answer: "

- Obnoxious shits spreading lies on
- They stand in their crowds gossiping and looking in your direction
- Things start happening first they will put you in a confusion state
- Work harrassment increases
- Dehydrated a lot needing to drink more
- You no longer get a goods nights sleep
- Morons talk to you through a wall
- They repeat what you say (mimic you), usually with street theatre.
- Cars follow you everywhere you go or you hear v2k in the car.
- They expect you to call them gang stalkers to make the nothings they are feel superior
- They try to discredit you get you jobless
- Neighbours start to be mean to you
- They put voices in other people's mouths make it look like family and complete strangers look like they have said something to you and their lips have not even moved. (Usually sound equipment).
- If I knew anyone who was being stalked I would not give a shit who they are I would stand by them and insult their stalkers".

How did your gang stalking end? Was it gradual or all at once?

Found this post on Quora: (Thought people might like to see other's stories).

First answer: "It lasted 10 years and stopped when I moved out of the country during the first summer of the COVID pandemic. The borders were closed in the local area and apparently no one could pass through here, so life turned back to the way it was before the 10 year nightmare, literally overnight.

And since I work in IT, I can still earn a decent living by working remotely.

And that is my best tip to all my gangstalked brothers and sisters out there:

Get a job you can do remotely, if you like. Keep your circle of friends small and treat them well. And the stalkers can stalk and smear and pull their vile little tricks, but it ain't gonna hurt."

Second answer: "Mine seems to be ending. But curious about other people's experiences.

For at least ten months I was pushed, quite aggressively, through all the stages of it. Mine did locally.

For me, tactics have focused more around using sleep deprivation combined with strong tactics from people. When they didn't work it changed to sleep deprivation and with a reduction in tactics.

Now, sleep deprivation is combined with a reduction in tactics, and a lot of electronic harassment in the form of coloring my perspective in the form of cognitive dissonance. It's just the feeling and perspective. It's more like they're pushing me to change my belief through this. But, overall, it just makes me frustrated in uncomfortable.

Also, I found out that this whole gang stalking thing actually just mirrors domestic violence, but in community form. On my end they're not trying to discredit me with a mental illness, but either used it to try to make me think I had it or just to instill fear, anxiety, and a sense that something is wrong with me as a person.

I'm pretty sure if people were told I was mentally ill they wouldn't get involved. And workplace mobbing actually mirrors domestic violence.

FINALLY: Don't EVER think gang stalking DOES NOT end. It most definitely does. The abuse within mine has declined so much. My neighbors aren't nearly as involved as they were previously. And when my declined that's when cognitive dissonance was done. And things aren't scary anymore. Most of the emotions that I had in the beginning now have to be created and sustained through electronic harassment rather than people. And when they create these emotions, they create them when nothing is actually happening, and then they color my perspective with the feeling of unreality that is common in cognitive dissonance.

I guess if they've declined in and are resorting to electronic harassment that must mean my experience in it is nearly done!".

Third answer: "It happened twice to me once in 2021 and once in 2022.. The first time it lasted for 6 months. The second time less than a month. The first time it ended pretty quickly out of nowhere around the end of July in 2021. The second time it was more of a gradual slow stop. I have anger issues so it was really a test for me not to lash out at these people scream at them and tell him to go f*** themselves.

It's definitely a test of your sanity and patience. Would recommend anyone going through this to find God or a concept of a higher power/religion. That's what's going to get you through this as well as family and friends

But it ended finally and I actually thought it never would to feel like you're in a Twilight zone".'

Fourth answer: "Mine ended all at once and suddenly. Lasted about 6 years. What I did to stop it all was from once I realized that it is all about manipulation, emotional/mental abuse and a lot of gaslighting. I came to the decision to stop reacting. To stop allowing them to control my mood. I am a very creative person so I pushed all of my emotions into my art. I outright started to ignore all of the things that were happening. I never told anyone what was going on only my husband. a year after I started to ignore it all and funnel all of my emotions into my art, with in a year they just one day upped and stopped.

I see gang stalking as a very group of people who really use a lot of psychological abuse to instill fear, anger, frustration and of course I do believe their end goal is to have the person to be seen by their family and friends as mentally ill, paranoid and all of those sever illnesses. You need to be very smart and aware during this all. My best advice is to not tell many people what's going on unless they are very close to you, know you very well and have an open mind and understand such abuses as gaslighting, mental and emotional abuse.

In the end you just want it to stop. Ignore it all, they will go away. It's like standing at an elevator and pressing the button. If the elevator doors don't open, you simply go to the next elevator. If you do NOT react to their techniques, they simply go away. They thrive, live, breathe and feed on every single reaction they cause. When you do not respond, they get bored. Why should they hang around if there is absolutely no reaction, good or bad? That's how I stopped what was happening to me. Try it, it's like anything in life. You get very bored and will simply walk on off if something is not reacting to you. Same with the gang stalkers, no reaction to them there's no use at that point. And they simply move on".

How does gang stalking start when you've done nothing wrong?

Post found on Quora:

First answer: "Gang stalking is a very serious and alarming issue that can have a devastating impact on victims. Unfortunately, it is relatively common for people to be targeted for gang stalking even when they have done nothing wrong. This can be incredibly confusing and frightening for victims, as they may not understand why they are being targeted.

There are a number of possible ways that gang stalking can begin when a person has done nothing wrong. In some cases, the targets of gang stalking are chosen randomly with no known reason or motivation. This can be especially frightening, as the victims may not be able to identify the source or cause of their targeting. In other cases, victims may be chosen based on their connection to someone else, such as a former partner or coworker. In these cases, the gang stalkers may be seeking revenge or trying to discredit the victim's connection to the other person.

Additionally, some victims of gang stalking are chosen because of their lifestyle or beliefs. For example, some gang stalkers may target people who they perceive as being socially or politically active, or those who are part of an unpopular group or minority.

No matter the reason, it is important to remember that gang stalking is a serious problem and that victims should seek help if they feel they are being targeted. If you or someone you know is being targeted by gang stalkers, it is important to reach out for help and to report any suspicious activity to the police".

Second answer: "Some one could be jealous of you. You don't have to be doing something wrong for gang stalking . It can be someone who is jealous of you & got it started. It could be a neighbor of an ex lover. Someone who simply wants to cause you trouble. Most people who are gang stalked do nothing wrong, so why would you think that? Don't."

Why low frequency earplugs might help with V2K:

First user comment: "Earplugs don't help much because V2K stimulates the auditory part of your brain bypassing the eardrums."

Second user reply: "For decades, low-frequency sound, i.e. sound with frequencies lower than 250 has been considered to largely bypass the inner ear even at intense levels, simply because human hearing thresholds for frequencies below 250 Hz are relatively high.

Some community gang-stalking groups use audio equipment primarily, to harass their targets. They can use a low frequency microphone to listen and spy on you. (Most likely a condenser as they are quite sensitive). Or project V2K with low frequency speakers, so you can hear voices and other troubling things. Low frequency can travel over 250 meters and can pass through most martial.

"The typical frequency range for a subwoofer is between 20–200 Hz. Professional concert sound system subwoofers typically operate below 100 Hz"

So technically speaking a powerful enough subwoofer assisted by an suitable sound system could perform V2K and there are many different types of subwoofers out there.

So you just need earplugs that help block out low frequencies and there are many different industries that get exposed to low frequencies everyday.

You could google these and look at their reviews or see what material they are made out of and designed your own. (But I wouldn't recommend the second one, unless you know what your doing)."

This is the article the first user was referring too:

"What you hear influences your dreams:

If you have a tendency to doze off while listening to your favorite radio station or youtube series, some science suggests that the voices you're hearing might influence your dreams. In fact, hearing human voices in the background could affect your sleeping brain in a specific way. It turns out that we still hear and interpret speech while we sleep.

E.g.

Our mind interprets the noise occurring around us while we're asleep, and makes it a part of our dreams. This means that sometimes in our dreams we hear a sound from reality which is incorporated in a way that makes sense to our subconscious state. For example, you may be dreaming that you are in a concert while your brother is playing a guitar during your sleep. In one study, researchers found that there was a significant difference between the dreams of the people who heard no music and the people who did. The ones who did hear reported that they had heard music in their dreams.

How do they use this every factor against you?

What is V2K -

"Voice to skull (V2K) is becoming more and more common these days. V2K is used for transmitting voices or low/high frequencies. Voices can be for commands or harassments attacks that may mimic the target's voice. Gangstalkers do primarily use their own however. V2K can also use to induce or manipulate dreams or to delay TI's sleep." There are many ways this could be done but they are using V2K to influence your dreams as the first paragraphs explain. Some community gang-stalking groups use audio equipment primarily, to harass their targets. They can use a low frequency microphone to listen and spy on you. (Most likely a condenser as they are quite sensitive). Or project V2K with low frequency speakers, so you can hear voices and other troubling things. Low frequency can travel over 250 meters and can pass through most material. (There are different ways to project V2K but with Community Gang-stalking, it's the most common method to use audio equipment).

It's all about blocking or minimize the effect of V2K, no matter how it may be projected.

How to minimize the effects of V2K or dream manipulation:

First answer: "I have more control over my dreams now because I trained myself in lucid dreaming. So if my gangstalkers try to spend or say anything nasty via V2K, when I am asleep. I can now control my response and my dream's response.

E.g. When I am sleeping, they could say something like: "Your loved one is now dying" So you dream about it. However instead I will be dreaming about me and my loved one flying around. Therefore they can't make you dream, what they want. You are in control of your dreams. Lucid dreaming has assisted me with this".

Second answer: "I sometimes use moldable silicone earplugs or blutac and put only one in my ear, at a time. E.g. Only one silicone earplug in my left ear. (But careful with blutac it can get stuck in your hair. I do this at home, in the car or going out to the shops but you might wanna cover them if you're heading out in public view).

I find this method helpful because it blocks out some of the sound (V2K) and forces my brain to eventually ignore it, especially if there's additional environmental noises such as wind, cars, birds, other people talking and etc. My brain can't possibly focus on everything at once. And if there's not enough noise I can create some, like turning on the TV and playing music. (You can have both playing at the same time, if you need).

So I naturally block out some of the V2K and maybe even forget about it for a short time. Thus it's no longer fully getting my attention, so now I can pay attention to someone or an activity and eventually they will have my full attention as well, without the major effects of V2K. Because I use noise to naturally block them out and can now focus more on my tasks or on someone else.

You don't always need noise tho, sometimes even just wearing one ear plug can have this affect. (It just forces your brain to only focus on so many things at the same time). Noise just helps, whether naturally environmental noise or one you can create.

This also works while I am sleeping because my brain is blocking out some of the V2K because it can't listen to everything at once, even when I am asleep. So gangstalkers can't fully manipulate my dreams, if they tried.

You can always just leave the tv on as you sleep as well.

My friend recorded and made a noisy audio file with a variety of different noises. They had whispering, dog barking, wind and other random things. He said it was to confuse themselves and annoy the gang-stalkers at the same time - if they were spying.

He said if they produced V2K, he wouldn't be even able to tell. If it was his sound file or them. Thus he eventually stopped caring and started to naturally pay less attention. I guess it was like brain training for him".

Link to

article: https://www.reddit.com/r/TargetedSolutions/comments/15ehb6v/one_method_of_dream_manipulation_community/?utm_source=share&utm_medium=android_app&utm_name=androidcss&utm_term=1&utm_content=2

Gangstalkers are nothing more than Ikea perverts.

Anyone who is currently Gangstalking you didn't make up the phenomenon known as Gangstalking; They were taught and learned it from others.

Gangstalkers are nothing but lazy pre-package perverts and nothing more. They send other people out to harass you instead. E.g. When you travel - They send others to watch you and to give the overall affect that they're "everywhere". (What a waste of petrol and mileage on the follower's car).

When you head to work- Someone has to literally wait all that time and that could be hours. Additionally they do this, so they can continue to project V2K as well.

When you go out to restaurants or hotels, they may need to send someone inside, if your location isnt directly contactable via car.

Either way, your stalkers didn't invent gangstalking - They merely learnt it, thus = pre-package perverts.

Don't let someone so sad or stupid, have any power over you.

How the Enemy Manipulates us.

Exaggeration of strength and hiding weakness - they make it look like they know everything and are omni-present but they are not. Illusion of power - you will find that even many people are in on it, they are not all powerful and there are ways to fight them like keeping your mental and physical health up.

Jump Scares and theatrics- Suddenly pushing attacks/information/stalking that have an effect on mind and body which makes the victim think that they are under large scale attack but it is often not the case. Focus on trigger words and sudden events to give the illusion that all hell has broken loose but if you keep a calm mind, you can weather any storm.

Continuous repetition - negativity and making the situation worse than it actually is. Continuous negative assertions drag the consciousness down into the pit of despair. We must learn to ignore or reverse these into positive affirmations for our subconscious mind.

Lies, disinformation and deception in order to make the person think and do what they want. Misleading info, narratives with no solution, negative stories all serve to drag you down and make you feel helpless and afraid.

Keep the target ignorant of the truth since the truth will set you free and knowledge is power Will often make you lose progress/peace/happiness through doubt and make the target believe they are doing the wrong thing when in fact they are on the right path. Inversely, they will provide happy feelings, satisfaction, reduce pain etc. when the target is doing what they want. Will do anything and everything to turn you away from God, reading the scriptures and meditation including exploiting biases, beliefs and past experiences.

Make you selfish, prideful, angry, fearful so that you are easily manipulated and misled. Selfishness keeps all the Goodness out of your experience - if you help people even if they don't deserve it, you will find that the universe will help you - Selflessness

By focusing our attention on creative activities we enjoy like writing, art, music, physical exercise and other avenues other than thinking about the actions of the gangstalkers and the sufferings, we are able to keep our mental and physical faculties intact and be in a more positive state which is better equipped to handle this kind of assault on the human body and mind.

What do people mean when they say they "heard" something? Do they actually use their ears or their brain hears it instead of their ears?

What do people mean when they say they "heard" something? Do they actually use their ears or their brain hears it instead of their ears?

First answer:

"The word "hear", in this day and age, is now used to show that one perceives the sound of whatever the source of sound may be, but there are cases where it is not the sound that is being perceived when one uses the word "hear". For example, the expression "I hear ya" can be used to mean that one perceives what someone/something else is getting at (regarding what all of that someone/something else's expressions add up to at the end of the conversing that was done between said one and said someone/something else). It can mean "I understand what you are getting at".

Scientifically speaking, the word "hear" is strictly the "detection and perception" of sound/audio. The ears have the receptors and the brain receives signals that were sent to that brain when sound/audio was detected by the receptors. Due to the brain receiving said signals, perception of sound/audio occurs.

When one imagines what seems like sound/audio, the "what seems like sound/audio that is imagined" is not actually sound/audio. It is one's ability to mentally produce an impressive imitation of sound/audio. There aren't any mics (such as the mic in an iPhone) that are able to be used to record any mentally produced imitation of sound/audio and that is because mics are specifically able to be used to record/etc sound/audio."

Second answer: Contact microphone

Reply to second answer:

Does "what is imagined produce vibrations"? And are brain waves an articulate-expression-form of something physical that can be analyzed and used as a source of determining exactly what someone imagines? Brain waves have never been able to be used to determine exactly

what someone is imagining. Nemrodov explained, "When we see something, our brain creates a mental percept, which is essentially a mental impression of that thing. We were able to capture this percept using EEG to get a direct illustration of what's happening in the brain during this process." The technique uses machine learning algorithms to digitally recreate the facial images viewed by the study participants. Professor Nestor has extensive experience in this field of research. His lab has done studies that recreate digital images of visual stimuli in the past, but those projects, functional MRI (fMRI) scans were used. Getting the technology to work with more basic equipment like the EEG equipment is a first.

<https://www.labroots.com/trending/neuroscience/8445/eeg-read-mind/amp> - Labroots

Reply to that reply:

Ahh sorry — I should of said more, I have a theory that subvocal causes the illusion of reading the mind because people merely "speak loud" and they use audio equipment and a low frequently mic to achieve this but it's just a theory. So I thought a contact mic might be able to record this, like a stethoscope. I am planning to eventually buy a sensitive one to find out.

Thankyou for this interesting read! I  it.

Reply to that reply: Cool. Hope it all helps. Thanks for the comments.

Community stalking/smaller groups:

For some cases which involve community stalking or smaller based groups, the technology is often everyday items that the general public can freely purchase. E.g. speakers, microphone, amplifier, parabolic dish - optional (A parabolic dish is used for listening to distance sounds) and etc.

However the actual setup requires previous demonstration from another or they simply already acquired the knowledge from previous experience/etc.

Now the following points will convey the possible reasons behind this:

- The sensitive yet quiet equipment can record subvocalizations; When you think, you actually use your voice box which still produces recordable sound. (These microphones are also capable of picking up normal speech as well).

= They could easily sell this system setup to private investigators, small business groups for a competitive sale's edge, surveillance websites, and acoustic engineers/scientists or even to the local news papers.

Either way, there is plenty of money to be made from this, for years to come. For example:

- Private investigators

- Police force usage E.g. Provide assistance during hostage situations. The sound setup would be able to hear the plans, actions (footsteps/movement) or general discussions between the hostage-takers.

Police could utilize this new information to help nullify the situation.

- Military usage.
- Helping to solve murders or crimes: Getting additional information - Serial killers, serial offenders or more hardened criminals are known to speak 'louder' than normal individuals. In other words, they have a louder subvocal voice.

The applications are endless. However they choose not to do this but prefer to keep confidential instead.

This implies they are naive, stagnant and not particularly ambitious in life. Which is suitable as gang-stalking does not tend to involve new methods. Their goal is to ultimately wear the individual out through self-destructive methods, due to long term exposure.

They always use the same classic tactics without changing nor adapting from the original harassment structure. Meanwhile the Targeted Individual has this critical option, They have the option for 'change'.

You can change anything you like:

- Your tactics
- Your style life
- Your perspective
- Your actions
- Your responses

The option for change is bottomless.

Thus gang-stalkers naturally tend to have a narrow mind set and are unable to let go once something has 'upsetted them'. This behaviour becomes fixated. Thus their spying becomes action and their harassment scheme begins, before the targeted individual even knows. (Often this happens years before the individual officially becomes a TI on their personal revenge list).

Any information they had gathered during this stage will be used against you or used to get your attention.

Tip - Consider this: How sick a person must be to have audio equipment, purely for the sole purpose to spy on their neighbours.

Then one day suddenly decide to set it up and begin listening. (That's take a lot of free personal time).

After this gang-stalkers will often hear something they don't like, it will be over something completely meaningless and ridiculous.

This ridiculous issue becomes they're reason for harassing the target. Then the harassment scheme begins.

Self improvement or advancement is never a priority in they're lives. They focus on you and waste they're time on you. This 'time' is taken away from:

- Bonding time with family, friends or children
- Work advancement
- Potential studies
- Exploring or travelling
- Hobbies or interests

Note: This type of narcissist trait/behavior is merely a symptom of a border-line personality disorder.

Now with these listed behavioral traits & ingrained activities. The reason why they don't sell the system setup and become wealthy - Which most of them could use.

They are either scared about the possible outcome from whistleblowing, they're not particularly bright/submissive in nature or they wish to hold the advantage of this method for personal use. For personal use, they hold they're 'gang-stalking' tactics as some holy solutions to they're self created delusions.

Gang-stalking/Work mobbing occurring in every new job:

Question: Has anyone on here that has been group stalked from your former employer, have it happen at every new job after that? I work in a nursing facility and I am already being harassed. I just started a month ago.

Reply: Yes, I have been harassed through 4 different jobs so far? However in this new position, it seems that they couldn't commence the internal harassment. E.g. Either they were unable too or decided against it. My co-workers and employer were not turned against me through vicious rumors, thus the work mobbing never started.

(I do have two jobs and the harassment is only currently occurring in the old one).

These are the reasons, I believe why:

- After my interview, some of them stayed around to watch/study the employees or work environment and decided it wasn't wise to attempt internal harassment.

Or

- They heard/spied on my employer while she was calling some of my referees and decided against internal harassment then. (They were probably studying her personality

or something). I am betting they were afraid that my new employer would tell me. (Not everyone is the same). Either way – They studied my new employment place before I started and decided against internal harassment.

They just use projected V2K and street theatre now instead.

Additionally gang-stalkers usually use their inner circle for the main harassment and the outer circle for less draining tasks. Perhaps none of the gang-stalkers knew anyone that worked there, thus there was no easy access as well.

Or they couldn't convince anyone to participate but it's far more likely that they were simply unable too. Community Gang-stalkers aren't the brightest around.

What do gang stalkers do when they can't successfully and covertly convince a TI that they are just crazy or defective?

First answer: "It really doesn't matter if they convince you or not. Most aren't intelligent enough to convince anyone with a brain anything. Their main target is your health and financial deterioration."

Second answer: "Nothing, they simply keep it up. If they can't convince people you are mentally ill and get you locked up in psyche they will move onto mental illness. They do this using invasion of privacy, property theft and damage, along with street theater. They keep at it until you lash out at somebody trying to defend yourself. The cops will show up and you will be locked up in Jail, for defending yourself."

Third answer: "They will let you think you have won then they will get you out of nowhere once your guard is down. Or they will use whatever feelings you currently have to manipulate you to achieve their other goals."

They are the psychiatric asshole, they have many tricks up their sleeves... But if that's their objective then it's unlikely you will realize what's going on to begin with, they will thoroughly fuck with your head eg they will induce auditory (V2K) and etc.

They don't just target people at random, all are selected, you may notice how most are easy to isolate, they avoid targeting people who are well financed, resourced and well supported by friends/family, because things could become messy to handle/clean up.

They like to target people where the individual is already very isolated or those around them can be easily turned away from them or used against them.

They may also befriend that person well in advance to profile them or to aid in pre-isolating and conditioning them to be used in the future or even continue to play the part without ever letting their victim realize they are one of them.

However it's important to realize any genuine friends, they may intentionally try to create doubts and mistrust so you turn away your only help as well, so one would have to always think things through before jumping to conclusions as they like to make victims act before they think.

Most victims are also just training tools, simply put to train recruits or operatives getting additional training, so they select members of the public to become the dummies for such training. Which is why a lot of the stalking is overt, it's intended to isolate you and make you appear crazy to normal people, so basically few if any will try help you."

Forth answer: "Simple answer. They continue because they are sick and stupid. Those that perpetuate tend to be low life thugs, uneducated, very needy, etc... They only feel confidence while online broadcasting to you their prescribed comments via conversation. It is a business. So again, they continue on trying to convince you."

Fifth answer: "They up the harassment and start a smear campaign about you to people. Or eventually they just move on to other methods of torment. Their entire goal is to make you as miserable as possible on a daily basis. Theirs is a lifelong mission."

Sixth answer: "Nothing at all, they simply continue to harass you."

Is it possible for gangstalkers to be victims of who they gangstalking? Part 1.

(Hi All! I found this new one today and decided to share, if anyone is interested...).

First answer: "Yes, absolutely you can - For example, I mock them. I wear hats when they wear hats, I imitate their body language in their cars like they imitate mine. If they are following me, I keep turning until I'm following them. I sit on my porch and observe them."

I usually take pictures without being seen and show them on my personal blog. I also posting videos as well. ...So who is stalking who? They think they are stalking you but if you know who they are you can flip it and do the same things to them they do to you."

Second answer: "Any gang stalker with 2 cells between the ears should fear a TI. we are commonly far more intelligent the team members, and you never know what we have up our sleeves to protect ourselves, and pave your way to a cage."

I usually play a annoying sound file or song on loop. (You can also use your mobile, you just need to download a music app, that can loop music for you). So if it bothers you, just play some annoying sound, I like nyan cat myself- doesn't even have to be loud. They're condenser mics are sensitive".

Third answer: "The single best way to get back at them. There is nothing better than acting like nothing is happening go about your day ignore them completely don't show any emotions don't let anyone know that they are affecting you and that pisses them off more than anything that is the best one can do. Because if you stoop to their level then you will begin to lose the single thing that is keeping you alive. The love in your heart."

Fourth answer: "Most people who are gangstalked do not victimize people. It is possible to expose them for who they are. But I like to track mine down and here is my method. I'm hoping it will be beneficial to someone."

This is for gangstalkers who are immediately available for the local area because as soon as you leave the house. That requires someone nearby to follow you.

(Over time you may have gathered a list of car number plates or are currently in the process of adding to that list.) • Write down the car number plates, that suspiciously follow you around, especially at night. (If you cannot see anyone, don't worry they will eventually show themselves over time). • Once you have a list: Act like your going for a walk around the local area, so you can record street by street. Wear a body cam or have a chest pocket and stick your phone in there, so you can silently and distreety record them.

(There are even some apps which allow for silent background recording, this means you just download the app and quickly press the icon on your main mobile screen and it will automatically start recording silently. You stop the recording by pulling the mobile tab down, usually. This will allow you to record and never be expected if someone suddenly asks for your phone). Play around with the app, so you know how it works first. They are usually called background video recorder from the play store.

But do this method, street by street. It will be easier to achieve - You could do more if you like. Tip: Remember you need to ensure that the camera records the neighbor's car's plate for each house. (If theyre not there, you can always try again later).

- Extract the footage from the device and upload it to a computer. Name the video or file after the street name.
- Review the footage and entered all the car's number plates from the footage to the excel document or a word document. But make sure it has some form of organized order, so you can find specific car's plates in the future. E.g. Topic - The street name List - The car number plates for that street. (Numbers of the house are not necessary as you can always check your original footage later or google street view them as well).

Eventually you will have a whole list of the locals number plates and can easily find out, who or which household might be involved. And the more they follow you, the more you will eventually get more suspicious car plates as time goes on.

Tip: If you suddenly leave the house randomly and didn't mention it previously. That means someone needs to be sent out and they're local. Additionally you know what the traffic on your local area looks like too. So you can tell different random traffic and suspicious traffic.

I recommend giving one chance encounter before jumping to conclusions about local traffic. However if your quite far from your home location and you see a local near you. That could worthwhile to note down. For the first time. The second time is odd as hell - Take note.

Faces: If you want faces tho. I recommended trying the same method or by visual sight, on a train instead. They will be forced to spend people after you, no matter what time of day and cars can't fly through traffic signs nor do roads travel in a straight line.

Someone on that train is a gangstalker and you just need to pick, the least busiest time for your area. The less people, the easier it is to locate them. *Never approach them nor interact with them - This is only for research only).

What are they carrying? What are they wearing? Could they be hiding anything? The goal is to find what equipment they're using, by judging what is carryable or for studying local faces instead. What age group are they or what race are they? If you know your local demographic, what local things are near you and what date it is. You can roughly guess, who they might be.

E.g. I have a high school near me and its Saturday - I might have a younger gangstalker after me because it's a family suburb.

Or

If i have a old age facility near me or a older population near me and it's a sunday - It might be the older person.

Or

If i have a lot of green race demographic specifically near me, more than the other local areas and considering they're age availability. It might be them as a gangstalker again. Either way, there are many things to consider and wait upon.

And if you did pocket record this train encounter - You could always screenshot that recording to create a image. And that image or recording is all yours. To do whatever you want with. But remember no illegal activity. (Or you could silently sit near them to freak them out).

Either way - You know someone is one and they can't hide from you."

Forth answer: "You should turn the tables every opportunity you get. Should you attack them? In what way? Are they attacking you? If yes, you have every God given right to defend yourself, lethally if necessary to neutralize the threat.

Chances are, they are not physically attacking you, they are more likely to provoke or solicit an attack, which they are very good at doing. If you are provoked, and you do attack, make damn sure you cover your ass with as much legit evidence as you can get because it just might save your ass.

Be very careful, keep your cool. Do not get into argument or confrontation with them and no contact. You shouldn't never get verbal, you just walk away, none the wiser. The police show up at your door and arrest you for assault, if you do something silly.

Whatever you do, do it right, do it smart. You may or may not need witnesses, depending on the severity. Godspeed!"

Is it possible for gangstalkers to be victims of who they gangstalk? Part 2.

Fifth answer: "Attacking them would in no way be "turning the tables."

That is literally one of the outcomes, along with you killing yourself, going to jail, or getting a schizophrenia diagnosis, they are hoping for.

Turning the tables would be exposing them. Focus on that aspect, please, and don't hurt yourself or anyone else."

Sixth answer: "You will not be able to get rid of them until they allow it, which I don't think will be possible. Best is to watch their tactics, learn from them how they harass you, counter it by exposing them online. What they fear the most is their anonymity being exposed.

Expose who they are this really makes them worried, but do it in a systematic manner and not with force but with your own mind.

They usually take a few apartments in the complex that you are staying in and then work in groups as teams to continue the cycle of fear. Different groups coming and going to continue your fear cycle.

They feed of your fear, they want to make you scared so that they can see that you are in their control. You have to overcome your anxiousness and fear of them, then you will succeed against them.

This is the best you can do, you cannot control what they do, but you can control what you do and how you react. Practice anything that makes you relax, exercise, meditation, deep breathing exercises etc.

One thing they are doing is to keep you on edge by doing sensory overload. They are sensitizing you to this gang stalking and harassment. So when they sensitize you to this you react in fear, anxiousness, and irritation. You have to break this cycle of fear by reducing the sensitizing effect they are giving to you and this you can do by anything that makes you relax and does not affect your senses.

Take less alcohol or cigarettes, they always want to know whether you consume intoxicating substances because over time it adds to fear and increases anxiousness. Alcohol is a depressant and as such increases your anxiousness and causes depression. This is a cycle of fear they want to continue against you and add to your panic attacks.

Break this cycle, control your reaction to fear, identify what seems to be a rational versus an irrational fear. They will make you feel that everyone is after you, but that is not the case, they

only want you to believe this. The only thing they are trying to do is to scare you and irritate you and control your mind. Your mind is the key here. Conquer this, and you will win over them."

Seventh answer: "I strategically distribute a flyer that explains how the program works so that people within my neighborhood become educated and to help neutralize the number and power differential the gangstalkers enjoy. Plus, it helps to explain the insidious slander that is always spread against a targeted individual.

Experience over time leads to increased awareness of what exactly is being leveled against you. Understanding community persecution tactics may not stop it but that recognition will keep you out of the traps they lay.

Setting you up, aka- entrapment, is a favorite methodology of gangstalkers. In fact entrapment overall, is something to always be vigilant for. These fuckers are persistent wily bastards. Do not let them fool you. Someone is always watching and likely recording your responses to provocation.

Through self-discipline we learn to control our mind and our emotional self. This requires commitment and time but is well worth it. "Mental fitness is just like physical fitness, it takes work." Warriors are not created by magic but rather are a result of much hard work and discipline. The alternative is to be a passive human punching bag. ~Our choice every day~"

Is gang stalking ever beneficial to the target?

(I found this question today and selected a range of different answers for people. So if anyone is interested, I'll just leave it here.)

First Answer: "Hell yeah it's extremely beneficial IF you're on a path for Self. You learn all sorts of manipulation tactics that is attempted to be used against you so you study these new ways people introduce and implement them into your own ways. You learn there's an entire world out there.. Theres an entire shadow realm. Different dimensions different areas angles people. Ways to be. If you use your gangstalked experience to LEARN you will be so fucking far ahead of the game that's on my word. You're dealing with Professional weirdos, you can probably learn a thing or two since we live in a criminal capital anyway.

It's about thieving manipulating deceiving to be able to place yourself higher then the next man. For a while I was struggling with being gangstalked by I learned counter attacks instead of fully digesting and fighting back back n forth you script yourself and use keywords that motivate success within.

Let them use their scripts to rot themselves out since.. To do something to someone else means you gotta do it to yourself.. Learn to control your mind dont let the mobsters control you. Just

don't feel bad for the losers and rejects of society because they're actually slimey stalkers that hate ya anyway was what i learned. People thought Bush was crazy ill em all!".

Second Answer: "That's a complex question but in short, yes. For me, it requires me to take a look at myself and the ways in which I was living. It sent me all the way to the other end of the spectrum, but that's not the case for everyone.

It's worth noting people are either cursed in this life or blessed. Those who malign their neighbors are cursed. I choose to take it as the refinement it's meant to be, spiritually. Am I lonely? Yes. Do they monitor me? Yes. Do I miss my privacy? Yes. Is it wrong? Yes, but they will have theirs soon.

I am more powerful than ever and as careful as ever. It's made me more confident in myself. If it takes this many people, with this much money, to try and bring a down a average, non-important person. Then this man is really strong, or they're really weak. So either way it's a positive. They're either really weak and stupid, or I'm just smarter and stronger than them anyway."

Third Answer: "No! These Perpetrators have no idea how much damage they are causing. Also you never know what other issues the victim may be dealing with so you're dealing with compound problems this is very serious and it's very common actually. While these people may be saying oh it's only for their good or the good of the community. The victim may be just wanting to drive their car away from their homes, being driven out by crazy people! Some may do well or learn a thing or two but my case is tough and i don't feel comfortable in anything yet."

Forth Answer: "Is poison ever beneficial to anyone?"

Fifth Answer: "Made me smarter, sharper, and wittier!"

Sixth Answer: "I learned a lot about personal security, about how the world really works, about myself and my beliefs. I believe that I've gained a lot of knowledge and made a lot of personal growth through the experience. I wouldn't recommend it, but I guess I'm not sorry they picked me either. Ha! I guess I win, lol."

Seventh Answer: "Made me more aware of what humans will do to another human for money, bunch of cowards who hide behind computers and vehicles doing noise campaigns."

How do people get involved in the gang stalking perpetrators group? Part 1.

(I found some answers on quora but i couldn't fit all of them into one post, so i had to split it).

First answer: "How do gangstalkers recruit?"

Hmm. That's a very difficult question to answer and I shouldn't answer it but what the hell here goes. First of all? Why in God's name would anyone want to join a bunch of spineless vicious cowards who have nothing better else to do but to mentally torture a person who has done absolutely nothing wrong? Gang stalking groups? Inflict emotional, physical, psychological and abuse upon targets? How much do you know about gang stalking? Are you aware of the effects these people cause to an innocent person? Are you aware that these gang stalkers have no remorse for what they do to targets and their families? Do you know what it's like for us targets living a nightmare always watching over our shoulders waiting for the next pathetic perpetrator to come along using tactics.

But enough with my rant...if one decided to suddenly move into the local area, however... If one of those so called "baddies" move into the local neighbourhood, any pre-established connections will be used. They keel in touch with the neighbours and brings them into the program. They spread lies and bs, spread fear, to get people on board. They usually use people, who live closeby who hire their family, friends, parents, especially retirees, and etc. Its pretty multi-cultural and age diversified.

They hire people whose occupation is mostly flexible and on the road. Such as contractors, self employed people, old people etc. So as soon as you leave the house, they have someone local to follow you.

So sum it up, i don't think you can actually join them, unless your already connected to them or they decide to involve you, for additional harassment.

But Good luck with that!"

Second answer: "There are numerous methods on how gang stalking individual recruit. The most effective ways are:

Manipulation through different forms.

Blackmail through different forms.

Offering of employment (and no not a real job just money for doing something immoral)

Offering different types of services in exchange.

Some people want to join willingly.

Drugs. In some places drugs are hard to obtain, if the person is an addict in any way he/she can be recruited.

And that's about it. Point 1 and 2 have a vast number of sub points but usually if the individual who is strong and healthy mentally gang stalkers can't recruit them.

Also the rest of the community who is in on it don't actually have a clue of what's really going on they just believe that the TI is just a sick person as they believe the gangs lies. It's hard not to when 20 people say the same thing about 1 individual specially from people they "trust".

Third answer: "Well it's best to start out being really scummy. They're looking for people that don't give a damn what happens to other people so long as they get their come up. Those people are ideal stalkers. If that's you, then you're on your way.

It's also beneficial if you are dying to feel like you're better than other people but know in your heart that you never will be but be dumb enough that driving a nice car let's you forget that a pig in a fancy dress is just a pig and a fancy dress. And the loser in a nice car is just a loser with a nice car that he sold out freedom to get.

If that sounds like you then I guess what you should do is move in somewhere close to a targeted individual and you'll be recruited to help torture them.

So I don't think you do, unless you were already part of the group before it began gang-stalking. You could start your own, I suppose, but it would lack the quality of authenticity, given that gang-stalkers usually have some."

How do people get involved in the gang stalking perpetrators group? Part 2.

(I found some answers on quora but i couldn't fit all of them into one post, so i had to split it).

Forth answer: "Gangstalking is not magic. It usually occurs when a lot of individuals conspire under the influence of some sort of prejudice or willingness to persecute someone. In many cases the victim of gangstalking was defamed in some way. Neighborhood watch and other untrained opinionated vigilantes are the obvious offenders of gangstalking, including fanatical religious and unofficial political groups.

Some people need an excuse or other encouragement, and that's why many people use the law as cover, and to convince other people into stalking and harassing someone. They don't want to be held accountable for a crime and that's why the law is assumed to be their perfect cover. This is called acting under the color of law.

Or

They usually know each other and basically its word of mouth which spreads quick as fire does. That person will tell his/hers circle of friends, those people will tell other circles of people etc. Everyone who is told about a target joins in, so on and so fourth, kinda like the effects of dominos falling one after the other. However, even though they know each other they make out to a target they don't know each other.. (they are not intelligent) a target always KNOWS.. LOL.

Or

They use community watch groups who don't take much convincing and are eager to "help". It's actually quite sickening.. what they say about a target individual.. really horrid things that aren't even true.. They also 'blacklist the target permanently..

Gangstalking only occurs on account of some sort of prejudice, and the spirit of gangstalking awareness should not be violated by accusing innocent people of stalking. That is what gangstalkers do. It is not gangstalking if someone has personal needs or makes personal requests of another. Anyone who does not believe that gangstalking exists is probably guilty of it themselves or covering for someone that is guilty.

God Bless."

Fifth answer: "The way I figure it is, is that they're either just your every day bored out of their mind type people that become obsessed, or they're fanatical types with a moral agenda, sadists or scam artists with a financial incentive.

Basically just about anyone from any walk of life, that develops an extremely intrusive, unhealthy fixation with your life.

I'm not just talking about some internet trolls that constantly want to have the last say in some none-sense argument, or someone that has some type of temporary love crush, but certain types of people whether they realise it or not, becomes a heavy taxation on your mental health, because they want to obsess over every moment of your life.

Sometimes these types of people can be a collective conspiring organisation of 'gangstalkers', but some of the behaviour I've detailed here today definitely can contribute to the feeling that you're being monitored, watched, spied on, followed etc'.

These are some of the reasons why I believe that too many people in the world today, show others entirely too much attention."

What does Zersetzung and game theory have to do with gangstalking? Part 1

(I asked this question on some forms and was given these answers, so I thought I would share them).

First answer: "Zersetzung is merely an old German war method/strategy used to harass and target individuals. (Who were deemed enemies of the state, during that time). However gangstalkers only use some of these methods and tactics from this scheme...I'll explain further:

Zersetzung is a German term that translates to "decomposition" or "corrosion" in English. It refers to a covert psychological warfare technique employed by the east German secret police, during the cold war era. The primary goal of Zersetzung was to undermine and disrupt the lives of individuals perceived as threats.

Gangstalkers have adopted some of these old German tactics into their current harassment methods/schemes. But in most cases, the actual main gangstalkers/handlers are not the physical government but probably are your neighbours instead.

Zersetzung involved a wide range of tactics designed to psychologically torment and destabilize targeted individuals. These tactics included but were not limited to:

Surveillance: They would closely monitor the activities of the targeted individuals, including their personal and professional lives, to gather information and exploit vulnerabilities.

Psychological manipulation: They would employ psychological techniques to manipulate the targeted individuals. This could involve gaslighting, spreading rumors, or manipulating personal relationships to create distrust and isolation.

Property damage: They would engage in covert acts of sabotage, such as breaking into homes, tampering with personal belongings, or spreading false evidence to create confusion and anxiety.

Interference with employment: They would interfere with the targeted individuals' employment by spreading false accusations, creating conflicts with colleagues, or pressuring employers to terminate their contracts.

Legal harassment: They would use the legal system to harass and intimidate targeted individuals. This included arbitrary arrests, interrogations, and trumped-up charges.

Now, the connection between zersetzung and gangstalking is a controversial topic. Here are a few more examples of psychological manipulation tactics used in both zersetzung and gangstalkers:

Gaslighting: Gaslighting is a tactic in which the targeted individual's perception of reality is intentionally distorted. They would employ methods to make the person doubt their own memory, perception, or sanity. They might rearrange or tamper with personal belongings, move objects around, or deny previous conversations or events, causing the individual to question their own sanity.

Rumor spreading: They would spread false rumors about the targeted individual to create a negative public perception. These rumors could be about personal relationships, political affiliations or criminal activities. The purpose was to isolate the individual socially and damage their reputation.

Isolation and ostracization: They would work to isolate the targeted individual from their social support networks, including friends, family, and colleagues. They would manipulate relationships, sow seeds of doubt, and create conflicts to erode trust and isolate the person emotionally.

Manipulation of personal relationships: They would interfere with the targeted individual's personal relationships by creating conflicts, fostering mistrust to their personal lives. This manipulation aimed to create tension, disrupt emotional stability, and weaken the individual's support system.

Psychological pressure tactics: They would employ various tactics to exert psychological pressure on the targeted individual. This could involve constant surveillance, frequent interrogations, or threats of harm to themselves or their loved ones. The goal was to create a state of constant fear, stress, and anxiety.

Discrediting and humiliation: They would attempt to discredit the targeted individual publicly by fabricating evidence, spreading false information, or staging situations that would lead to their humiliation or embarrassment. This tactic aimed to undermine the individual's credibility and self-esteem.

It's important to note that these tactics were employed in a systematic and ongoing manner, designed to wear down the targeted individuals psychologically and emotionally. The cumulative effect of these manipulations was intended to make them feel powerless, paranoid, and isolated, ultimately weakening their ability to resist the regime or engage in any form of opposition.

While some individuals who claim to be victims of gangstalking believe that their experiences are connected to Zersetzung-like tactics. There are only some superficial similarities between the tactics described in Zersetzung and the experiences described by victims of gangstalking. It's crucial to approach the topic zersetzung with skepticism.

But these points are similar because gangstalkers simply use the basics of zersetzung to apply in their modern day harrasement tactics. But gangstalkers have additionally features and twists such as V2K and more. The rest of zersetzung doesnt fit in.

As gangstalking is still a very much alive phenomenon while world war 2 is way gone.

Gangstalkers just use some of they're tactics because it has already been proved successful in the past, with other individuals. And that's probably it."

What does Zersetzung and game theory have to do with gangstalking? Part 2.

(I asked this question on some forms and was given these answers, so i thought i would share them).

Second answer: "As applied by the Stasi, Zersetzung is a technique to subvert and undermine an opponent. The aim was to disrupt the target's private or family life so they are unable to continue their "hostile-negative" activities towards the state.

In gangstalking, you'll hear also about game theory as well. It's why people keep methoding game theory in gangstalking too. E.g. Game theory is a strategic that studies decision-making in situations, where the outcome of one's choices depends on the choices of others. Which in this case - Your reaction to your gangstalkers, only you can control your reactions and behaviors.

Game theory provides a framework to analyze and understand the interactions and strategies of individuals or groups. - Gangstalkers study you first and learn your weakness or strengths. So they can use it against you later.

Some say the gangstalking phenomenon on the other hand and often disputed concept that refers to coordinated harassment, surveillance and intimidation of an individual by a group of people. And there is no direct connection between game theory and gangstalking because gangstalking does not involve a typical strategic interaction or game-like scenario.

However game theory is all about analyzing the situation and this is what gangstalking is truly about. Both to the gang-stalkers and targeted individual.

For example:

Understanding the historical context of psychological warfare provides insights into the human capacity for manipulation and the impact it has on conflicts and outcomes. Throughout history, psychological warfare has involved tactics such as fear, deception, and surprise to undermine opponents' morale and will to fight. Ancient strategies employed tactics like war elephants and generous deals to instill fear or manipulate adversaries' actions. It's all game theory really. E.g. Like chess - You have two players and one game. The aim is to win, whatever that goal may one. (No matter how small, trivial or major the aim is).

E.g. In this case player one is a targeted individual and player 2 are the gang-stalkers. The aim of the game is for the gang-stalkers to get what they get. And for the targeted individual player to endure this. However player 2 is only reflective, looking for weaknesses and doing repetitive things to break the target individual's will down.

The player one targeted individual has limitless options and reactions they may choose. Knowledge, connection, and proceeding forward is their weapons. They're power is creativity and other many players have been through the same game already.

Just waiting and willing to offer some cheat codes. So i shall to you? Who is really the master? (Your gonna be hearing those terms alot in: Zersetzung and game theory, in the gangstalking phenomenon).

How to manipulate Social Media to raise Awareness about Gang-stalking or your evidence:

Social media is a useful tool to spread awareness about Gang-stalking or Community gang-stalking. E.g. I use my reddit account to post funny videos, memes and etc. While also posting on gang-stalking communities as well.

If people find your entertainment post funny, sometimes they will naturally click on your profile and see your posts/profile description about Gang-stalking. Thus people are introduced to the topic/subject matter of Gang-stalking. (Even commenting or interacting with your local suburb online group can achieve this method as well. Just offer something funny or helpful to say and people will sometimes click on your profile as a natural result.) Remember don't actually mention gangstalking in these groups tho, just be a normal fellow community member.

Additionally: They will see your evidence videos of people getting involved as well. E.g. Perfect way to indirectly show who is involved. (Once they click on your profile).

Or you could hand out flyers and such.

I have done this method to rise awareness in my local area but on a another account anyway. And as a result someone in my local area decided to spray that to a known wall.

P.s. try to avoid spray painting things. That's a crime and really not recommended.

And the benefits from of this tactic is to help others such as:

Even if someone doesn't believe or fully understand the concept/phenomenon of gang-stalking, does not mean it wouldn't be potentially helpful in the future to them. Because if they know about the topic matter or even just remembered the word of "Gangstalking" itself. (As the name of gangstalking is self-explanatory and has the very description within the wording).

Simply knowing about the topic or the title itself will eventually direct the victim to information regarding the subject matter and there are many posts/ documents about the entire process of gangstalking. (From the early stages to the late stages).

The target individual could bypass the gangstalker's structure scheme with early access to that information, they find online. The targeted individual would discover about the stages of gang-stalking, what behaviors to avoid and how to combat some of the effects, with internet research.

E.g. To make someone look silly in front of their family/peers which might send them to an mental hospital if they try to explain what's happening to them. (They could avoid this stage with early access, before the damage is even done).

However with early access to that information, the targeted individual could combat this pyramid screen and never fall for the early stages of it.

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E.g. To make someone look silly in front of their family/peers which might send them to an mental hospital if they try to explain what's happening to them. (They could avoid this stage with early access, before the damage is even done).

However with early access to that information, the targeted individual could combat this pyramid screen and never fall for the early stages of it. (Because they remembered the name or the actual information of gangstalking, thus bypassing the gangstalker's plan).

E.g. A new targeted individual starts to notice odd or weird things happening...They would think.. Targeted individual: "Hey, what's happening to me seems funny or remarkable familiar...I swear I have heard of this before somehow". And thus starts the process of early access.

What small actions have you taken to retaliate against your gangstalkers or what options do I have to respond? Part 1.

(Hi All!

I found this question on a different social media website and took the most popular answers, some are kinda long tho. So I decided to post in two different parts for everyone.

Anyway hope someone finds the read interesting or at least helpful.)

First answer: "Gangstalking may be perpetrated by anyone.

A disgruntled former lover.

A former employer.

A police officer.

People you work with.

People you live with.

Angry neighbors.

Conditions can vary and you have been sensitized to reply to certain factors as well. Like certain noises, key words and etc.

Hell, your situation may be all of the above. The common factor is always the same: you're being stalked and harassed by more than one person in a coordinated way.

Speculate as you may, contemplating the "Why me" or the "When does it stop" or trying to understand why anyone would do this to someone but you have little control over what other people do or how crazy they actually are.

Whether unintentionally or by design, the target of gangstalking almost always becomes isolated and paranoid.

The only real recourse a T.I. has is strength in numbers! It's natural law in its purest form.

Think about it.....

You feel powerless and angry because you are alone and outmaneuvered. You're surrounded by bottom feeders clawing and scraping at your sanity and well-being.

Most of the ground level perps are pathetic losers. Shallow, delicate creatures, with noses so brown their faces stink.

That's who you are letting pick on you. A bunch of shit heads!! Enough is enough. Uniting and winning small battles one at a time is the path to victory.

Small wins add up. Don't think for a second they don't. Anytime a person is being bullied and they fight back, they feel ENERGIZED.

Revitalized and charged. That's the way to be.

They hit them head on with sharing information, sharing your experiences and offer others advice! There is strength in unity and maybe one day...With enough information - We can solve this horrible plan together. Or at the very least, help another person in the earlier stages or just simply help someone in general.

No one can sit back and take the beating forever. Show them that we are tired of being attacked by connecting with others, whether that's through social media, an online targeted individual online, in real life or etc. There are many different ways of connection, just pick what's best for you.

I see a group like this with 15,000 members and I imagine an army of SURVIVORS. Resilient, sculpted warriors crafted by conflict.

Perps couldn't walk a day in your shoes. The struggle is real. The realist thing about it is YOU are not alone.

None of us are, not really."

Second answer: "How do you stop Gang-stalking..?"

I think every target individual world wide has been wanting to know how to stop the madness of gang-stalking.. The reality is? You can't..but you can adept or try different tactics.

What you can do though in order to save yourself from gang-stalking, to make things easier on yourself and induce a sense of normality back into your life and your loved ones, is survive and remember you still have a life outside gangstalking, no matter how hard that may to achieve or remember sometimes.

It's probably one of the main things that a target can do. I was suffering for years and still do but realized one thing. My life still needs to go on - I have more control of the situation the way things are now for myself and my children.

I've analysed things better and clearer than I had all those dreaded years ago and I've secured my family unit.

I've learnt and understood of what to do? And what not to do whilst we are harassed 24/7. Wasn't easy to begin with but so far the strategies I have in place now are working.

It sucks being a target no doubt about that, but nothing can change that, all we can do is survive as best as we can without things escalating any further.

The approach I've taken is surrounding my children and myself with home and personal security, I've secured our lives with plan of actions, changed our lives around to suit us and our needs, taken control back, I lost from this lame gang stalking group I'm in charge. Not them.

I have taken up hobbies such as getting back to things I use to enjoy and trying out new ones as well. I find mediating, listening to music, going for walks, spending time with friends and family, very helpful. Making the changes that I have, I will say I have certainly seen the difference within my kids and myself and believe it or not? Some of the gang stalking group.. I've noticed perhaps handful of them are not, trying to intimidate me or my kids anymore. It would seem they are backing off a bit.

Maybe I've proven my point and stood up to these nuts or whatever the reason some are backing off, I take that as a blessing, for now anyway.

I am still being watched by the rest of them, just means that I've made changes they've noticed, and most likely realised this and thought:

'Oh shit she doesn't seem to be that bad, that girl has guts'.

But in the earlier days, they use to do this tactic but I no longer care as much anymore, of course.

They would use directed conversation and it's quite clear, for example:

They're having a conversation with another person or pretend it's over the phone and they use more than two trigger words, that's personalized to your gangstalking. So you would know these list of words or phrases quite well. That's one case - Because these words are quite specific to use.

E.g. How "crazy", "no one believes" or "nothing they can do". These words will be mixed somehow in they're general conversation but the overall conversation is still unrelated to private conversations, that you previously had. They just kinda mixed these words into the conversation somehow, in whatever order, they want really. (That's one method).

Or another similar method but still a little different is when, they mention two or more previous private conversations while talking to another person, that they have somehow gotten and it's very specific and spoken in more full sentences. An example of this, would be:

"I'm going to bunnings later on and by the way did you pick up that spray? I just hate the smell..."

While earlier in that day, you actually mentioned going to bunnings and commented on a bad smell to someone in your household. (Maybe someone in your household has a stinky ass, who knows. These are just examples and the conversations are quite different from person to person. But the longer you get gangstalked, the more you'll know what to naturally to look out for, I guess).

Edit: Sometimes they use noises, that you have been sensitized too as well. (That's method three). Most sent-out gangstalkers just use one or two of these methods at the same time but barely ever all three, that would require a longer stay for them.

Please keep in mind, they actually want you to listen. So they can remind you, that you are being followed or watched. This is a tactic to harass you or cause stress to you.

However for myself, I simply don't care anymore, so sometimes it is fun just to play about. I simply avoid eye-contact - hold my nose, rubbed my nose or hold a tissue to my nose and ignore them. I am simply saying to them: You smell real bad - When did you last have a bath?

I could have a runny nose, who knows? Either way, they will look crazy in public for even confronting you.

Or I will simply leave to somewhere else, like another shopping isle before they can finish they're directed conversation. Their reaction is quite funny. - Aw couldn't get what you came out for? Well isn't that just so sad.

I usually just come back to the original shopping isle anyway, they don't usually hang around that long anyway.

I have also done the following, in the earlier days:

Download a sound file, that sounds like a ringtone, put your phone on silent, stare down at phone like you're doing something on it, have the sound file play for three seconds, stop it and prepare to answer the phone.

Then have your own little directed conversation as well, without being too obvious or insulting. Take a few choice words here and there....Do what they do and use this tactic for yourself, if you want. (You even get the chance to talk over them, technically and halt they're opportunity/fun at the same time).

My aim is to alienate them or cut them off. Either way I take away they're fun and the wanted fear/annoyed reaction that you meant to give instead. I am in control here and merely silently taking that back.

And if you're a real meanie, you could do a silently but deadly near them and simply walk away. Try to avoid noise tho! It's about the beautiful settle things in life.

But overall at the end of things...There's still the rest of them to contend with, which I now look upon them as a pathetic bunch of people who have no souls at all, and wither it be in this life time or the after life either way gang stalkers? Will be made accountable for everything they have done to innocent people.

karma has a way of coming back and if i can have fun with them sometimes while still attempting to get back to my life, the better."

What small actions have you taken to retaliate against your gangstalkers or what options do I have to respond? Part 2.

(Hi All!

I found this question on a different social media website and took the most popular answers, some are kinda long tho. So I decided to post in two different parts for everyone.

Anyway hope someone finds the read interesting or at least helpful.)

Fourth answer: "You've got to keep your eyes and ears open and document everything. Approach stalking with a clear defensive strategy and empower yourself.

Their goal is to isolate you from people that will listen and help and to bring you to the brink of disaster in your life. The only way out, as far as I can see it, is to find what brings you simple joy as well as what gives you strength to persevere and act on it. Follow your gut. You're a survivor and strong - clear and simple. Don't hide, fight back with your wits.

You can do the following steps for your safety:

Dealing with alleged gangstalkers can be a complex and challenging situation. However, it's important to approach the issue in a rational and lawful manner. Here are some general suggestions to consider:

1. **Document incidents:** Keep a detailed record of any incidents or encounters related to the alleged gangstalking. Include dates, times, locations, descriptions of individuals involved, and any relevant evidence such as photographs or videos. This documentation can be helpful if you decide to involve law enforcement or seek legal assistance in the future.
2. **Maintain personal safety:** Prioritize your personal safety and take steps to protect yourself. This may include securing your home, varying your daily routines, being cautious about sharing personal information online, and staying vigilant in public spaces. Consider installing security cameras or alarm systems if you feel it's necessary.
3. **Support network:** Reach out to trusted friends, family members, or support groups who can provide emotional support and guidance. Having a network of people who understand and believe your experiences can be crucial in maintaining your well-being.
4. **Report to authorities:** If you believe you are being harassed or targeted, it's important to report the incidents to local law enforcement. Provide them with your documented evidence and any relevant information they may need to investigate the situation. However, be aware that the response from law enforcement may vary, and they may require substantial evidence or proof before taking action.
5. **Legal advice:** If you believe that you are a victim of gangstalking and wish to pursue legal action, consult with a lawyer who specializes in harassment or stalking cases. They can provide you with guidance on the legal options available to you and help you navigate the process.

Remember, it's important to approach the situation with caution and rely on credible sources of support."

Fifth answer: "I strategically distribute a flyer that explains how the program works so that people within my neighborhood become educated and to help neutralize the number and power differential the gangstalkers enjoy. Plus, it helps to explain the insidious slander that is always spread against a targeted individual.

You will find the flyer pinned near the top of my profile page. Or I print out flyers while walking at night - Sometimes I glue them to posts, walls, trees, inside public toilets or even into people's mail boxes to raise awareness in my local community.

Experience over time leads to increased awareness of what exactly is being leveled against us. Understanding community persecution tactics may not stop it, but this recognition will help to keep us out of the traps they lay.

Setting you up, aka - entrapment, is a favorite methodology of handlers and is therefore something to always be vigilant for. Street theatre, not always on the street, will be employed to entrap. These bullies are sneaky conniving bastards with a lot of free time on their hands. Do not let them fool you. Someone is always watching and likely recording your responses to intentional provocation.

Through self-discipline we learn to control our mind and our emotional self. This requires commitment, energy, and time, but is well worth it. "Mental fitness is just like physical fitness, it takes work." Warriors are not created by magic but rather are a result of much hard work and discipline. The alternative is to be a passive human punching bag. A slow death casualty. ~Our choice every day"

Sixth answer: "Breaking the Chains: A Targeted Individual's Call to Action Against Organized Stalking

As a targeted individual who has experienced the insidious web of gangstalking, dark psychology and electronic surveillance, I stand before you with a voice fueled by assertiveness, courage, decisiveness, and empathy. The shadows of oppression cast by these tools of control must be exposed, and justice must prevail. Are you a targeted individual? Do you care about justice? Then it's time to take action!

Understanding the Nexus of Control: Gangstalking, dark psychology and electronic surveillance are not isolated concepts but rather interconnected tools wielded by those in power. As victims, we must recognize the implications of these abuses. They are not mere conspiracies; they are the harsh reality faced by targeted individuals. The psychological manipulation, surveillance, and intimidation are orchestrated to instill fear and hopelessness.

The Tactics of Oppression: Unmasking the tactics employed against us is the first step to breaking free. From unexplainable noise harassment to constant surveillance, interference with electronic devices, and even staged accidents —these are the weapons used by perpetrators to

silence us. The covert nature of these attacks aims to make us feel weak and powerless, creating an atmosphere where reporting seems futile.

Signs and Symptoms of Targeting: Recognizing the signs is crucial. Are you experiencing constant surveillance, unexplainable noise, or interference with your electronic devices? Are you facing workplace and social alienation, break-ins, or character assassination? If so, you might be a targeted individual. It's time to defend yourself, stand your ground, and survive!

Empowerment Through Action: It's not enough to be aware; action is imperative. As a targeted individual, I implore you to rise against this oppression. Contact elected officials, journalists, and human/civil rights organizations. Expose the truth, share your story, and be a beacon of courage for others. The perpetrators thrive on our silence; let's break it!

The Call to Action: Contact Elected Officials: Reach out to your local representatives and demand an investigation into these abuses of power. Silence is complicity, and we won't stand for it any longer.

Engage with Journalists: Journalists have the power to amplify our voices. Share your experiences with reputable journalists, shedding light on the dark corners of organized stalking.

Connect with Human and Civil Rights Organizations: Seek support from organizations dedicated to justice. They have the resources and influence to bring about change.

In Conclusion: Defend yourself, stand your ground, survive! Together, we can break the chains of oppression. Our voices united are stronger than the shadows that seek to silence us. Let courage be our weapon, empathy our shield, and decisiveness our strength. It's time to reclaim our lives and expose the truth to the world."

Seventh answer: "Well, you have to understand your weaknesses and strengths and how they can be exploited. It's a multilevel program, some need money, some need your reaction/energy. Once you know how the 'game' is played, it's easy. They're very predictable."

Why do gang stalkers mirror everything targeted individuals have said and done?

(Hi All!

I found this new question on another social media site - The answers were short so I just took the most upvotes one instead. Hope someone liked it).

First answer: "It's a form of psychological abuse, it's used to mock you and make you feel like everything you do or say is foolish. It's useful to create a hopeless state of mind as well.

They want you to strike out against this person, someone innocent or to alinate you from friends or family, if they happen to do it as well. (Especially family and friends as sometimes, people who know you can sometimes just guess what your thinking or mirror you, naturally. Mirroring is often used in social terms to form a connection with someone, they're close too or like. So some people do it, unconsciously)."

They want to break you down as much as they can. They are disgusting. Gangstalkers are low life's that never made it in life. I love how they think they are something special, doing something so very heinous.

Remember, nothing can last forever, no matter what, there is an end to everything. They will have to answer to someone, at some point."

Second answer: "To make you feel watched and followed whatever you go, it is all part of their intimidation tactics.

I once heard, that they use the mirrior tactic to scare you away from forming new human connections in your life. As mirroring does this: By matching the body language and energy of the other person, you create a bridge of understanding and reduce emotional barriers. Building Connections through mirroring can significantly enhance our ability to foster rapport, empathy, and effective communications.

E.g. So if you're on a date and they start to mimic you because gangstalkers have trained you, you start to think your new friend or potential partner is one of them.

Or if the mirroring is successfully, they have just planted a honey pot in your life instead. They made it a lose-lose situation with this method."

Third answer: "I believe that it's all apart of the physiological warfare - They say and do things in front of us, that make us know they have been watching and listening.

They mimic you to get on your nerves, to piss you off and to try to get you so angry that you'll do something stupid and get yourself locked up. Don't fall for it. Important to remember, Gang Stalking is mainly a satanic attack.

The outcome they are looking for is for us to start pointing out strangers and saying he is copying me or saying my words. It's all to make us look off balance at all times and additionally to make us extra hyper vigilant and super sensitive about these actions as well.

It's basically to train you to get your attention and make you paranoid or to annoy you."

Has anyone pointed out or even stalked their gang stalkers? What happened?

(Hi All!

I found this random question on a different social media site and stole some of the answers. If anyone is interested in reading, it's here - just in case, I mean).

First answer: "I'm sure many have tried but unfortunately gangstalking is designed to be unbelievable and when you tell friends or family. You will just most likely find yourself in a mental home instead, it's meant to be like that. It's one of their major tactics so the targeted individual feels hopeless in return. Additionally targeted individuals get frustrated as a response and might do something silly, like break a crime or get caught doing something else - Which also works in their favour as well and they want you to do this, so you end up in jail.

Even if you did confront them, they would just do this. For example. Day 1 person X will say something or do something making you aware, they are at least in on it. Day 2 person X will say nothing but person Y will. They share the load so as no one person is to be blamed. I'm guessing it's in the hope there will be too many people to blame or something. But also due to the way they work it looks like you have a problem with everyone when in fact they are in collusion.

Also if confronted they would deny any knowledge of what you say (I never said that, I was talking about him/her).

Your better off talking to other targeted individuals instead or if your going to do something silly. Ensure you do it right and cannot get caught, like silly little neighbor war things, I guess. After all they're just cowards hiding in the shadows or lurking behind a curtain of anonymity. No courage to face their victims. The victims themselves feed them with their fear and confusion - It can't be helped though. People need to express themselves and get help.

I believe stalkers read every post here and on other sites. I'm not afraid of them and would like to confront just one of them. I've got questions they probably won't answer.... I pity the no life idiots and find humor in their feeble attempts to scare me.

These people are not dangerous, just. Try not to show fear or worry, they feed on it. Educate yourselves and fight smart."

Second answer: "I have done both but wouldn't recommended it to another. (I just did it because I knew, who my were and you don't wanna attack or stalk random innocent people either).

On several occasions I pointed it out to others and to them, themselves. When I would catch people following me, I would turn it around and chase them in every case. I did begin stalking them for a time. I have even followed them around, they would notice and took off.

I have done all of it on many occasions. I used to post up and watch them once I figured out where they lived. In many instances I would purposely befriend them. Which is what they

wanted anyway. In most cases when they tried to befriend me I would accept it and I knew who they were but I was investigating them and curious. I also figured it would freak them out if I was constantly telling them I knew but hanging out with them anyway.

Believe it or not many of them were and are afraid of me and admitted it to each other, then they would tell me behind the others back. I think it's safe to say that I am an intimidating character. I am actually very friendly and loving, especially now. But I look very intimidating to most people. And I am not an angry person either.

Nowadays, I'm a pacifist for the most part except in cases of self-defense. Prior I definitely was not.

But eventually this overfriendness gave me a triumph. In fact it was my capacity for peace that won the day. It was my pattern recognition and my intelligence.

They wanted me to react violently. They wanted me to follow them. They wanted me to hunt them. Then they could make the case that I was dangerous and a threat. I realize this and so I completely ceased and desisted.

I also realized that they were trying to direct me toward blaming "targets" outside of their group and make me think that they were one of the people doing this. They were trying to set me up to do violence. They wanted me to become a monster or a criminal. They wanted me to blow up on somebody ruining my life and theirs.

These are very sick people who just want destruction chaos and violence. They often don't care where it's directed. Even if that anger and violence is directed against their own group or themselves. Because they also want to play victim, as they are secretly the aggressor.

As I was coming to grip with these realities. I was also undergoing spiritual change. I was becoming less angry and even starting to declare myself to be a pacifist.

After doing this I realized that they were disheartened by these changes. They were frustrated and annoyed that I didn't engage with them or I didn't chase them, and that I didn't stalk them anymore. Because this had that effect on them I continued and I amplified my behavior.

They wanted me to become a monster or a criminal. But instead I choose to rise awareness about the subject matter instead, through different ways. E.g. I used white-out to write gangstalking on trees and etc. When no one was watching, of course. And I always looked out for cameras as well.

And I knew that they were watching me so I even stopped giving reactions.

They still try things from time to time but I will not give it any of my focus or attention. My focus is on developing myself bettering myself and overcoming. I will not give them my energy.

In fact the most energy they get from me is on Quora talking to other people and trying to help others overcome what is happening to them.

They wanted my full engagement with them. So I stopped giving them any of my energy or time. This led to them stopping for the most part and their downfall in general. When they cannot do this to you effectively they flail get themselves in trouble over extend etc.

They want you to follow them and stalk them. Because they want to make you look crazy. They want you to be crazy! They want you to destroy your life and they want your engagement with them.

The best thing for you to do is not give it to them. Completely withdraw your energy stop giving them any of your time even when they are frustrating you. Especially when they're frustrating you, don't give in!

This will lead to your eventual triumph. Triumph over them and triumph over yourself , and to become a better person more fulfilled and more happy.

I am now a helper, a silent protester and a fighter.

God Bless."

Third answer: "This is not a recommended tactic and not even most likely the safest choice. We have been known to randomly, and I mean sparingly random follow them. After they are blatantly harassing us. Or speak up about it. They do not like feeling exposed.

It's been so long for me dealing with sickos tracking me around. It gives me some sort of relief to let them know what I think or scare them a little here or there.

A taste of their own medicine. Like I expressed, this is not wise and it should not be done solo nor regularly. We used to ignore, ignore and ignore and the monsters grew more silly.

When we started the random hey you, 📍 or track them home. Some of it decreased the harassment. Definitely the harassment did not increase. Yet I really do not like even sharing our tactics because it's really not the best decision.

This should only be done through thorough prayer and intuition and definitely not solo. Because some of us are in danger and you don't want to land yourself in a trap they planted. Choose your choices wisely ;)"

Forth answer: "I take their pictures because they always parking by me and write down the most used or most suspicious numbers. And yes I even know where few live but I'm not like them and I mind my own business and stay n my lane take.

But if your really invested, I guess you could do this:

This is for gangstalkers who are immediately available for the local area because as soon as you leave the house. That requires someone nearby to follow you.

(Over time you may have gathered a list of car number plates or are currently in the process of adding to that list.) • Write down the car number plates, that suspiciously follow you around, especially at night. (If you cannot see anyone, don't worry they will eventually show themselves over time). • Once you have a list: Act like you're going for a walk around the local area, so you can record street by street. Wear a body cam or have a chest pocket and stick your phone in there, so you can silently and discreetly record them.

(There are even some apps which allow for silent background recording, this means you just download the app and quickly press the icon on your main mobile screen and it will automatically start recording silently. You stop the recording by pulling the mobile tab down, usually. This will allow you to record and never be expected if someone suddenly asks for your phone). Play around with the app, so you know how it works first. They are usually called background video recorder from the play store.

But do this method, street by street. It will be easier to achieve - You could do more if you like. Tip: Remember you need to ensure that the camera records the neighbor's car's plate for each house. (If theyre not there, you can always try again later).

- Extract the footage from the device and upload it to a computer. Name the video or file after the street name.
- Review the footage and entered all the car's number plates from the footage to the excel document or a word document. But make sure it has some form of organized order, so you can find specific car's plates in the future. E.g. Topic - The street name List - The car number plates for that street. (Numbers of the house are not necessary as you can always check your original footage later or google street view them as well).

Eventually you will have a whole list of the locals number plates and can easily find out, who or which household might be involved. And the more they follow you, the more you will eventually get more suspicious car plates as time goes on.

Tip: If you suddenly leave the house randomly and didnt mention it previously. That means someone needs to be sent out and they're local. Additionally you know what the traffic on your local area looks like too. So you can tell different random traffic and suspicious traffic.

I recommend giving one chance encounter before jumping to conclusions about local traffic. However if your quite far from your home location and you see a local near you. That could worthwhile to note down. For the first time. The second time is odd as hell - Take note.

Faces: If you want faces tho. I recommended trying the same method or by visual sight, on a train instead. They will be forced to spend people after you, no matter what time of day and cars can't fly through traffic signs nor do roads travel in a straight line.

Someone on that train is a gangstalker and you just need to pick, the least busiest time for your area. The less people, the easier it is to locate them. *Never approach them nor interact with them - This is only for research only).

What are they carrying? What are they wearing? Could they be hiding anything? The goal is to find what equipment they're using, by judging what is carryable or for studying local faces instead. What age group are they or what race are they? If you know your local demographic, what local things are near you and what date it is. You can roughly guess, who they might be.

E.g. I have a high school near me and its saturday - I might have a younger gangstalker after me because it's a family suburb.

Or

If i have a old age facility near me or a older population near me and its a sunday - It might be the older person.

Or

If i have a lot of green race demographic specifically near me, more than the other local areas and considering they're age availability. It might be them as a gangstalker again. Either way, there are many things to consider and wait upon.

And if you did pocket record this train encounter - You could always screenshot that recording to create a image. And that image or recording is all yours. To do whatever you want with. But remember no illegal activity. (Or you could silently sit near them to freak them out).

Either way - You know someone is one and they can't hide from you."

Do gang stalkers ever pull back or make their presence less obvious to mislead the target into thinking that it's over?

(Hey All!

I found this question on a form site and thought I'd share - It's just a short one tho. Hope someone finds it interesting. ❤️).

First answer: "They think they're smarter than anyone else. They like to set up a scenario and then turn it around to make it like you're mean or 'not nice' if you call them out on their games. It's such a sad thing to do, honestly."

Those involved might alter their tactics to mislead the target and make them believe the harassment has ceased. This could be done for various reasons, such as to instill a false sense of security or to further confuse and distress the target. Or they create periods of reduced harassment or make it seem as if the targeting has ended. This can serve several purposes, such as disorienting the target, causing them to doubt their experiences, or making it harder for them to gather evidence or support for their claims. It can also further contribute to the psychological distress experienced by the target as well or when the target has starting to become use to a overused tactic as well. It's to jump-start that fear or annoyance again."

Second answer: "Yes they do it may be for a day it may be for a couple days a week a month but they're still there they're still watching they're still trying to figure things out. Something to remember is they have to recharge they have to readjust if you change. One thing that really gets them is when you change tactics when you start doing different things when you start working on yourself when you start elevating if you pray against them it destroys them."

One more thing something that hits them hard is if you start to change, or elevate or think beyond them or figure ways out of your problems these are things they cannot deal with and they lose heart and their superiors come down on them and pressure them for not having more success against you. Just remember it's only over when the person in charge says it's over until then they may come at you from different areas or decide to attack you in different ways."

Third answer: "It won't last long they regroup have meetings about you...you see they figure most people will just roll over for them then there's a few that just ain't buying this shit...if they can't intimidate you to get your energy they will work on something else but they will stay consistent.. if they let you off during the week they will come at you on the weekend."

What is street theatre and what is it's relevance to gang stalking?

(Hi All!

I found two new articles and thought I'd share them for anyone who is interested anyway. They are from different social media sites and I just took the popular answers).

First answer: "Street Theatre always has an ultimate objective, events may be orchestrated for the TI to react out of character in what may seem an irrational or criminal way to outsiders. This is to encourage the targeted individual to lease out and cause a crime."

This process is done by repeatedly triggering negative emotional states such as fear, anger, frustration, desperation or jealousy then documenting the targets reaction and patterns for the next planned attack. It's always used to shift the targets mind into a state of hypervigilance, emotional instability, confusion and paranoia for ongoing and future manipulation of the target.

Once the target has been programmed to react in the anticipated coerced pattern they can move onto the next stage, the primary objective of 'Decomposition'.

Decomposition is done in stages, street theatre is just one of them, the means to an end, their ultimate goal is to break the targets will, but this cannot be done overnight, it may take years, it's a step by step deconstruction of the persons psychological framework, to reconstruct the target as a compliant lobotomized submissive slave.

But they seemed to have underestimated and forgotten one thing...

Ultimately, it's an archetypal battle of wills as Captain Ivan Drago said to Rocky Balboa (a great symbol of the human spirit) in Rocky IV, "I must break You!", they cannot break the human spirit, they are playing a losing game."

Second answer: "Street theatre is basically turning the streets around you and places you visit into their theatre.

They will put key words on vehicles with one headlight, all drive specific coloured cars. Etc etc.

All these is to sensitise you to some keywords and colours so they can use them to covertly communicate with you and you can't speak out about it or tell anyone, because if you do, their flying monkeys will say you are being over suspicious/ delusional yada yada. Also in the future so they can mind control you like Palov's dog experiment using those key words, colours and sounds. Thus my advice would be, don't look at what they want you to see.

Also when an individual or group of individuals intentionally make themselves aware to a targeted individual being gangstalked and harassed to draw the attention of the targeted individual towards them. This includes stuff like unnecessary and uncontrollable laughing, heckling you in departmental and grocery stores, staring at you etc.

The primary purpose is to draw attention of the TI towards them so that the TI fears that they are being surveilled everywhere they go and everyone knows about the TI. This is to induce a feeling of paranoia within the TI. This is orchestrated primarily by government and its related agencies to torture a person repeatedly through sensitization and other means.

This is how they attack us TI victims with street theatre.

Document, date, time and get pictures of all the dirtbags that are doing this! Pretend they are not there block them out do whatever necessary to not entertain their psychological games and tactics"

Third answer: "I'm confused on the question? The only thing a target can do is survive it. You can only control your own emotions and actions, you cannot control others actions (you can read alot of false testimonies about mind control but that's there for the sole purpose of discrediting targets).

Street theater is quite amusing, once a target overcomes the initial rush of fear and anxiety of the whole situation. I've been witness to it quite a few times and its amusing because the perps are so blatantly obvious and ignorant and out of place, and without their cell phone in their hands they look like they would just fall over. They can't think for themselves and can only thrive in a "gang". Little do they know they are one false move from becoming targets themselves.

The gaslighting comes into play when your family, friends and acquaintances have fallen for the the lies of the program and have turned on the target.

Gaslighting is at the heart of all gangstalking. They try a clandestine backstabbing plot first and if you figure it out the spell is broken and they start their pathetic covert harassment phase to make you look schizophrenic and react to their reaction abuse and tell on you or set you up with the police. They drive around in 50 car road convoys and stage ahead of you everywhere you go with scripts doing street theater and use entrapment.

To answer your question, survive is all you can do. Live your life. Might bend, WON'T break. Good luck."

Forth answer: "Gaslighting can be stopped by separating from people who are involved in it.

You can ignore the street theater, well some of it.

If you are picked for gangstalking, then there is not much you can do, but control your emotions and reactions. There is an expression: count till 10 before you react on anything."

Who can help you stop gang stalking: Part 1

(Hi!

I found this question on another social media platform and collected a variety of answers from it. Unfortunately I reached reddit's word limit and needed to post two parts. Hope someone

finds it interesting,
at least.)

First answer: "You can - Just stop giving them attention, no matter how they change they're tactics to get your attention. Stop reacting, stop playing the deranged game. Give them nothing. No response, no anger, no paranoia, no words.

It's here now, in your life, maybe not forever, maybe not gone so soon but it's there for now. Don't play your part, pay attention to your life instead. You can always learn along the way.

When they come at you, stay kind and stay boring, kill'em with kindness. I have a friend who suffered pretty much every trick in the gang stalking manual and she is the sweetest person but her only flaw is that she reacts, she will say something that will sink her deeper into the game. The eerie part about this is that it runs through rope's brains do they don't even know they're doing it. Love, Peace and Kindness disables the link, like you're starving the Beast. I find it amusing when clones come on here and respond "you're crazy, there is no gang stalking" and they are so obviously part of it it's hilarious.

Last, but not least, once exposed, efforts should be made to never mention the game again- withdraw all attention from it and thus starve it in a way."

Second answer: "You should definitely join a gangstalking community group and there are many different platforms. You can read alot and learn from other players too. Maybe even find a supportive live chat as well".

Third answer: "Really everyone could help stop gangstalking, if the community/individuals refused to help by stalking, harassing, directed conversations, innuendo that would very much limit what they could do. (Maybe even a whistleblower or an gangstalker's ex). If they didn't hide anything, came out when someone approached them claiming something, then allowed them to abuse the target while everyone stays quiet, which is very deniable.

If no one participated, gangstalking would be almost impossible to do but unfortunately humans like gossip, conflict, drama some like much worse things, like persecuting and tearing down others to raise the feeling of themselves. Some it's actually entertaining to help ruin someone's life, you can tell by that smile on there faces when they help, even in the smallest way.

Here is some advice regarding, that i learnt: If this is happening to anyone then please take what I am saying seriously. You have to learn breathing exercises and meditation.

This thing, whatever it is, is trying to cure anxieties and fear. It may not seem like it. But you literally have to learn how to breath and focus your thoughts. Meditation and breath work. You can believe me or not. Just give it a try a few times and if not then tell me I am wrong. I been in the same boat as for way way to long and i am finally figuring it out. It has been a very

exhausting, insane, and very saddening experience for me and I am trying to save who ever reads this A WHOLE BUNCH OF MISERY AND TIME.

When these things appear in your life you must stop what you are doing and sit in a well lit place and breath out slowly, focus on some image in the distance, and say a mantra (like "I am getting through this" or "this will pass, I'll feel better" or whatever youre comfortable with) and blink (if you want to blink... blinking helps me).

I have done that for a few years. Trust me. It sucks so bad sometimes and is so hard to do, but it feels pretty damn good when you get the breathing down correctly to de-anger, un-frustrate, reduce your fear, or just calm your nerves. Focusing on it and trying to fight it will do no good. This will be the hardest thing you have ever done. But breathe steady slow pace and make sure the exhale feels nice and somewhat relaxing. Spread the word when you actually realize what I have.

REMEMBER THIS PLEASE: YOU ARE NOT IN TROUBLE! IF THAT WAS THE CASE THE I AM 100% SURE THEY WOULD HAVE HAD ME A FEW TIMES BY NOW, but that does not mean you should do anything that CAN bring a case or that is against the law. My guess, (again this is based off of my observations over years) they don't follow you because your a bad person, they just convince you of that to make you feel horrible about yourself.

You have to learn to ignore the stuff that it seems to send and comes in life and pisses you off. These triggers that annoy, scare, and frustrate will come (Again not to actually get you, but for you to get stronger at not letting these things affect you) I can almost guarantee It won't go away unless you try what I have said. The hardest thing to do, when you are experiencing this, is stop and practice your breathing exercises.

Sorry I wrote this so fast and I know the grammer and punctuation sucks".

Forth answer: "Document with a journal, dates, times license plates, and video and keep submitting this info until the right agency does something to help, you can try for protective order if its ongoing, and or get a lawyer.

Don't let them get one over on you."

Who can help you stop gang stalking: Part 2

(Hi!

I found this question on another social media platform and collected a variety of answers from it. Unfortunately I reached reddit's word limit and needed to post two parts. Hope someone finds it interesting, at least.)

Fifth answer: "If you suspect this is happening to you, it may have roots in a religious organization, or community action group.

Use your smart phone to capture images of the individuals you suspect are involved. Try to identify them and observe your surroundings. Maybe wear a body camera too, if you want live footage to go over later.

It is not so frightening when you find out who they are and what the motivation might be.

Or if gangstalkers are locals to you. When you travel out, they must send someone locally as well, to follow you. (Because as soon as you leave the house. That requires someone nearby to follow you.)

(Over time you may have gathered a list of car number plates or are currently in the process of adding to that list.)

- Write down the car number plates, that suspiciously follow you around, especially at night. (If you cannot see anyone, don't worry they will eventually show themselves over time).
- Once you have a list: Act like you're going for a walk around the local area, so you can record street by street. Wear a body cam or have a chest pocket and stick your phone in there, so you can silently and discreetly record them.

(There are even some apps which allow for silent background recording, this means you just download the app and quickly press the icon on your main mobile screen and it will automatically start recording silently. You stop the recording by pulling the mobile tab down, usually. This will allow you to record and never be expected if someone suddenly asks for your phone). Play around with the app, so you know how it works first. They are usually called background video recorder from the play store.

But do this method, street by street. It will be easier to achieve - You could do more if you like. Tip: Remember you need to ensure that the camera records the neighbor's car's plate for each house. (If they're not there, you can always try again later).

- Extract the footage from the device and upload it to a computer. Name the video or file after the street name.

- Review the footage and entered all the car's number plates from the footage to the excel document or a word document. But make sure it has some form of organized order, so you can find specific car's plates in the future. E.g. Topic - The street name List - The car number plates for that street. (Numbers of the house are not necessary as you can always check your original footage later or google street view them as well).

Eventually you will have a whole list of the locals number plates and can easily find out, who or which household might be involved. And the more they follow you, the more you will eventually get more suspicious car plates as time goes on.

Tip: If you suddenly leave the house randomly and didn't mention it previously. That means someone needs to be sent out and they're local. Additionally you know what the traffic on your local area looks like too. So you can tell different random traffic and suspicious traffic.

I recommend giving one chance encounter before jumping to conclusions about local traffic. However if your quite far from your home location and you see a local near you. That could worthwhile to note down. For the first time. The second time is odd as hell - Take note.

Faces: If you want faces tho. I recommended trying the same method or by visual sight, on a train instead. They will be forced to spend people after you, no matter what time of day and cars can't fly through traffic signs nor do roads travel in a straight line.

You can search for targeted individuals websites or join many different community groups too. Like facebook, reddit and etc but you don't have to post nor comment anything, if you don't want too. It could be purely for learning."

Sixth answer: "Stopping gang stalking involves a multi-layered approach. The person who approaches you on the sidewalk, you wear body camera, so you can sliently record it. They know they are doing the wrong thing, so their minds go to how you can use the video in a lawsuit. So they gaslight you instead, ignore them and gather the footage to establish consistently behavior.

If you can have a dog where you live, you get one. A dog makes a lot of noise when someone is prowling around your house. They attract attention. Gang stalkers don't want the attention of your neighbors. Remember that gang stalkers need to maintain plausible deniability. That means they can't tolerate random public attention.

If you have a job that involves answering a telephone open to the general public and you start getting a lot of prank calls, stay calm. Since 9-11 most employers record incoming and outgoing telephone calls, and if you stay calm during an outrageous phone call, your employer will know the caller is the nut job. You have a witness to the call.

Depending on what you are experiencing you can foil these people. Just think in terms of exposure of people who are trying to hide their meanness.

Maybe they're saying something embarrassing? This is tough, but if you can, you pretend you don't know what they're talking about. You don't react. You imply they've got the wrong person. You don't acknowledge what they're implying. The audience assumes the other person is off.

Eventually you may have enough record of harassment and some names, to go to a lawyer to consult about harassment and whether you have a case. The key is to be calm and rational in your manner. You can be angry, but keep it low key. One of the goals of gang stalking is for you to lose credibility by losing your composure. Don't fall for it. Turn the moment to your advantage.

Remember that they made a big mistake choosing to make you their enemy. Educate them."

You're dealing with people who use tricks. Tricks written in a manual or book by someone, for someone, to attempt using on you.

(Hi,

This text was taken from someone's comment section on a different social media platform. The comment was popular so I decided to post it here).

"You're dealing with people who use tricks. Tricks written in a manual or book by someone, for someone, to attempt using on you.

Now that doesn't mean that this person or that person is very good at it. Most probably haven't been actually doing it long enough to be good at it or maybe they aren't simply that smart. (As they don't seem to question orders and merely do as they're told). It does bear making note of things and be patient and try to keep your cool. Likely truth of the matter is something to stay mindful of. . But dont be afraid. Mind manipulating is a two way street - afterall they can hear you too. (And listen to you take a piss or fart, classy).

It could be the product of several unlawful scenarios. Could even be your neighborhood or just your neighbours being an asshole.

Me I get the vibe of local community watch or police, if bad. But knowing that if they're people who are involved with an organization or simply locally. It must be something pretty big or your neighbours are friends with some locals. But either way that takes volunteers or something with big budgeting, that directly carries out stuff like this and on so many persons at the same time too.

And apparently they have nicer toys than the rest of us and this remains hidden still. Can't nail it down , it's so unusual that nothing can be done about it either. But this should be a solvable problem.

So it's safe to say that this organization or neighbour/s is well oiled and and of a descent size. It also seems that the technology is trickling down (as it always does) slowly but surely to us regular folk. What these people don't recognize is that someday soon everyone will have it. Just

like cell phones are now nowadays a staple. Soon the technology that they abuse you with - Will either be stated by an audiophile or someone who discovers it. (If they are using audio equipment against you) and if the technology is more advanced in your particular case then soon this new technology will be available to the public or at least googleable.

And one day we will all have access to the same knowledge, including the detailed work histories of anyone who may have engaged in doing this to others for gain and profit. Or maybe just know how it's roughly done.

So yes it is possible that if you wait long enough, I will know exactly who it was that did this. And act appropriately on that."

How do gang stalkers profile you?

(Hi!

I found this question on a different media platform and picked some of the popular answers. Thought it might be interesting to share, I hope it's helpful at least).

First answer: "I say Gang Stalkers profile Targeted Individuals wrong, and slander them and say the opposite of who they are and what they do, and how they do things from what I have experienced as a Targeted Individual since 2005.

They watch you for a long time before stalking they will ask your neighbours questions on you

There is a higher % of women stalked than men

Nosey people will tell them stuff on you as they want them to leave them alone and when they do not have enough information they will go back to the one's they have coerced into talking to them for other information by saying "What else have you not told us?"

Stalkers almost always know or think they know a victim through someone else. They target the victim usually out of a common mixture of fear, jealousy and a need for attention from them.

But the stalkers create more palatable excuses for the stalking in case anyone in their circle finds out AND to gain support (flying monkeys) for the stalking."

Second answer: "Gangstalking and spying often happens way before the targeted individual is even aware of it. When "they" decide you are to become a target because of some self-created unwell reason. They will listen into your household more indently.

You will be under cover surveillance for months/years. They will listen into your household and they will build a profile about you: They will know personal and general information about you, they will study your behavior - What annoys you or what gets your attention, what stores and gas stations you go to, who your friends or family are, how often you visit them, what most common routes you take when going to destinations, what time you go to bed, when wake up, when walking, shopping and etc. (They will send someone else to follow you, when you travel about), what your favorite foods are, tv shows and etc.

Also during this time of study they will test out they're equipment on you, to see how you respond and these responses are recorded. E.g. If you can feel anything or if anyone else in your house can feel anything as well. (This is important as they often only want one person to be affected, so no one else will believe them in that household or the case seems isolated.), if the target can hear certain frequencies - V2K/words they say, if they respond to dream manipulation, if they can feel certain affects of the equipment such as burning spots, restless leg, feelings of sudden pressure, feelings of anxiety and etc.

This is what the study period is about: Studying you and your responses. They will use any of this information to get your attention or against you. They want you to be reminded that they exist and that they are watching you. It's merely a psychological trick to make you feel hopeless and harassed.

(They may test out this information to see if it's effective against you before the actual gangstalking starts. They usually use street threate, V2K and etc to test your responses.)

This process varies depending on how much information or confidence the gang-stalkers are to officially start. When it does officially start - people usually report having street threate often most done or the public being unnecessarily meaner.

By the time the overt surveillance starts and you then become aware that something weird is happening, during your first WTF?!? Moment, you have already been a victim for months. They don't start with the obvious crazy, insane, childish rubbish until they know you and your life better than you do yourself, because they hate surprises. This program is systematically designed to do exactly what it is doing to people, and it's not even close to their first rodeo.

They've been doing it for years. That's why it's so hard to do anything to thwart them. Anything that you can think of has already been tried, numerous times I'm sure, by other victims of this nonsense over the years. And I'm sure that they have perfected countermeasures for everything.

It's disheartening, but don't let it break you. And know that you are not alone, and there are thousands of us who know you are not crazy, and not only believe you, but believe in you.

Stay strong."

Third answer: "It's not known if they profile you. Everyone is told what they need to know and they don't tell TIs anything. You only know what you can observe and learn from their responses"

Fourth answer: "They study you and gather information about you. Gangstalkers will collect what they consider is evidence against you and show other people, during the early stages. So they can convince people to follow you, your co-workers to harass you or even for your neighbours to sometimes join in. They study and collect information to display sometimes to other people."

Why do people deny gang stalking so vehemently?

(I found this question today from a different social platform and stole a few different answers from the post. I hope someone finds it helpful.)

First answer: "They don't HAVE to deny gangstalking. You're in a prison of sorts and gangstalking is specifically built to make you feel like you have no support system. While simultaneously breaking someone's will to fight back through harassment, lies and self-confusion."

It is clearly built on military-esque tactics that have proven effective if you don't recognize them. This plan is built around psychological breakdown of self through deception, emotional and psychological manipulation of your own biological reward systems, your fight or flight instincts are triggered due to stress or DEWS.

They listen to your subvocal - Basically you use your speechbox, when you think. Not everyone does this.

For example: - When you enter a room, you naturally start to describe what you see there; though it feels like you're imagining it instead, (I guess?) This is *how* they *seem* psychic sometimes for. They use sensitive microphones.

Additionally they force feed you a bunch of bull shit about how you have no rights and they want to teach you not to smash walls, not because they're hard to fix but because if you start smashing walls, you might get a glimpse of what's on the other side of them and start learning things. Which you could share with others or start to recommend advice and help. They hate this, they do not want to be outted or defeated.

Thanks listening to my tedtalk."

Second answer: "Probably due to the fact that stalking carries a very stiff penalty. In addition, this would mean that the victims are telling the truth holding the ones who have participated responsible for all of the emotional traumas."

Third answer: "Probably because they are afraid of what people will think of them, when they find out they were treating a neighbor or innocent person so terribly. There is never any reason to treat someone bad for having a different belief set or background."

What I think is sad, is that even when ample evidence is obtained, people will claim they are not gang stalking. Attempting to negatively impact the quality of someone's health or wellbeing, is gang stalking.

But I guess it's mainly because they are guilty of it and some are simply not interested and lastly some don't believe in it because they lack the understanding of it."

Forth answer: "Because they haven't fallen victim to it, or they're part of it, or they have no clue it even exists (so anyone it happens to seems crazy, thanks to the ones that are a part of it that spend their time denying it). There may be more reasons, but these are the ones I can think of right now."

I always wonder if the people who do it should have to go through it to understand just how bad it is.

Part of me wants them to, but those people that do it are so twisted, they don't even think they're doing anything wrong. What good would it do."

Fifth answer: "The idea that gangstalking is real threatens the world view of people who haven't experienced it — which is most people. It's pretty easy to invent explanations that blame the victim. That's how it works to isolate the victims. Since the complaints mimic the symptoms of mental illness, they are self-discrediting."

Sixth answer: "Because those are the people who are doing the gang stalking and they want to hide it. And some people are bribed and others may be threatened. Some gain sadistic pleasure in participating and also benefit financially. This is only an opinion, that some do it for free because they are addicted to torture."

What are the strongest advantages that targeted individuals have in being gang stalked and/or under constant surveillance?

(I found this question today on two different social media platforms, I did find some other articles as well but I will be posting them at different points in time for spacing purposes).

First answer: "You can manipulate and predict street theater by placing information in advance where you gonna be later, leaving gangstalkers window of time to do something. You can be ready for filming, recording and so on. Plus bonus if they use they're cars - more money wasted on petrol. (I sometimes play horrible noises on my phone e.g. Porn sounds, steel heavy music or anything annoying on loop, that I play on my mobile. I just have it lower than the surrounding sounds, so others can't hear it or loud, depending where I am at the times. If your gonna listen to me then you can listen to other things as well)."

Second answer: "There are a few advantages of being a Targeted individual, most notably of which, being "beaten from brass into gold" Which is to say, that once a T.I. becomes aware of their status, they naturally reflect on what they could have done to have initiated being stalked.

Sometime T.I.s become hyper aware of their own behavior, knowing that their move is being monitored and either consciously or subconsciously. After that T.I.s will naturally become headstrong enough and knowledgeable.

T.I.s at some point become aware of the strides they've made in personal development, and gain confidence in the fact that within themselves (and everyone else) lies an untapped, reservoir of unrealized potential that can now be accessed, and utilized at will, to overcome any obstacles they may face, and to achieve any goals they have for themselves. In a sense, they transcend into, "superhumans" ... Brass beaten into gold."

Third answer: "The strongest advantages that targeted people have due to criminal surveillance is that if they, the criminals, reveal anything that happens inside of the walls of our private life, they will be prosecuted, rendered guilty and you will win a lawsuit and they just pretty much admitted to spying on you."

Forth answer: "Strongest advantages???? Let me see, I cant find one worth sharing, well there is this one thing Im pretty sure would fall into that category of "advantages" .

TIME- they are all on my time/sleep schedule. Let me add that I DO NOT have a routine at ALL!

TRAVEL- I go where and when I want with no explanations, no excuses, no back talk from disrespectful pee-holes."

Fifth answer: "Existing as a victim of organized stalking is not easy, but it doesn't mean that you cannot overcome it within.

Much depends on the reason why you are being targeted

I believe that it depends on the reason why you are being targeted and your ability to adapt, and your level of resiliency.

In my analysis, one of the most significant benefits is developing unbreakable strength within oneself.

By going through these challenges, you have the opportunity to build your fortitude and become more resilient in the face of adversity.

This strength will provide you with complete confidence and security in yourself without relying on external sources to fill any voids.

But this is solely conditional on an individual's level of fortitude and capacity to bounce back in strenuous conditions.

It is crucial to NOT bottle up emotions and instead allow oneself to feel and be vulnerable.

This vulnerability can lead to incredible growth and a strengthened relationship with yourself and with others who share similar experiences, even those you don't trust."

Sixth answer: "Well they have to listen to me fart and go to the bathroom, so the risks is on them. Plus I get to say whatever I want about them and they have no choice but to listen to it. Kinda like talk radio, i guess."

Seventh answer: "You get to play around with them for one - They have to follow you whatever you go and have little choice about it. You can reavel they're methods and strategies online as well for others to see.

And they have little time for friends or family now."

Eight answer: "Since they can hear me, I get to gaslight them back through words. Or google what psychological tactics I can do back to them. As gaslighting is usually done through words anyway. By listening to me they're gonna corrupt themselves even further."

Why do stalker gangs still try to stalk you after they can clearly see they are not scaring you?

(Hi! I found a new question but it had a few more answers to this one. So I had to post a few of them this time).

First answer: "See, this is a very disgusting system. It seems they are continuously, they will attempt to convince you it's forever to cause the feeling of hopeless, they will try to get you fired from your job with work mobbing, they will make housing difficult and not to mention no influence in the society. In some cases gangstalking can be partially governmental as well or full.

It seems like most gangstalkers are also being paid for what they are doing to us so these disgusting toxic bullies are also financially motivated to bully us.

I'm pretty sure they are also being encouraged by certain powers that be, to behave any way they want with us, otherwise these morons wouldn't be so daring and so sure of themselves. I'm sure they are being told they will receive no legal punishment in case they harm us.

These societies are as disgusting as it gets. They are lying to us TIs that "we are the creators of our fate" and we're to blame for them being unwell. But the reality is that they are keeping this horrible system in hush in front of us and go around behind our backs to ensure we are not gonna rise up to the top. Pretty disgusting if you ask me. Yet societies are sporting this behavior.

The common denominator seems to be the ultraconservative judgmental mindset and bullying as a hobby for these toxic people."

Second answer: "The question should be why do they continue to stalk when they know that they're stalking an innocent law abiding citizen, who's done nothing wrong and lives decently, despite the fact that the fear goes away after figuring out that the whole thing is ridiculously ludicrous? Mine often tell me that they don't care, what I do to them or in general but realistically this is not the case.

They do care, that's why they continue to harass you and try everything to limit you but it's a trap you shouldn't fall for. They are merely trying to gaslight you.

Either way, they are disturbed individuals and have got nothing else to do they are being paid just to view you and take down notes where you have been and with who.

They are wanting your attention do not give it them or neither acknowledge them. They often have a goal and will attempt to achieve it. Anyway they can without being found out. That's why everything is meant to be non-touched for."

Third answer: "They believe there is a psychological advantage to letting you know you are being watched - So you don't feel safe or have a sense of privacy anymore.

There is a term for it like "hard." For instance if you were dealing drugs and an undercover cop did that, the thinking would be you would become paranoid and make mistakes because they gaslight you.

Even though gang stalkers use it as a tactic, it becomes ridiculous in their hands. It's a power trip nuisance con that speaks to their psychological mindset sensibilities"

Forth answer: "Answering in response to the question about why do stalker gangs still try to stalk you after they can clearly see they are not scaring you. That's because they want to

intimidate you. Clearly they want to put the fear in you. (If they don't they will lose face and if they lose face, then they are not a threat. If they're not a threat, they have no power to intimidate you).

That works the same way with all gangs. If they can't do the things I just mentioned they have no power to achieve they're wanted goal. Bullies, stalkers and gang all have the same 'M-O'....if they don't have intimidate, dominance, threats and power over you. They are nothing (but they're hoping you won't be smart enough to figure that out). Hope this answer helps."

Fifth answer: "Because they are there to ruin your life and find ways to waste your time. They don't care if you're scared. They ultimately want to drain you of love, joy, peace and rob you of your pursuit life liberty and happiness. They need to make sure you don't trust people and therefore isolate yourself from others. That just makes it easier on them.

Its not a matter of if they scare you . Its a matter of any type of coordinated effort of private party to ruin, harm or for the purpose of committing crime is in fact a crime. However to report these activities to law enforcement... even good cops is a waste of time.... Because they use methods that leave little or no evidence.

f you try to explain the way they attack you then you will just sound fanatical. So your better off joining a group and invest your time in a coordinated effort to pinpoint the perps privately.

But they know that if anyone ever found out what they are doing it would be a bad bad day... So they will not show their face in any way that is connect to this operation... So we have to dig it out of people one at a time and try to climb the ladder until we can drag them out into the light of day and let the world see what a coward really looks like."

Sixth answer: "It's not all about scaring you . They're trying to send you a message that no matter what you do you will not have any privacy at any place or any time.

If they can't scare you then maybe they can make you mad enough that you will get upset or start to fight back.

Don't do it!

Wherever you go always give yourself enough time to enjoy their antics. Study what they do. How they react to your actions of kindness on the road and in public .. Always dress nice and walk confidently wherever you go .. That will make them wish that they were as strong and as kind of a human being that you portray with your actions .

Always extend a helping hand, hold the door open greet them with a smile or a hello . If it's the person that always seems to be taking walk through your neighborhood every single time your coming or going. Stop and introduce yourself so you can wave a greet them every time now

with a toot if your horn , window rolled down smile on your face greeting them with their first name as you drive past....

Stay strong and focused on your life

Hope this helps."

Is it possible for gangstalkers to be victims of who they gangstalking? Part 1.

(Hi All! I found this new one today and decided to share, if anyone is interested...).

First answer: "Yes, absolutely you can - For example, I mock them. I wear hats when they wear hats, I imitate their body language in their cars like they imitate mine. If they are following me, I keep turning until I'm following them. I sit on my porch and observe them.

I usually take pictures without being seen and show them on my personal blog. I also posting videos as well. ...So who is stalking who? They think they are stalking you but if you know who they are you can flip it and do the same things to them they do to you."

Second answer: "Any gang stalker with 2 cells between the ears should fear a TI.

we are commonly far more intelligent the team members, and you never know what we have up our sleeves to protect ourselves, and pave your way to a cage.

I usually play a annoying sound file or song on loop. (You can also use your mobile, you just need to download a music app, that can loop music for you). So if it bothers you, just play some annoying sound, I like nyan cat myself- doesn't even have to be loud. They're condenser mics are sensitive".

Third answer: "The single best way to get back at them. There is nothing better than acting like nothing is happening go about your day ignore them completely don't show any emotions don't let anyone know that they are affecting you and that pisses them off more than anything that is the best one can do. Because if you stoop to their level then you will begin to lose the single thing that is keeping you alive. The love in your heart."

Fourth answer: "Most people who are gangstalked do not victimize people. It is possible to expose them for who they are. But I like to track mine down and here is my method. I'm hoping it will be beneficial to someone.

This is for gangstalkers who are immediately available for the local area because as soon as you leave the house. That requires someone nearby to follow you.

(Over time you may have gathered a list of car number plates or are currently in the process of adding to that list.) • Write down the car number plates, that suspiciously follow you around, especially at night. (If you cannot see anyone, don't worry they will eventually show themselves over time). • Once you have a list: Act like your going for a walk around the local area, so you can record street by street. Wear a body cam or have a chest pocket and stick your phone in there, so you can silently and distreety record them.

(There are even some apps which allow for silent background recording, this means you just download the app and quickly press the icon on your main mobile screen and it will automatically start recording silently. You stop the recording by pulling the mobile tab down, usually. This will allow you to record and never be expected if someone suddenly asks for your phone). Play around with the app, so you know how it works first. They are usually called background video recorder from the play store.

But do this method, street by street. It will be easier to achieve - You could do more if you like. Tip: Remember you need to ensure that the camera records the neighbor's car's plate for each house. (If theyre not there, you can always try again later).

- Extract the footage from the device and upload it to a computer. Name the video or file after the street name.
- Review the footage and entered all the car's number plates from the footage to the excel document or a word document. But make sure it has some form of organized order, so you can find specific car's plates in the future. E.g. Topic - The street name List - The car number plates for that street. (Numbers of the house are not necessary as you can always check your original footage later or google street view them as well).

Eventually you will have a whole list of the locals number plates and can easily find out, who or which household might be involved. And the more they follow you, the more you will eventually get more suspicious car plates as time goes on.

Tip: If you suddenly leave the house randomly and didnt mention it previously. That means someone needs to be sent out and they're local. Additionally you know what the traffic on your local area looks like too. So you can tell different random traffic and suspicious traffic.

I recommend giving one chance encounter before jumping to conclusions about local traffic. However if your quite far from your home location and you see a local near you. That could worthwhile to note down. For the first time. The second time is odd as hell - Take note.

Faces: If you want faces tho. I recommended trying the same method or by visual sight, on a train instead. They will be forced to spend people after you, no matter what time of day and cars can't fly through traffic signs nor do roads travel in a straight line.

Someone on that train is a gangstalker and you just need to pick, the least busiest time for your area. The less people, the easier it is to locate them. *Never approach them nor interact with them - This is only for research only).

What are they carrying? What are they wearing? Could they be hiding anything? The goal is to find what equipment they're using, by judging what is carryable or for studying local faces instead. What age group are they or what race are they? If you know your local demographic, what local things are near you and what date it is. You can roughly guess, who they might be.

E.g. I have a high school near me and its saturday - I might have a younger gangstalker after me because it's a family suburb.

Or

If i have a old age facility near me or a older population near me and its a sunday - It might be the older person.

Or

If i have a lot of green race demographic specifcily near me, more than the other local areas and considering they're age availability. It might be them as a gangstalker again. Either way, there are many things to consider and wait upon.

And if you did pocket record this train encounter - You could always screenshot that recording to create a image. And that image or recording is all yours. To do whatever you want with. But remember no illegal activity. (Or you could silently sit near them to freak them out).

Either way - You know someone is one and they can't hide from you."

Fifth answer: "You should turn the tables every opportunity you get. Should you attack them? In what way? Are they attacking you? If yes, you have every God given right to defend yourself, lethally if necessary to neutralize the threat.

Chances are, they are not physically attacking you, they are more likely to provoke or solicit an attack, which they are very good at doing. If you are provoked, and you do attack, make damn sure you cover your ass with as much legit evidence as you can get because it just might save your ass.

Be very careful, keep your cool. Do not get into argument or confrontation with them and no contact. You shouldn't never get verbal, you just walk away, none the wiser. The police show up at your door and arrest you for assault, if you do something silly.

Whatever you do, do it right, do it smart. You may or may not need witnesses, depending on the severity. Godspeed!"

Is it possible for gangstalkers to be victims of who they gangstalking? Part 2.

(Hi All! I found this new one today and decided to share, if anyone is interested...).

Fifth answer: "Attacking them would in no way be "turning the tables."

That is literally one of the outcomes, along with you killing yourself, going to jail, or getting a schizophrenia diagnosis, they are hoping for.

Turning the tables would be exposing them. Focus on that aspect, please, and don't hurt yourself or anyone else."

Sixth answer: "You will not be able to get rid of them until they allow it, which I don't think will be possible. Best is to watch their tactics, learn from them how they harrass you, counter it by exposing them online. What they fear the most is their anonymity being exposed.

Expose who they are this really makes them worried, but do it in a systematic manner and not with force but with your own mind.

They usually take a few apartments in the complex that you are staying in and then work in groups as teams to continue the cycle of fear. Different groups coming and going to continue your fear cycle.

They feed of your fear, they want to make you scared so that they can see that you are in their control. You have to overcome your anxiousness and fear of them, then you will succeed against them.

This is the best you can do, you cannot control what they do, but you can control what you do and how you react. Practice anything that makes you relax, exercise, meditation, deep breathing exercises etc.

One thing they are doing is to keep you on edge by doing sensory overload. They are sensitizing you to this gang stalking and harrassment. So when they sensitize you to this you react in fear, anxiousness, and irritation. You have to break this cycle of fear by reducing the sensitizing effect they are giving to you and this you can do by anything that makes you relax and does not affect your senses.

Take less alcohol or cigarettes, they always want to know whether you consume intoxicating substances because over time it adds to fear and increases anxiousness. Alcohol is a depressant and as such increases your anxiousness and causes depression. This is a cycle of fear they want to continue against you and add to your panic attacks.

Break this cycle, control your reaction to fear, identify what seems to be a rational versus an irrational fear. They will make you feel that everyone is after you, but that is not the case, they only want you to believe this. The only thing they are trying to do is to scare you and irritate you and control your mind. Your mind is the key here. Conquer this, and you will win over them."

Seventh answer: "I strategically distribute a flyer that explains how the program works so that people within my neighborhood become educated and to help neutralize the number and power differential the gstalkers enjoy. Plus, it helps to explain the insidious slander that is always spread against a targeted individual.

Experience over time leads to increased awareness of what exactly is being leveled against you. Understanding community persecution tactics may not stop it but that recognition will keep you out of the traps they lay.

Setting you up, aka- entrapment, is a favorite methodology of gstalkers. In fact entrapment overall, is something to always be vigilant for. These fuckers are persistent wily bastards. Do not let them fool you. Someone is always watching and likely recording your responses to provocation.

Through self-discipline we learn to control our mind and our emotional self. This requires commitment and time but is well worth it. "Mental fitness is just like physical fitness, it takes work." Warriors are not created by magic but rather are a result of much hard work and discipline. The alternative is to be a passive human punching bag. ~Our choice every day~

Is gang stalking ever beneficial to the target?

(I found this question today and selected a range of different answers for people. So if anyone is interested, I'll just leave it here.)

First Answer: "Hell yeah it's extremely beneficial IF you're on a path for Self. You learn all sorts of manipulation tactics that is attempted to be used against you so you study these new ways people introduce and implement them into your own ways. You learn there's an entire world out there.. Theres an entire shadow realm. Different dimensions different areas angles people. Ways to be. If you use your gangstalked experience to LEARN you will be so fucking far ahead of the game that's on my word. You're dealing with Professional weirdos, you can probably learn a thing or two since we live in a criminal capital anyway.

It's about thieving manipulating deceiving to be able to place yourself higher then the next man. For a while I was struggling with being gangstalked by I learned counter attacks instead of fully digesting and fighting back back n forth you script yourself and use keywords that motivate success within.

Let them use their scripts to rot themselves out since.. To do something to someone else means you gotta do it to yourself.. Learn to control your mind dont let thr mobsters control you. Just don't feel bad for the losers and rejects of society because theyre actually slimey stalkers that hate ya anyway was what i learned. People thought Bush was crazy ill em all!".

Second Answer: "That's a complex question but in short, yes. For me, it requires me to take a look at myself and the ways in which I was living. It sent me all the way to the other end of the spectrum, but that's not the case for everyone.

It's worth noting people are either cursed in this life or blessed. Those who malign their neighbors are cursed. I choose to take it as the refinement it's meant to be, spiritually. Am I lonely? Yes. Do they monitor me? Yes. Do I miss my privacy? Yes. Is it wrong? Yes, but they will have theirs soon.

I am more powerful than ever and as careful as ever. It's made me more confident in myself. If it takes this many people, with this much money, to try and bring a down a average, non-important person. Then this man is really strong, or they're really weak. So either way it's a positive. They're either really weak and stupid, or I'm just smarter and stronger than them anyway."

Third Answer: "No! These Perpetrators have no idea how much damage they are causing. Also you never know what other issues the victim may be dealing with so you're dealing with compound problems this is very serious and it's very common actually. While these people may be saying oh it's only for their good or the good of the community. The victim may be just wanting to drive their car away from their homes, being driven out by crazy people! Some may do well or learn a thing or two but my case is tough and i don't feel comfortable in anything yet."

Forth Answer: "Is poison ever beneficial to anyone?"

Fifth Answer: "Made me smarter, sharper, and wittier!"

Sixth Answer: "I learned a lot about personal security, about how the world really works, about myself and my beliefs. I believe that I've gained a lot of knowledge and made a lot of personal growth through the experience. I wouldn't recommend it, but I guess I'm not sorry they picked me either. Ha! I guess I win, lol."

Seventh Answer: "Made me more aware of what humans will do to another human for money, bunch of cowards who hide behind computers and vehicles doing noise campaigns."

What is the point of gang stalking someone if they don't even know why they are being gang stalked? Why waste their time?

(I found this question and decided to steal some different answers and such. Hope it is okay.)

First answer: "The goal is to cause suffering. To destroy the target covertly.

Not to communicate/negotiate with the victim.

Infact the more they directly explain the less effective the gangstalking will be.

Insanity of the target is a goal

Total aqueiscense without conditions of the target to an anonymous force is a goal.

Destruction of the targets neverous system via electromagnetic weapons is a goal.

It's all the same thing really control and or destroy.

They're not after you for tax evasion...

And ultimately it doesn't even really matter why they are or were initially after the target to begin with, in the end. The process of gangstalking becomes narcotic."

Second answer: "Gangstalking someone is done to a chosen target to create a false narrative about a person that is considered to be a threat. The target is usually not even aware at first and sometimes even for several years. And then realization occurs, after certain long term harassing events.

These new found senses make you question the reason why you are being harassed, slandered or mentally abused and the list of horrible tactics goes on and on. The answer to the question can only be answered by the culprits themselves but ultimately it doesnt matter. E.g. They could want you to move or something else. Realistically they're words are meaningless, so don't even bothering asking.

The same patterns and tactics are often done on a daily basis to condition the mind of the Ti to the stimuli, so that these demented people have conjured up together to ruin your day.

The false narrative that they create about the Ti is done only to deceive and destroy and is only believed by the weakest of minds. The truth is that they have nothing better to do with their time and have become bored with their own existence. They enjoy the demise of others because their inner core is polluted by the evil that controls hearts and minds. The point of them Gangstalking you can only be answered by themselves and only themselves."

Third answer: "Its all the b***** that you have to go through before you figure out whos doing it and what they are doing it for. (Not really worth the effort and they want you to worry about that but honestly, eventually you might find out yourself).

But first, one must accept that this is a brutally evil program driven by money and power. Logic is not part of the picture in their sociopathic minds.

They love cruelty. The lower level street perps are led to believe their victims are "vile", who "know" what they have "done" and "know" why they are receiving the secret vigilante justice they "deserve.". But of course, they are always lying! They want you to become paranoid and want you to believe them. Remember the devil lies.

Meanwhile the stalking victims, myself included, are not told anything directly. To many perpetrators, it doesn't matter. They are paid and to them, it's "just a job i do." They rationalize that the target deserves it anyway and society will be better off when the target is dead."

Forth answer: "No need to know why... just knowing that you are is good enough for them. In fact it's even better because they thrive on your confusion and paranoia. Its their job."

Firth answer: "Let them waste their time stalking you and get jailed. That is a sure sign to the targeted individual that these stalkers are a true sign of no substance and most definitely non-educated, no decent credentials to move up in life on a professional confident level to survive happily.

They need funds, and trying to power you-which will not work- and that leads stalkers to the jail house for stalking you, they slander, harass, follow, degrade, envious-jealousies of innocent Targets, threaten you and etc other negatives that are wrong by law. Obviously, you know not to allow people to try brainwashing you, just laugh to yourself and move on quietly.

The people/witnesses the stalkers threaten you and slander you in front of -hey TI's those people are your best secret witnesses. So let them waste their time on you if they wish. Just have previous documentation, a permit and no fear. The law will handle it! Oh, we live in a land where you have rights TI's. Stalkers got to stop believing in lies they are told about Target Individuals & much untruths to stalk you without cause- because it is the stalkers that pay the debt in the end. Yes tell officers etc you are being gaslighted. They will handle it for targets.

TI start noticing odd behavior around them and can't realize what's happening. It's incredible crude and its done by week individuals band into a gang/community. But the victims know in one way or another otherwise the gang stalking wouldn't be effective. They're trying to get in your head and intimidate you. Just ignore it."

Sixth answer: "It could be literally anybody who has taken offense with something about you, or feels threatened by you in some way, or you know something about someone who dosen't want you to tell or be taken seriously if you do. Dont waste a lot of time trying to figure it all out. It wont matter if you do. Its definitely someone who can afford to pay for all of the random people harrassing you. Maybe its a person or a group but knowing exactly who or why is not likely to change anything about your situation unfortunately.

Just stay alert and try to document and record as much as possible. Be careful who you trust and also who you talk to about what is happening because most people will automatically think you are crazy if you start telling them. They would have to see it with their own eyes before you

say a word. You will discredit yourself if you go around telling people this is happening to you. Sorry to break it to you."

How do people get involved in the gang stalking perpetrators group? Part 1.

(I found some answers on quora but i couldn't fit all of them into one post, so i had to split it).

First answer: "How do gangstalkers recruit?"

Hmm. That's a very difficult question to answer and I shouldn't answer it but what the hell here goes. First of all? Why in God's name would anyone want to join a bunch of spineless vicious cowards who have nothing better else to do but to mentally torture a person who has done absolutely nothing wrong? Gang stalking groups? Inflict emotional, physical, psychological and abuse upon targets? How much do you know about gang stalking? Are you aware of the effects these people cause to an innocent person? Are you aware that these gang stalkers have no remorse for what they do to targets and their families? Do you know what it's like for us targets living a nightmare always watching over our shoulders waiting for the next pathetic perpetrator to come along using tactics.

But enough with my rant...if one decided to suddenly move into the local area, however...

- If one of those so called "baddies" move into the local neighbourhood, any pre-established connections will be used. They keel in touch with the neighbours and brings them into the program. They spread lies and bs, spread fear, to get people on board. They usually use people, who live closeby who hire their family, friends, parents, especially retirees, and etc. Its pretty multi-cultural and age diversified.
- They hire people whose occupation is mostly flexible and on the road. Such as contractors, self employed people, old people etc. So as soon as you leave the house, they have someone local to follow you.

So sum it up, i dont think you can actually join them, unless your already connected to them or they decide to involve you, for additional harrassment.

But Good luck with that!"

Second answer: "There are numerous methods on how gang stalking individual recruit.

The most effective ways are:

- Manipulation through different forms.
- Blackmail through different forms.
- Offering of employment (and no not a real job just money for doing something immoral)

- Offering different types of services in exchange.
- Some people want to join willingly.
- Drugs. In some places drugs are hard to obtain, if the person is an addict in any way he/she can be recruited.

And that's about it. Point 1 and 2 have a vast number of sub points but usually if the individual who is strong and healthy mentally gang stalkers can't recruit them.

Also the rest of the community who is in on it don't actually have a clue of what's really going on they just believe that the TI is just a sick person as they believe the gangs lies. It's hard not to when 20 people say the same thing about 1 individual specially from people they "trust".

Third answer: "Well it's best to start out being really scummy. They're looking for people that don't give a damn what happens to other people so long as they get their come up. Those people are ideal stalkers. If that's you, then you're on your way.

It's also beneficial if you are dying to feel like you're better than other people but know in your heart that you never will be but be dumb enough that driving a nice car let's you forget that a pig in a fancy dress is just a pig and a fancy dress. And the loser in a nice car is just a loser with a nice car that he sold out freedom to get.

If that sounds like you then I guess what you should do is move in somewhere close to a targeted individual and you'll be recruited to help torture them.

So I don't think you do, unless you were already part of the group before it began gang-stalking. You could start your own, I suppose, but it would lack the quality of authenticity, given that gang-stalkers usually have some."

How do people get involved in the gang stalking perpetrators group? Part 2.

(I found some answers on quora but i couldn't fit all of them into one post, so i had to split it).

Forth answer: "Gangstalking is not magic. It usually occurs when a lot of individuals conspire under the influence of some sort of prejudice or willingness to persecute someone. In many cases the victim of gangstalking was defamed in some way. Neighborhood watch and other untrained opinionated vigilantes are the obvious offenders of gangstalking, including fanatical religious and unofficial political groups.

Some people need an excuse or other encouragement, and that's why many people use the law as cover, and to convince other people into stalking and harassing someone. They don't want to be held accountable for a crime and that's why the law is assumed to be their perfect cover. This is called acting under the color of law.

Or

They usually know each other and basically its word of mouth which spreads quick as fire does. That person will tell his/hers circle of friends, those people will tell other circles of people etc. Everyone who is told about a target joins in, so on and so fourth, kinda like the effects of dominos falling one after the other. However, even though they know each other they make out to a target they don't know each other.. (they are not intelligent) a target always KNOWS.. LOL.

Or

They use community watch groups who dont take much convincing and am eager to "help".

It's actually quite sickening.. what they say about a target individual.. really horrid things that aren't even true.. They also 'blacklist the target permanently..

Gangstalking only occurs on account of some sort of prejudice, and the spirit of gangstalking awareness should not be violated by accusing innocent people of stalking. That is what gangstalkets do. It is not gangstalking if someone has personal needs or makes personal requests of another. Anyone who does not believe that gangstalking exists is probably guilty of it themselves or covering for someone that is guilty.

God Bless."

Fifth answer: "The way I figure it is, is that they're either just your every day bored out of their mind type people that become obsessed, or they're fanatical types with a moral agenda, sadists or scam artists with a financial incentive.

Basically just about anyone from any walk of life, that develops an extremely intrusive, unhealthy fixation with your life.

I'm not just talking about some internet trolls that constantly want to have the last say in some none-sense argument, or someone that has some type of temporary love crush, but certain types of people whether they realise it or not, becomes a heavy taxation on your mental health, because they want to obsess over every moment of your life.

Sometimes these types of people can be a collective conspiring organisation of 'gangstalkers', but some of the behaviour I've detailed here today definitely can contribute to the feeling that you're being monitored, watched, spied on, followed etc'.

These are some of the reasons why I believe that too many people in the world today, show others entirely too much attention."

Community Gang-Stalking Overall posts - Part 1

I became interested in 'Subvocal Recognition'..(3 pages)

Overall script: Community Gang-stalking variety.

Title of post: I became interested in 'Subvocal Recognition'..(3 pages)...

A poster did some research regarding subvocal and asked a site's chat box about the matter. (I had to type this out as the original poster did screenshots of this instead).

"Player asked: Can it be done remotely?

Chat Box said: Searching for: subvocal recognition remote Generating answers for you... It depends on what you mean by remotely. If you mean without attaching electrodes to the throat, then there is no reliable device that can do subvocal recognition yet. If you mean using subvocal recognition to communicate with someone far away, then it may be possible if the device is connected to the internet or a phone network. However, this is still a very experimental and unproven technology. Are you looking for something more practical or more futuristic?

Player asked: I'm looking for a device that can do it.

Chat Box said: Searching for: subvocal recognition device Generating answers for you... One possible device that can do subvocal recognition is a set of electrodes attached to the skin of the throat. The electrodes can detect the muscle signals of the vocal cords and send them to a computer for recognition. However, this technology is still in its infancy and may not be very accurate or consistent. What kind of application are you?

Player asked: What is subvocal recognition?

Chat Box said: Searching for: subvocal recognition Generating answers for you... Subvocal recognition is a technology that can convert the silent movements of the tongue and vocal cords into digital output, such as text or speech. It can enable silent and hands-free communication using the vocal apparatus. Why are you interested in subvocal recognition?"

End of Script.

The original poster submitted they're screenshots/research on a community gang-stalking board.

Poster: I guess a remote application is unfeasible..

Answer from another player:

If you put a low frequency contact microphone against your throat and it's sensitive enough. You might be able to hear your own subvocal, hear what they hear live at least or be able to work the specifications of that microphone.

Maybe a sensitive stethoscope might help but it would have to be over a certain classification.

And yes some stethoscopes can record sound as well.

(When you think you still use the muscles in your throat and these still provide a very quiet vocal sound E.g. It can happen when you read, for example:

"Subvocalization, or silent speech is the internal speech typically made when reading; it provides the sound of the word as it is read. This is a natural process when reading and it helps the mind to access meanings to comprehend and remember what is read" But you still use your vocal box, when doing this.

It's sometimes why people can think gangstalkers can read they're mind. E.g. When the target thinks they're using their imagination or imaging something. They're actually using some fragments of subvocal - Allowing the gang-stalkers to either guess or know what you're saying through study or you happen to say something specific.

Additionally a sensitive condenser with a parabolic dish and the correct audio system, could do it. - A system setup by the user.

Or a parabolic microphone, etc.

What do people mean when they say they "heard" something? Do they actually use their ears or their brain hears it instead of their ears?

Post found on Quora:

What do people mean when they say they "heard" something? Do they actually use their ears or their brain hears it instead of their ears?

First answer:

"The word "hear", in this day and age, is now used to show that one perceives the sound of whatever the source of sound may be, but there are cases where it is not the sound that is being perceived when one uses the word "hear". For example, the expression "I hear ya" can be used to mean that one perceives what someone/something else is getting at (regarding what all of that someone/something else's expressions add up to at the end of the conversing that was done between said one and said someone/something else). It can mean "I understand what you are getting at".

Scientifically speaking, the word "hear" is strictly the "detection and perception" of sound/audio. The ears have the receptors and the brain receives signals that were sent to that brain when sound/audio was detected by the receptors. Due to the brain receiving said signals, perception of sound/audio occurs.

When one imagines what seems like sound/audio, the "what seems like sound/audio that is imagined" is not actually sound/audio. It is one's ability to mentally produce an impressive imitation of sound/audio. There aren't any mics (such as the mic in an iPhone) that are able to be used to record any mentally produced imitation of sound/audio and that is because mics are specifically able to be used to record/etc sound/audio."

Second answer: "Contact mic

Reply to second answer:

Does "what is imagined produce vibrations"? And are brain waves an articulate-expression-form of something physical that can be analyzed and used as a source of determining exactly what someone imagines? Brain waves have never been able to be used to determine exactly what someone is imagining. Nemrodov explained, "When we see something, our brain creates a mental percept, which is essentially a mental impression of that thing. We were able to capture this percept using EEG to get a direct illustration of what's happening in the brain during this process." The technique uses machine learning algorithms to digitally recreate the facial images viewed by the study participants. Professor Nestor has extensive experience in this field of research. His lab has done studies that recreate digital images of visual stimuli in the past, but those projects, functional MRI (fMRI) scans were used. Getting the technology to work with more basic equipment like the EEG equipment is a first.

<https://www.labroots.com/trending/neuroscience/8445/eeg-read-mind/amp - Labroots>

Reply to that reply:

Ahh sorry — I should of said more, I have a theory that subvocal causes the illusion of reading the mind because people merely "speak loud" and they use audio equipment and a low frequently mic to achieve this but it's just a theory. So I thought a contact microphone might be able to record this, like a stethoscope. I am planning to eventually buy a sensitive one to find out. Thankyou for this interesting read! I ♡ it.

Reply to that reply: Cool. Hope it all helps. Thanks for the comments.

Learn to Nitpick your information:

Gang-stalking is a complex issue with a few different varieties. E.g. Military gang-stalking, Community gang-stalking and etc.

Often within community groups, you will see a post/article but soon discovered that they're beliefs are not quite the same as yours - Don't let this stop you, read the article anyway, you might just discover some helpful/interesting information.

If you learn to pick and choose what information, you receive. It might help in the future. All free information is helpful as long as you know what to look for.

Gang-stalking/Work mobbing occurring in every new job:

Question:

Has anyone on here that has been group stalked from your former employer, have it happen at every new job after that? I work in a nursing facility and I am already being harassed. I just started a month ago.

Reply:

Yes, I have been harassed through 4 different jobs so far? However in this new position, it seems that they couldn't commence the internal harassment. E.g. Either they were unable too or decided against it.

My co-workers and employer were not turned against me through vicious rumors, thus the work mobbing never started.

(I do have two jobs and the harassment is only currently occurring in the old one).

These are the reasons, I believe why:

After my interview, some of them stayed around to watch/study the employees or work environment and decided it wasn't wise to attempt internal harassment.

Or

They heard/spied on my employer while she was calling some of my referees and decided against internal harassment then. (They were probably studying her personality or something).

I am betting they were afraid that my new employer would tell me. (Not everyone is the same).

Either way - They studied my new employment place before I started and decided against internal harassment.

They just use projected V2K and street threate now instead.

Additionally gang-stalkers usually use their inner circle for the main harassment and the outer circle for less draining tasks. Perhaps none of the gang-stalkers knew anyone that worked there, thus there was no easy access as well.

Or they couldn't convince anyone to participate but it's far more likely that they were simply unable to. Australia Community Gang-stalkers aren't the brightest around.

What to do about Work Mobbing:

"Workplace mobbing is an impassioned, collective movement by managers and/or co-workers to exclude, punish, and humiliate a targeted worker. A desperate urge to crush and eliminate the target spreads through the work unit, infecting one person after another like a contagious disease. The target comes to be seen as absolutely abhorrent, outside the circle of respectability, deserving only of contempt. A steadily broader range of hostile words and actions toward the target are to be deployed.

Mobbing is distinct from penalizing or firing a worker who, on the basis of evidence, does not measure up to job requirements. The latter is a reasoned, routine managerial procedure, normally directed with regret at an underachiever. Mobbing is a furious collective attack made with undisguised glee on an overachiever or someone seen as threatening to good and decent employees.

Workplace mobbing is like bullying, in that the object is to rob the target of dignity and self-respect. Here, however, it is not a single swaggering bully that the target is up against, but the juggernaut of collective will. The message to the target is that everybody wants you out of here.

Understand the stages of the process No two cases are alike but mobbing typically proceeds from subtle, informal techniques of humiliation and exclusion to overt and formal measures. Five stages are commonly distinguished:

1. Avoidance and ostracization of the target.
2. Petty harassment: making the target's life difficult.
3. A critical incident that triggers formal sanctions: "something has to be done.
4. Aftermath of the incident: hearings, appeals, mediation.
5. Elimination: target quits, retires, is fired, becomes disabled, dies of stress-induced illness

Recognize Signs of Ganging-up: The first step to prevention and remedy of workplace mobbing is to recognize the behaviors that constitute it and call the process by its name. Here are signs to look for:

1. By standard criteria of job performance, the target is at least average, probably above average.

2. Rumors and gossip circulate about the target's misdeeds: "Did you hear what she did last week?"
3. The target is not invited to meetings or voted onto committees, is excluded or excludes self.
4. Collective focus on a critical incident that "shows what kind of man he really is."
5. Shared conviction that the target needs some kind of formal punishment, "to be taught a lesson."
6. Unusual timing of the decision to punish, e. g. Apart from the annual performance review.
7. Emotion-laden, defamatory rhetoric about the target in oral and written communications.
8. Formal expressions of collective negative sentiment toward the target, e. g. A vote of censure, signatures on a petition, meeting to discuss what to do about the target.
9. High value on secrecy, confidentiality, and collegial solidarity among the mobbers.
10. Loss of diversity of argument, so that it becomes dangerous to "speak up for" or defend the target.
11. The adding up of the target's real or imagined venial sins to make a mortal sin that cries for action
12. The target is seen as personally abhorrent, with no redeeming qualities; stigmatizing, exclusionary labels are applied.
13. Disregard of established procedures, as mobbers take matters into their own hands.
14. Resistance to independent, outside review of sanctions imposed on the target.
15. Outraged response to any appeals for outside help the target may make.
16. Mobbers' fear of violence from target, target's fear of violence from mobbers or both.
17. Lying low, keeping your head down, following the crowd, and kowtowing to the boss are poor defenses against being mobbed. Nobody is safe in workplaces of chronic scapegoating, mobbing, and nastiness. This year's mobber may be next year's target.

Practical suggestions researchers commonly offer for personal conduct include the following:

1. Keep your mind on the job. Mobs form when people lose sight of the organization's purposes, turn their attention inward, get caught up in power struggles and one-upmanship.
2. Plan carefully before blowing the whistle on managerial misconduct. Managers tend to go after whistleblowers, and elites close ranks.

3. Get a life away from work Cultivate social relations in many different groups, family, school, church, community. If managers and workmates turn on a person who lacks alternative sources of social support, the target is easily destroyed.

4. Show kindness to the target. Instead of joining mobbers or bystanders, find ways to affirm the target's humanity. The mob may then turn on you, but you may possibly save another's life.

5. Nietzsche said it best: "Distrust all those in whom the impulse to punish is powerful". Article by Summary of Workplace Mobbing: The Waterloo Anti-mobbing instruments Link to full document: [Summary of Workplace Mobbing.pdf](#)

This document offers more solutions: Safety Matters - Work Mobbing OSH [Safety Matters - Work Mobbing OSH.pdf](#)

"How to respond to workplace mobbing (solutions) In his paper, Dr Sheehan attempts to identify some solutions to the problem of mobbing.

He refers to suggestions found in existing mobbing literature such as legislative change and enabling legal redress. He says that legislators, however, have been slow to heed the call. He warns that legislative change may be needed to organisation as a whole needs to be aware of the problem of workplace mobbing so that it may act in an educative and preventative, rather than reactive, way.

Quoting from others Prof Westhues suggests some personal actions that may be useful to avoid mobbing and responding to it: Keep your mind on the job, plan carefully before blowing the whistle, get a life away from work, show kindness to the target, distrust those in whom the impulse to punish is powerful."

How to convince from family or friends about gang-stalking. (To a certain extent).

This article contains information regarding on how to convince friends or family regarding gang-stalking. Unfortunately due to the specific example, you need to read the whole article to get the general understanding.

Article:

Using ghost boxes to prove audio broadcasting and how to discredit your gang-stalkers to your family/friends:

Article found on Reddit.

"Self-Experience: I have always been interested in ghost hunting and technology before I was an targeted individual. So the equipment I've brought prior assisted me in knowing the difference between RF or low frequency V2K. Plus offered evidence as well.

Example of Ghost box: <https://youtu.be/ll0bgqiyxEE>

I am currently using a Ghostbox (This is basically a broken radio used for communication with the death/ghosts for ghost hunters) it's from an online company called Ghoststop, these ghost boxes are designed to quickly flip through many radio stations at once. E.g. Setting one flips through 3 radio stations within 1 second while setting 4 can flip through 7 radio stations within 1 second. It can also be used as a normal radio as well but can record any incoming signals.

Often radio stations are completely skipped and no auto/human voices will get through. However the few radio stations that do managed to make it through, will provide a single syllable and the next following radio might offer another. If the syllables managed to complete a full word - it's considered confirmation of the death and a ghost is attempting to speak with you.

E.g.

Radio station 1# will say 'Si'

Radio station 2# will say Luh

Radio station 3# will say 'Bl'

This forms a full word = syllable

(This needs to happen within 5 seconds of each other to be considered valid and not spaced out).

Now you have a basic understanding how this device works.

So therefore if someone in your local area is using a overpowered CB radio or Ham radio. Some of these frequencies or their communications (human voices) will get through. Whether that's short words or longer sentences.

Tip: How can you tell the difference between ghosts or gang-stalkers, if you happen to believe in both.

Ghost communications will be short and brief as it takes too much energy for a spirit to continuously operate the device and they often need long periods to recharge themselves.

While Gang-stalking communications will be much more continuous and the answers will be more directed/detailed to you. There is no time limit to how long this might continue. They might increase their attempt to communicate with you, if you ignore them long enough. Then they will be more desperate to get your attention.

Now you can also use a EMF detector, however this device can actually offer full human voices and it's more generally provable to family and friends.

E.g.

How can this be useful?

As you know Gang-stalking is rather a odd topic to discuss and often speaking to family or friends isn't a option as you may appear as 'Offbalanced'. Especially if you attempt to descript the symptoms of Gang-stalking.

(You hear V2K - Your hearing voices in your head).

(You feel DEW devices while other family members do not).

This needs to be done organically.

****This information is a general guideline and an creative example on how to get family or friends to start to believing or start to think something odd is going on**** - Future steps depend on your creativity or case.

Optional steps:

- You start watching ghost hunting shows and tell your family how interesting it was. Even if you don't believe it in. (Or just lie and say you did).
- Speak about the topic on occasion for 2 weeks.
- Ghost hunting is now your new hobby and you wanna try it out. Tell your family this and casually mentioned you brought the device. And you're excited to try it out.
- You can now buy the ghost box, without looking odd or out of personality.
- Now once you familiar yourself with it, discuss with the closest member of your family about how it works and let them play around with it.
- Encourage them to play around with it, with you and pretend to ask questions to the dead. This is to get them generally interested and understand how the device works.
- Now you can attempt to record the gang-stalkers with the device and show the 'odd' recordings to the family member. Who showed previous interest.
- Now explained what you picked up and say how weird. The only way that this can happen if someone is using a illegal overpowered CB/Ham radio. (This is to gently introduce the theory of something slightly odd is happening and radio waves might be a factor). This can also cause slight suspicion around your neighbors (main handler as well. (It's more effective if you discredit the neighbors first but I'll explain that later within the article).

Tip: You can also contact your local Government department that handles communications and request to know how you can report this issue. They will research your immediate area and see who has a Ham operating license. They can be greatly fined for this and loss their license.

Now if you're completely certain that it's one of your local neighbors and they're attempting to send short words or sentences via the ghost box. This might suggest that they are either a tradie, hobbyist, trucker or etc. This might be a key to tell you, who they might be. Especially for Community Gang-stalking and if you receive V2K as well).

Note: If you suffer from Community Gang-stalking and you know for certain who your main gang-stalkers are. (The people who originally arranged it). You can attempt to discredit them via funny stories. If you can link real experiences with them, the better.

E.g.

Before I even knew what gang-stalking was. My neighbour use to come out every day and spend literally 5 minutes scratching himself. Now about 7 years later, I found out they were listening to our family all that time and I can confirm they are my main gang-stalkers.

From there I told my family about the weird behavior and mocked them, through short jokes.

Don't do this too often and maybe try for every 2 weeks or so. You don't want your family thinking that your obsess with them but merely joking around about how funny your neighbors are. It would help if you lightly mocked other neighbors as well but attempt to keep the focus on your main target.

Now this is to gently introduce certain behaviors within your family, organically which could benefit you in the long run.

E.g. If you successfully alienate your chosen target from your family. Your family might start to naturally act slightly rude towards your neighbor (gang-stalkers), they might be more willing to report them for local neighbor grieves such as loud noise, dogs barking and etc. You could even encourage this reporting.

Your family might even start doing this behavior all by themselves to your neighbors, without you knowing.

E.g. Your family finds rubbish in their yard and throws it over to your neighbors instead. For whatever reason, the discreditation will encourage this behavior.

This behavior will also increase the likely hood of reporting about noises, dogs barking and etc.

The aim is to generally annoy your gang-stalkers and cause havoc in their life lives. Also it makes your case more believable for later on - If you have enough evidence. You need to convince family before the police that something odd is going on.

The topic of Gang-stalking should never be actually mentioned or explained. You just want the idea of something strange is going on.

Note:

If you manage to capture V2K recordings and they are hearable. You can say this is a ghost recording instead and that you want your family member/s to check it out because you think it's just simply interesting or cool.

If successful, eventually your family or chosen member will become sensitized to these mumbblings or broadcast audio recordings. If they're hearing is sensitive enough, they might be even able to recognize or hear the projected audio, if it's loud enough.

(If one can prove the most unbelievable aspects of Gang-stalking then everything else will seem more believable such as community stalking).

This will increase the oddity and eventually it will become - Where is that sound coming from? You're introducing the aspects of Gang-stalking through organic means, without actually mentioning it.

This method can be adapted and changed. E.g. If you want to record around your house without seeming weird. You're now either a ghost hunting or love recording night time or day time sounds a.k.a A naturalist.

You need to be creative, logically and organic in nature. It has to seem almost nature to your personality for this method to work. It's merely one way to proceed.

You can go from there. This method is currently benefiting me."

Community Gang-Stalking Overall posts - Part 2

Details of Community Gang-stalking.

For some cases which involve community stalking or smaller based groups, the technology is often everyday items that the general public can freely purchase. E.g. speakers, microphone, amplifier, parabolic dish - optional (A parabolic dish is used for listening to distance sounds) and etc.

However the actual setup requires previous demonstration from another or they simply already acquired the knowledge from previous experience/etc.

Now the following points will convey the possible reasons behind this:

The sensitive yet quiet equipment can record subvocalizations; When you think, you actually use your voice box which still produces recordable sound. (These microphones are also capable of picking up normal speech as well).

= They could easily sell this system setup to private investigators, small business groups for a competitive sale's edge, surveillance websites, acoustic engineers/scientists or even to the local news papers.

Either way, there is plenty of money to be made from this, for years to come. For example:

Private investigators

Police force usage E.g. Provide assistance during hostage situations. The sound setup would be able to hear the plans, actions (footsteps/movement) or general discussions between the hostage-takers.

Police could utilize this new information to help nullify the situation.

Military usage.

Helping to solve crimes: Getting additional information - Serial killers, serial offenders or more harden criminals are known to speak 'louder' than normal individuals. In other words, they have a louder subvocal voice.

The applications are endless. However they choose not to do this but prefer to keep confidential instead.

This implies they are naive, stagnant and not particularly ambitious in life. Which is suitable as gang-stalking does not tend to involve new methods. They're goal is too ultimately wear the individual out through self-destructive methods, due to long term exposure.

They always use the same classic tactics without changing nor adepting from the original harassment structure. Meanwhile the Targeted Individual has this critical option, They have the option for 'change'.

You can change anything you like: - Your tactics - Your style life - Your perspective - Your actions
- Your responses

The option for change is bottomless.

Thus gang-stalkers naturally tend to have a narrow mind set and are unable to let go once something has 'upsetted them'. This behavior becomes fixated. Thus they're spying becomes action and they're harassment scheme begins, before the targeted individual even knows.

(Often this happens years before the individual officially becomes a TI on they're personal revenge list).

Any information they had gathered during this stage will be used against you or used to get your attention.

Tip - Consider this: How sick a person must be to have audio equipment, purely for the soul purpose to spy on they're neighbors.

Then one day suddenly decide to set it up and begin listening. (That's take a lot of free personal time).

After this gang-stalkers will often hear something they don't like, it will be over something completely meaningless and ridiculous.

This ridiculous issue becomes they're reason for harassing the target. Then the harassment scheme begins.

Self improvement or advancement is never a priority in they're lives. They focus on you and waste they're time on you. This 'time' is taken away from:

Bonding time with family, friends or children

Work advancement

Potential studies

Exploring or travelling

Hobbies or interests

Note: This type of narcissist trait/behavior is merely a symptom of a border-line personality disorder.

Now with these listed behavioral traits & ingrained activities. The reason why they don't sell the system setup and become wealthy - Which most of them could use.

They are either scared about the possible outcome from whistleblowing, they're not particularly bright/submissive in nature or they wish to hold the advantage of this method for personal use. For personal use, they hold they're 'gang-stalking' tactics as some holy solutions to they're self created delusions.

Create flyers for your local area and spread them around to the local community: Gang-Stalking: Crime Awareness:

Organized Stalking Ostracism If you can answer yes to any of the following questions, you may be asked to commit a crime or have already committed one. Do not participate in Community Stalking/Mobbing/Ostracim!

Flyer template for Raising Awareness about Gangstalking-converted

Here is the link to the pdf booklet:

Flyer template for Raising Awareness about Gangstalking-converted.pdf

Create flyers for your local area and spread them around to the local community:. Gang-Stalking: Crime Awareness – Organized Stalking Ostracism **If you can answer yes to any of the following questions, you may be asked to commit a crime or have already committed one. Do not participate in Community ...

<https://docdro.id/piaiQSZ>

Understanding Gang-Stalking: Tactics, Teams, and Strategies

When you leave your home, it's not uncommon for those engaged in gang-stalking to immediately dispatch a message to their network, alerting them to start following you. This coordinated effort aims to create a pervasive sense of being watched and manipulated, making it difficult for you to distinguish between reality and the orchestrated harassment. This article explores the tactics used by gang-stalkers, the different levels of involvement, and the strategies they employ to follow and harass their targets.

The Mechanics of Gang-Stalking

Gang-stalking involves a multi-faceted approach with several teams working in concert to monitor and harass their target. Understanding these methods can help targets recognize and counteract the harassment.

1. Teams Involved in Gang-Stalking

First Team: The Stalkers

The first team is responsible for physically tracking the target's movements, particularly when the target is driving. Their main tasks include:

- **Car Swapping:** To avoid detection, members of the first team frequently change vehicles. This tactic ensures that the target cannot easily identify or track a specific car.
- **Communication:** Stalkers often use group messaging apps like WhatsApp to coordinate their activities, share information, and maintain surveillance.

Involvement Level:

- **Primary Stalkers:** These individuals are typically close acquaintances or family members of the instigators of the stalking. They may participate voluntarily or for minimal compensation.

Second Team: Outside Squatters

The second team consists of individuals who remain stationed at locations where the target is expected to arrive. Their tactics include:

- **Discreet Observation:** Outside squatters are strategically placed in public areas or parking lots to blend in with other vehicles, making them difficult to spot.
- **Technology Use:** They might use audio equipment to listen in on the target's conversations or use radio equipment to communicate with other stalkers.

Third Team: Squatter's Assistants

This team operates within the target's vicinity and may physically be present at the locations the target visits. Their roles involve:

- **In-Person Harassment:** These individuals might engage in street theater or other disruptive behaviors to unsettle the target.
- **Technology and Equipment:** They could employ devices like microphones or parabolic dishes to capture conversations and relay information back to the primary stalkers.

2. Tactics and Methods Used

Surveillance and Tracking

Gang-stalkers use various methods to track their target's movements:

- **GPS Tracking:** Devices may be placed on the target's vehicle to monitor their location in real-time.
- **Phone Monitoring:** Access to the target's phone data can reveal their whereabouts and plans.
- **Routine Analysis:** Stalkers study the target's daily patterns, including work schedules and shopping habits, to predict their movements.

Harassment Techniques

Gang-stalkers employ several harassment tactics:

- **Street Theater:** This involves creating disturbances or orchestrating scenarios in public to distress the target.
- **Social Manipulation:** They might recruit neighbors, co-workers, or random individuals to participate in the harassment, often through slander or disruptive actions.
- **Psychological Tactics:** Repeating private conversations or comments made by the target to induce fear and confusion.

Disguising Their Presence

To avoid detection, gang-stalkers use various strategies:

- **Car Swapping:** Frequent changes of vehicles prevent the target from identifying specific stalkers.
- **Public Integration:** Outside squatters blend in with other vehicles or pedestrians to avoid standing out.

Levels of Involvement and Payment

Primary Participants

- **Role:** These individuals are directly connected to the instigators of the stalking. They may include close friends, family members, or long-term associates who either voluntarily participate or receive minimal compensation.

Secondary Participants

- **Role:** These individuals might be recruited from broader social circles or as acquaintances. Payment for their involvement varies:
 - **Moderate Involvement:** Friends of friends or distant relatives may be compensated for their time or travel.
 - **Low Involvement:** Randomly recruited individuals or co-workers may participate without payment, often due to misinformation or coercion.

Free vs. Paid Tactics

- **Free Tactics:** Local neighbors or acquaintances may engage in harassment without payment, especially if they have pre-existing negative feelings towards the target.
- **Paid Tactics:** More extensive or time-consuming efforts, such as those requiring travel or significant time investment, may involve payment to cover costs like fuel or additional expenses.

Strategies for Managing Gang-Stalking

1. Minimize Predictability

- **Vary Your Routine:** Change your daily routes and schedules to make it harder for stalkers to predict your movements.
- **Disable Location Services:** Turn off location tracking on your devices to reduce the chances of being monitored.

2. Document and Report

- **Stay Calm:** Reacting emotionally to the harassment can escalate the situation. Maintain composure and avoid direct confrontation with the stalkers.

- **Document Incidents:** Keep detailed records of harassment, including dates, times, and descriptions of events. This documentation can be useful for legal purposes or when reporting to authorities.

3. Seek Support

- **Professional Help:** Consult with mental health professionals to manage the emotional impact of gang-stalking.
- **Legal Assistance:** Explore legal options such as restraining orders or other protective measures with the help of legal experts.

Conclusion

Gang-stalking involves a complex web of tactics and coordination aimed at creating a feeling of constant surveillance and harassment. Understanding these tactics and the roles of different teams can help targets take proactive measures to protect themselves and minimize the impact of the harassment. By staying informed and prepared, individuals can regain control over their lives and counteract the efforts of those who seek to destabilize them.

Post found on Reddit:

How the Enemy Manipulates us:

Exaggeration of strength and hiding weakness - they make it look like they know everything and are omni-present but they are not. Illusion of power - you will find that even many people are in on it, they are not all powerful and there are ways to fight them like keeping your mental and physical health up.

Jump Scares and theatrics - Suddenly pushing attacks/information/stalking that have an effect on mind and body which makes the victim think that they are under large scale attack but it is often not the case. Focus on trigger words and sudden events to give the illusion that all hell has broken loose but if you keep a calm mind, you can weather any storm.

Continuous repetition - negativity and making the situation worse than it actually is. Continuous negative assertions drag the consciousness down into the pit of despair. We must learn to ignore or reverse these into positive affirmations for our subconscious mind.

Lies, disinformation and deception in order to make the person think and do what they want. Misleading info, narratives with no solution, negative stories all serve to drag you down and make you feel helpless and afraid.

Keep the target ignorant of the truth since the truth will set you free and knowledge is power

Will often make you lose progress/peace/happiness through doubt and make the target believe they are doing the wrong thing when in fact they are on the right path. Inversely, they will provide happy feelings, satisfaction, reduce pain etc. when the target is doing what they want.

Will do anything and everything to turn you away from God, reading the scriptures and meditation including exploiting biases, beliefs and past experiences.

Make you selfish, prideful, angry, fearful so that you are easily manipulated and misled. Selfishness keeps all the Goodness out of your experience - if you help people even if they dont deserve it, you will find that the universe will help you – Selflessness

By focusing our attention on creative activities we enjoy like writing, art, music, physical exercise and other avenues other than thinking about the actions of the gangstalkers and the sufferings, we are able to keep our mental and physical faculties intact and be in a more positive state which is better equipped to handle this kind of assault on the human body and mind.

Community Gang-Stalking Overall posts - Part 3

My advice:

A risk in Perspective, per each Case:

Hi All,

So your being gang-stalked and think it's unfair? Well here are some of my perspectives, that I learnt about effort and man-power it takes to monitor you. Secret: Overall they waste money and effort to watch/annoy you; While you carry on with life instead.

To overall watch you, whether home, work or outgoings. They spend alot of money to keep intrack of you E.g. Fuel, wore or tear on an car, electrical/batteries for any sound/monitor systems and water their time to stalk you instead of spending with family or friends. They can't even sleep without monitoring you, they realistically have no life without you.

They spy on you! They monitor you, learn about you E.g. Your discourses, your daily phrases, hobbies or anything. The sole purpose is to gain your attention and therefore, you will notice them in real life.

So they spy you on you? That's alright, it's to gain your attention, they will be repeat certain phrases or conversations around you! This is to let you know, that you're being stalked and harassed. So let's get creative - Lie about certain situations, start saying certain weird strange

phrases or heck, ask them to repeat your wording. E.g. Say weird or offensive words at home and they will tell the community anything you say and this could be used for your advantage or amusement.

Have fun with the phrases and lies. You get to evolve your own story or habits.

So they listen to you? Time for some interesting fanfiction! And yes they will listen and copy anything you say! Let's read something to scare them for life!

So gang-stalkers fellow you huh? Let's go to the movies!! They're money and time aren't your problem! Just you're amusement!

Aw someone has to stay up and watch you?? Awww so sorry!! But this 4 o'clock movie is so interesting!

- They will try to new ways to bother you. E.g. V2k - sound and other tactics. Remember you see or hear nothing. They will not know what will work but you can fake or cover, what is actually effective against you.

Little tips per case:

If your gang-stalker uses the following triggers: Key phrases, sound or frequency. The chances are they use these methods in combination with each other, this pattern of behavior heavily relies on sensualization. E.g. You think of an thought but suddenly feel stressed for some reason.

"Ahh I feel like cleaning today" You feel an certain change caused by frequency. "Actually it suddenly feels like an lot of effort"

Basically you're 'trained' to do this, through the earlier stages of stalking. This is where they study you as an person and expose you to different types of activities such as street threate, certain key phrases, frequencies and etc. This is all to predict certain reactions from you, which is also handy for anchoring you. (Anchoring is used for misdirection in the gang-stalking community, they will do and say things to confuse or stress you).

Anchoring is often used in the earlier stages as well; They will often tell stories or lies about everything or anything. Ultimately this services two purposes: To make you pay attention to certain actions or wording, so you become hypersensitive to everything around you or to encourage you to act out. E.g. You never heard of the term targeted individual before and have

no idea what's happening to you, so you tell your family or friends. Unfortunately you appear crazy to them instead.

They will often use sound/V2K or they're own voice to confuse you in public. This does not matter if you're alone or with relatives. The aim is to give the illusion that someone next to you or people in general are all stalking you.

E.g. You're in a restaurant with your family but can hear people saying certain key phrases or just trying to say anything to gain your attention. But you have no idea, who it could be. (That's the aim, to cause confusion).

They will use sound/V2K to misdirect you during conversations. This services many purposes from confusing to making you paranoid.

E.g. You ordered something at McDonalds but suddenly hear a smart/insult comment as you go forward. However you swear you didn't see her lips move? Well chances are they used sound/V2K to cause this.

Your deep in thought or starting to fall asleep but suddenly hear words/V2K without hearing anything? Chances are they are using low frequencies or another system for sleep deprivation.

V2K & broadcasting thought in public places:

Every targeted individual case is different but unfortunately some of us suffer from V2K or have our thoughts/subvocalizations broadcasting in public areas. Either way, they are listening and no have choice but to listen, especially if they have to report back.

You can ignore; this method is usually preferred as generally symptoms are reported to lessen.

Download a frequency generator app on your mobile and play a high pitch or annoying tone. Be sure, not to irritate the other shoppers, however this should be generally okay as they're equipment is more sensitive than our ears. So the sound will still definitely pick up, even on low volume. You can do this in car as well. (I play neno cat).

Frequencies can easily influence your emotional state, quite quickly. However it's usually used as a sleep disturbance or to gain your attention. E.g. They use frequency to gain your attention/change your emotional state shortly then used V2K. The V2K is meant to be more annoying than usual with the added frequency effect.

If you really want, you can swear or say everything insult under the sun while not actually paying attention to them.

- They will often use V2K subliminal messages, this can be done with low frequency. The V2K message's volume is lowered so much, to create the illusion that the message is coming from yourself.

They will use V2K to confuse you in public, since V2K can travel quite a distance. They apply this method in opportune times.

E.g. A innocent person is simply walking past you, you don't directly look at them but do know that they are there. The gang-stalkers will use the V2K to produce a insult or message, pretending that the bystander said it instead. This is creating the illusion of numbers of Gang-stalkers.

This method is also used during direct conversations with family members, friends or co-workers. Its to create confusion.

- Have you ever sleep asleep with the tv, radi

o or phone even going? Only to discover that the current channel playing is somehow affecting your dreams? Well sometimes V2K is used to create the same affect.

- V2K can be a mixture of pre-recorded messages and direct messaging. They can have both playing at the same time.

How they *attempt* to weaken us:

Post found on Reddit:

https://www.reddit.com/r/TargetedSolutions/comments/jzc5hu/how_the_enemy_manipulates_us/?utm_medium=android_app&utm_source=share

Exaggeration of strength and hiding weakness - they make it look like they know everything and are omni-present but they are not. Illusion of power - you will find that even many people are in on it, they are not all powerful and there are ways to fight them like keeping your mental and physical health up.

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By focusing our attention on creative activities we enjoy like writing, art, music, physical exercise and other avenues other than thinking about the actions of the gangstalkers and the sufferings, we are able to keep our mental and physical faculties intact and be in a more positive state which is better equipped to handle this kind of assault on the human body and mind.

Full comment on post:

"Before this topic-matter/subject wasn't even heard of nor spoken about in my area, let alone my country. Now it's being posted around the local area - Awareness is slowly being made, even in quiet areas because of social media and stories.

Tip:

Even if someone doesn't believe or fully understand the concept/phenomenon of gang-stalking - Does not mean it wouldn't be potentially helpful in the future, to know about the subject matter.

Simply knowing about the topic, whether they considered it to be a conspiracy theory or not, will eventually direct them to the correct place"

One could bypass their structure screen with early information and that information addresses logical behaviors, what exactly they're trying to achieve and how to combat that. E.g. To make someone look crazy in front of their family/peers which might send them to an mental hospital if they try to explain what's happening to them.

However with early access to information, they can combat this pyramid screen early.

Original link - Reddit:

https://www.reddit.com/r/TargetedSolutions/comments/126uq2n/in_australia_qld_your_not_alone_awareness_is/?utm_source=share&utm_medium=android_app&utm_name=androidcss&utm_term=1&utm_content=share_button

What do gang stalkers do when they find out you know they're gang stalking you?

First Answer: "It depends on how afraid they think you are.

*If you are afraid, then they will attempt turn up the heat sometimes. After long term gangstalking and you have "seen it all", it really does start to become boring more than stressful or harrasing. I mean, they might surprise you with some new low-class tactic but that will also be recieved as boring after a while as well.

*If you are not afraid, it makes them nervous and they may try to set you up to have a temper tantrum and call the police. They try to slander your character and distance others from you because they consider you powerful. It's intimidating when the target realizes the gang stalkers have no true power but just an Agenda.

NOW, you make the rules of their game because it's your life. Make yourself win."

Second answer: "Eventually, the target will likely discover the situation, especially as strange occurrences start to happen. They may naturally begin to search online or research to see if others have had similar experiences or if unfortunate they've already heard about gang stalking before.

E.g.

- Hearing "voices through walls," also known as V2K, refers to a gang-stalking tactic where projected voices are broadcasted via speakers. The perpetrators use this method to manipulate and unsettle you, having studied you beforehand. Their aim is to make you appear irrational so that others will not believe you, particularly if your behavior becomes unusual in response. Additionally, they create a fabricated narrative for you to believe, which can further alienate you from your family and make you seem odd. E.g. Fake narrative could be...that you have upsetted someone for example.

- People seem to become more meaner around the targeted individual than normally. E.g. Like strangers or neighbors. Gangstalkers either use V2K to project their voices or simply use directed conversation instead.

The V2K method are sometimes transmitted subliminally through low frequencies, masking their origin to create the illusion that the thoughts are one's own.

In public settings, V2K is employed to confuse individuals, exploiting its ability to travel significant distances. This tactic is applied strategically, often during opportune moments.

For example, while innocuously passing by someone, V2K can simulate insults or messages as if they were spoken aloud by bystanders but this was actually done by the gangstalkers themselves. But the bystander is actually innocent and didn't say anything at all. This is to make the target individual believe that "everyone is being meaner than usual".

Directed conversation is a tactic used in gang-stalking where perpetrators engage in conversations that are specifically designed to target or harass an individual without direct confrontation. This can involve people in public spaces or even those in the target's social circle. The conversations are often crafted to subtly reference the target's personal information, fears, or insecurities, making it seem as though the discussions are about or directed at them.

The purpose is to create a sense of paranoia and isolation. The target may feel that others are conspiring against them or that their private thoughts and concerns are being openly discussed. This tactic aims to unsettle the target and make them doubt their own perception of reality, further exacerbating their feelings of distress and alienation.

Sometimes gangstalkers will repeat things, that you have said in your daily life or in your home. (This is to get your attention and train to you to think, that everyone who says that by chance in the future, could be also in it. That's to make you feel fearful about they're numbers and etc).

They can also used directed conversation and it's quite clear, for example:

They're having a conversation with another person or pretend it's over the phone and they use more than two trigger words, that's personalized to your gangstalking. So you would know these list of words or phrases quite well. That's one case - Because these words are quite specific to use.

E.g. How "crazy", "no one believes" or "nothing they can do". These words will be mixed somehow in they're general conversation but the overall conversation is still unrelated to private conversations, that you previously had. They just kinda mixed these words into the conversation somehow, in whatever order, they want really. (That's one method).

Or another similar method but still a little different is when, they mention two or more previous private conversations while talking to another person, that they have somehow gotten and it's very specific and spoken in more full sentences. An example of this, would be:

"I'm going to bunnings later on and by the way did you pick up that spray? I just hate the smell..."

While earlier in that day, you actually mentioned going to bunnings and commented on a bad smell to someone in your household. (Maybe someone in your household has a stinky ass, who knows. These are just examples and the conversations are quite different from person to person. But the longer you get gangstalked, the more you'll know what to naturally look out for, I guess).

The overall effect is to make the target feel as though they are being observed by a large crowd, that wherever they go, they are being followed, and that everyone dislikes them. This is always untrue; it is simply an illusion. It's merely a created affected, the number is much smaller than you believe.

- They will use sound pressure to mess with your emotional state and your sleeping practices as well. This is usually applied with V2K at the same time.

When gang stalkers discover that you are aware of their actions, their response can vary depending on their motives and methods. Some might intensify their efforts to try to maintain control and manipulate your perception, while others may attempt to discredit you or undermine your credibility by creating confusion or making it seem like you're paranoid. Either way, once the target individual have discovered this - They can counteract the affects of gangstalking and regain their power back. No more fear and no more confusion."

Third answer: "That is something they mainly do not want, they want you to stay at that earlier confusing stage - That 'I can mess with your head stage and create whatever narrative, I want stage' And it's more amusing for them as well.

If I had it to do over I would start of never letting them know, I knew they were watching me. I think I could have really enjoyed playing with them from the beginning and mess with them."

Forth Answer: "They may ramp up attacks or they may stay the same level - Either way they paint you into a corner of isolation. Best thing to do is ignore them in public. Do not over react, because that just gives them more excuse to call you crazy.

They will sometimes get outside people who are NOT fully aware of the stalking method, to do things that make them appear like they bare. So then you go around accusing everyone of stalking you, when they are not. That is how they get you. By creating soo much confusion for you, and those you know, to a point, no one knows what the hell is going."

What happens when gang stalkers can't scare you or make you paranoid and you find more laughter at them than fear or sadness?

First answer: "They will change their tactics and eventually change their behavior to find another way to bother the victim but eventually the victim will become use to that as well. (The more they expose they're tactics the more you will learn and the more you will become either numb by it or simply find it boring and no longer intimidating).

Do not react. No matter what they do. Do not have a reaction if any. If you can avoid a reaction, avoid one. If you get into Jesus Christ that will help you tremendously, you will find yourself not getting offended at all. Regardless of what they try to do.

Do not give these people a reaction. Do not become a statistic. Let their surveillance and all their Intel and all their technology and all their cohorts go to waste.

You have to remember you have to say over you. You have the self-control over you. Not them. They're just a distraction. What they're doing. That's all distraction. That's a distraction to get you out of pocket. Don't allow a distraction to ruin your life. Don't do it.

They never give up nor do I. I refuse to let them get under my skin and control any aspect of my life."

Second answer: "What happens is they stop being able to influence your life. You overcome and transcend their malicious intentions for you.

Not only does it say you free from "Stalker's", it sets you free in the world.

Playing part of the victim is like hiking with a bag filled with rocks. You are carrying extra weight.

Release the anger the victimhood, the self pity and the need for revenge. Will you let these things go you set yourself free.

But here is what learnt during my time: When gang stalkers fail to evoke fear or paranoia in someone and instead that person finds amusement or laughter in their actions, several things could happen:

1. **Loss of Control and Effectiveness:** Gang stalkers rely on instilling fear or paranoia to exert control over their target. If their efforts consistently fail and the target remains unaffected or amused, it undermines the effectiveness of their tactics.
2. **Frustration and Abandonment:** Frustration might set in among the gang stalkers because their intended psychological impact isn't achieved. They might eventually abandon their efforts if they perceive them as futile.

3. Empowerment of the Target: The target's ability to laugh off or not be affected by the gang stalkers' actions can empower them. It reinforces their resilience and diminishes any sense of power or intimidation that the stalkers might try to exert.
4. Shift in Tactics or Intensity: In some cases, if traditional tactics fail, gang stalkers might escalate their efforts to try and regain control or provoke a reaction. However, if the target continues to respond with humor or indifference, this escalation might also fail to achieve the desired effect.
5. Legal and Social Consequences: If the gang stalking crosses legal boundaries, the failure to intimidate the target might prompt legal action or intervention. Authorities could become involved if there are clear instances of harassment or intimidation.

In essence, finding laughter or amusement in the face of gang stalking can be a powerful defense mechanism. It can rob the stalkers of their intended impact and possibly lead to their eventual cessation or the involvement of authorities if their actions cross legal lines.

The prison you are in is in your mind.

God Bless".

Third answer: "The honey you are winning! Even more so than those of us who get pissed off!

They become angry, and stomp their feet, and cry like the little baby cowards they are. Then a new batch of perps are assigned to you, and they do it, until they become little cry babies. They have an endless supply of gullible people to use, to hurt you, until they become the victims themselves. This is not one of my better answers, but the point is, it's growing too big to be a "secret". This bubble has to burst open soon.

This won't be a secret for long."

Fourth answer: "It's not all about scaring you . They're trying to send you a message that no matter what you do you will not have any privacy at any place or any time.

If they can't scare you then maybe they can make you mad enough that you will get upset or start to fight back. Don't do it!

Wherever you go always give yourself enough time to enjoy their antics and study what they do.

Always extend a helping hand , hold the door open greet them with a smile or a hello. If it's the person that always seems to be taking walk through your neighborhood every single time your coming or going. Stop and introduce yourself so you can wave a greet them every time now with a toot if your horn , window rolled down smile on your face greeting them with their first name as you drive past...."

DV2K broadcasting and directed conversation

"Every individual targeted by these methods experiences unique challenges, with some unfortunate enough to suffer from V2K (Voice-to-Skull) technology or having their thoughts and subvocalizations broadcasted in public spaces. In either scenario, they are subjected to constant monitoring, often with little choice but to endure and respond.

These technologies or sound equipment utilize frequencies that can swiftly influence emotional states, often disrupting sleep patterns or capturing immediate attention.

For instance, frequencies are used to swiftly alter emotional states and then introduce V2K. The aim of V2K is to be particularly bothersome, enhanced by these troublesome frequency effects. (Sometimes can be performed by a low frequency speaker too).

Individuals may attempt to ignore these intrusions by talking over them or disregarding their presence entirely.

Additionally, V2K messages are sometimes transmitted subliminally through low frequencies, masking their origin to create the illusion that the thoughts are one's own.

In public settings, V2K is employed to confuse individuals, exploiting its ability to travel significant distances. This tactic is applied strategically, often during opportune moments.

For example, while innocuously passing by someone, V2K can simulate insults or messages as if they were spoken aloud by bystanders but this was actually done by the gangstalkers themselves.

Similar methods are used during personal conversations with family, friends, or colleagues, contributing to a sense of disorientation.

Gangstalkers can combine pre-recorded messages with real-time broadcasting of their voices or simply have others merely speak in real life instead. This is to amplify their impact on targeted individuals. (This again is done through sound equipment.)

They can also use directed conversation and it's quite clear, for example:

They're having a conversation with another person or pretend it's over the phone and they use more than two trigger words, that's personalized to your gangstalking. So you would know these list of words or phrases quite well. That's one case - Because these words are quite specific to use.

E.g. How "crazy", "no one believes" or "nothing they can do". These words will be mixed somehow in their general conversation but the overall conversation is still unrelated to

private conversations, that you previously had. They just kinda mixed these words into the conversation somehow, in whatever order, they want really. (That's one method).

Or another similar method but still a little different is when, they mention two or more previous private conversations while talking to another person, that they have somehow gotten and it's very specific and spoken in more full sentences. An example of this, would be:

"I'm going to bunnings later on and by the way did you pick up that spray? I just hate the smell..."

While earlier in that day, you actually mentioned going to bunnings and commented on a bad smell to someone in your household. (Maybe someone in your household has a stinky ass, who knows. These are just examples and the conversations are quite different from person to person. But the longer you get gangstalked, the more you'll know what to naturally look out for, I guess).

Edit: Sometimes they use noises, that you have been sensitized too as well. (That's method three). Most sent-out gangstalkers just use one or two of these methods at the same time but barely ever all three, that would require a longer stay for them.

Please keep in mind, they actually want you to listen. So they can remind you, that you are being followed or watched. This is a tactic to harass you or cause stress to you.

However for myself, I simply don't care anymore, so sometimes it is fun just to play about. I simply avoid eye-contact - hold my nose, rubbed my nose or hold a tissue to my nose and ignore them. I am simply saying to them: You smell real bad - When did you last have a bath?

I could have a runny nose, who knows? Either way, they will look crazy in public for even confronting you.

Or I will simply leave to somewhere else, like another shopping isle before they can finish they're directed conversation. Their reaction is quite funny. - Aw couldn't get what you came out for? Well isn't that just so sad.

I usually just come back to the original shopping isle anyway, they don't usually hang around that long anyway.

My aim is to alienate them or cut them off. Either way I take away they're fun and the wanted fear/annoyed reaction that your meant to give instead. I am in control here and merely silently taking that back."

In gang stalking, how do the people who do street theater find the targeted individual wherever he or she goes and can you stop them from being able to find you?

(I found this new question and decided to post it today. I managed to find a few answers from different players - hopefully someone finds something here interesting, at least?)

First answer: "If community usually it's one of your close neighbors spying on you and when you head out, they send people. (Who have way too much free hand on they're hands to follow you about). Then they probably just stalk your car, by changing up cars occasionally. So you can't tell who it is.

I bet they use something like Whatapps to communicate with each other. As it's a free chat program and you can have group chats as well."

Second answer: "I'm 7 years into the ridiculous bs...and after many many many crazy experiences, truly worth there weight as award winning movie material and your not gonna believe this answer.... But here it is: be you...ignore them...literally turn your head...as a citizen report any crime committed against you factually, with zero drama or elaboration on what's going on.. practice makes perfect and no reaction is hell for them, you've got to wrap your head around this: It's your power, it's your life and you have the right to retain your right to live it.

Don't get mad - You can train yourself to react peacefully.. to have and believe with a calm attitude...these ppl and these practices are pitiful.. disgusting...immature...judgmental people...learn now...don't waste your life with this bs...really, just don't."

Third answer: "Great question, an alert is sent out about you everywhere you go and to everyone you have contact with via technology or in person.

Once an alert is sent out about you with an photo usually. They are given "trigger words" to say or instructions on what to do and access this information through a chat group.

Sometimes gangstalkers will repeat things, that you have said in your daily life or in your home. (This is to get your attention and train to you to think, that everyone who says that by chance in the future, could be also in it. That's to make you feel fearful about they're numbers and etc).

Weird stuff. In more extreme cases, they are literally contacted by someone and told things about you from someone in law or connected to enforcement and told all types of horrible and or misleading things about you - But this is mainly government stalking. Usually they just bad mouth you to your neighbours instead."

Forth answer: "In most cases a TI has been stalked long before they become aware of it.

They lie, conive and trifle and what is worse yet are joined in multitude by many who apparently have forgotten who they are and where they came from as they joyfully join in on the disenfranchisement of everyone unfortunate enough to come under their fire.

They watch you, listen to you and they learnt your out-goings and such. So they can usually have a really good guess where. Or it could be a gps tracker in your car."

Fifth answer: "The easiest way to find the T.I. is to know where he or she works and know the commute schedule he or she follows. The subject can also be followed away from work in the evening.

If the stalker unit has access to the subject's phone data, that can also give clues as to how to intercept the victim and cause chaos for them.

And you are under surveillance. They know when you are planning a trip. Whether you are going on vacation or to the store, they know.

You write a list of products to purchase in your cell phone. While you are doing this, you are speaking out loud or even think it.

Your house may be bugged with listening devices - Think about your patterns. Do you take the same route to work everyday? Do you wake up at the same time everyday? Do you go to the bank the same time, same day every week? Avoid patterns. Don't give away secrets."

Sixth answer: "Mostly group texts, only one person needs to know where you are or where your going, then they send a group text. If you have 10 stalkers on that text not everyone goes. Just those who feel like stalking and are in the area go.

There are however some things you can do to keep from making it easy for them to stalk you. Turn off location services on your phone. Don't be in the habit of announcing where your going and when. Don't take the same route all the time to anywhere you go, work, the store etc. if you go to a particular chain of grocery store then go to different locations, each visit but only if your really worried.

Basically, don't do anything habitually - That makes it really easy to stalk you. Don't be fearful but do be careful. Organized stalkers as a rule don't generally physically harm people. They want in your head and in your friends and families heads. They want to make you look and feel unwell. Then they'll start on other stuff screwing with your job, your money etc etc. they want to go about dismantling YOU and YOUR life! So, don't confront them, they love you to ask stuff like " why are you doing this to me" or " I know who you are and what your doing"

That's what they live for!"

Why do gang stalkers try and turn family and friends against each other?

First answer: "They don't. They are trying to manipulate the targeted individuals mind into believing that their families are involved with the stalking, torture and tormenting. The aim of the following:

To create paranoia and confusion: Gangstalkers want the targeted individual to feel paranoia, confused and fall for whatever fake narrative they create. It's so the victim interprets innocent actions of others, ordinary disagreements or misunderstandings among family and friends as apart of the gang-stalking plan. (They want you to believe that family and friends are against you, so they can easily isolate you. They want you to believe that family or friends are apart of gangstalking itself.)

It's mainly because the victim has been trained or sensitized to believe this fake narrative that has been created for them, by the gangstalkers. Of course it's all lies, so please don't fall for this mistake! It's early to do in the earlier stages of gangstalking.

The Leash out: Additionally gangstalking is designed to be non-believable, so when the victim does speak out about it to family or friends, sometimes they won't believe them. It's apart of gangstalking tactics - E.g. If you say something to family or friends, you might end up in a mental health ward. And It's not always easy to collect concrete evidence that they can actually show to their loved ones. Unless the gangstalkers directly harrass or attack the victim.

Thus the targeted individual might leashed out in frustration towards family and friends as well, this is usually caused or motivated by the feeling of hopelessness. This behavior can further damage and stain relationships or even work priorities.

(Usually only other targeted individuals can understand what the victim is talking about because they have experienced it themselves and know what to look out for as well. So speaking to gangstalking communities can help release these frustrations as the victim can recieve advice or maybe even greater understanding of the topic matter. So they don't fall for the traps)."

Second Answer: "Primarily to isolate you from your support system to continuously harass, torture and destroy your life. It is easier to destroy you physically, emotionally and financially if you are isolated and have no one to turn to for help or anyone who will listen to you and give you comfort and support.

They want to break you down completely. They will discredit you in the community as well and they do this by a mixture of false propaganda and half truths disclosed in the community to engage them in your targeting and harassment. Their ultimate goal is to either control you for their benefit, have you institutionalized, eliminate you directly or cause you to breakdown.

I had some really bad friends in my life and still trying to workout, if they were apart of gangstalking but I am better off without them anyway and believe you should do the same thing. Don't let friends gaslight you, they shouldn't be doing this anyway. But I usually follow these tips, just in case they're not...

Recognize the Signs: Be honest with yourself about whether the friendship is healthy. Signs of a bad friendship include feeling drained, consistently let down, or treated poorly.

Set Boundaries: Clearly communicate what you're comfortable with and what you're not. Boundaries help define acceptable behavior and protect your well-being.

Communicate: If possible, talk to your friend about your concerns. They may not realize their behavior is affecting you negatively.

Evaluate the Friendship: Consider whether the friendship is worth saving. Sometimes, it's better to let go of toxic relationships for your own mental health.

Seek Support: Confide in other friends, family members, or a trusted person for perspective and support.

Take Care of Yourself: Focus on activities and relationships that bring you joy and fulfillment. Self-care is crucial during difficult times.

Move On if Necessary: If efforts to improve the friendship are unsuccessful or if it continues to be detrimental, consider distancing yourself or ending the friendship.

Remember, prioritizing your well-being in relationships is important, and it's okay to prioritize healthy friendships over ones that are harmful or draining.

If they fail all of these tests or quality control factors, probably a gangstalker. So just cut them out."

Third Answer: "This tactic is used to divide and conquer a most effective weapon - To cause misery and chaos to the victim that is why. In the hope their victim loses some of their support network which is usually the family and friends. They will also set the target up in certain situations, where the victims are goaded into a reaction.

And if the targeted individual is naive enough to react, especially in front of loved ones or even co-workers, the stalker will simply deny any involvement. The stalker will accuse the victim to be mentally ill and erratic, so it is then the victim who looks to be the bad one and not the ones doing the stalking.

Gangstalkers will sometimes do this method at the victim's place of work as well. The stalker will act as a negative and patronizing customer. The stalker/fake customer wants the victim to

leash out by antagonizing them, this is done so the victim will lose their job and thus any financial support they have to even help. (Being put in financial stain can hurt families as well). And only the targeted individual will ever know what really happened to them, creating the feeling of more homelessness.

It's always best to act nice, put on your customer service voice and ignore such fake customers. Plus if the customer is obviously rude, you can even complain to your manager and maybe get the stalker banned from your work! You don't have to put up with such obvious rude customers in workplaces, you only need to handle it correctly, like you would with any other negative customer. (But remember not every customer is a gangstalker, sometimes people are just assholes. Either way the mention of addressing or handling them is the same. And if you can handle a horrible customer or person. It will only increase your tolerance and resistance).

It is nothing but a dirty ploy though, an excuse to continue to harass the victim because they have dared to challenge their negative behaviour. Another of their nasty pre-thought up plans with the aim of turning the tables on the victim and for it to seem like the victim really does deserve to be harassed, slandered bullied and stalked.

They call their victim angry, a fantasist and trouble maker, one who deserves everything that they get basically. Of course it is an absolute load of rubbish, their entire nasty agenda is based around Chinese whispers and a manipulation of the truth, a total pack of lies basically.

So don't fall for their lies, they want to cause hell in family relationships, friendship and even sometimes at work! Not everyone is against you, it's the oldest lies in the book."

Fourth Answer: "Because you are powerless without a support system. Dictatorships with closed borders use this technique to gain compliance and reduce the number of defectors.

Turning people against each other makes it less likely for the group to succeed, or for any one person in that group to succeed. If you read about techniques used to disempower activist groups, this is one of them. It's a form of sabotage. If you truly believe you are being gangstalked you need to strengthen the bonds with those close to you and form alliances that cannot be broken."

Mastering Online Safety: Navigating Gangstalking Platforms, Dodging Trolls and Ensuring Internet Security Part 1.

avigating Information on Gangstalking: A Stoic Approach:

When approaching the subject of Gang-stalking which is a mazed of different viewpoints, some similar and some very different. It can be quite a complex subject to handle or address, which usually involves many different opinions and theories.

When searching for information, it's essential to navigate through the vast array of posts and resources thoughtfully and critically. It is important to learn how to sift through information, hold judgment and critically evaluate the content you encounter. (And if you consider the stoic belief system at the same time, even handier). As the stoic belief system incorporates, maintaining mental resilience and clarity. We will be using this system during further explanation of this article but the approach will still remain applicable.

Tips while searching through posts:

Understanding Different Perspectives with Stoicism and Engaging with Diverse Content:

When researching gangstalking, you'll encounter diverse opinions and theories. Some posts may seem outlandish while others might appear more grounded or applicable to your individual situation. A key Stoic belief is the acceptance of different viewpoints without immediate judgment. This practice helps in understanding the broader context and the variety of experiences people report, fostering a sense of equanimity and open-mindedness.

As you explore different resources and learn to evaluate information, this usually might involve "nit-picking" or scrutinizing details of a post to dictate whether some information is helpful/useful, interesting or merely something to take with a grain of salt. (But as you learn to sift through information, you will learn about different ideas, approaches, terminology usage, theories, understand what people are referring too - No matter how silly or understand where ideas originate from.

This will improve your general understanding and approach, that the topic matter of gangstalking can display or offer in it's entirety. Especially when searching the internet or social platforms for information).

Stoicism encourages logical thinking and the pursuit of truth. By adhering to these principles, you can methodically assess the credibility of sources, cross-reference facts, examine how applicable the information may be for your situation, consider the evidence provided and how you may use this information in the future - Whether it's merely a interesting read or something to be examined and valued at closer expectation.

This approach can help you form a balanced understanding of gangstalking while maintaining emotional detachment from potentially distressing content. (As you have learnt what is applicable to you, what might be useful for you or what you merely see as an interesting idea instead).

So overall even if you don't agree with every post or theory, reading a variety of content can be beneficial. Engaging with different perspectives helps you learn new terminology and concepts related to gangstalking.

For example:

Flying Monkeys: This term refers to individuals who assist primary gangstalkers in their harassment efforts. Understanding this term can provide insights into the dynamics of gangstalking groups.

- V2k (Voice to Skull): This refers to voices or sounds heard that are not coming from anyone physically near. These are usually believed to be created by artificial means. Familiarity with this term can help in understanding certain claims of auditory harassment.

-M2K Ultra: Often linked to government technology, this term is associated with devices purportedly used to create directed energy weapons (DEWs) or V2k experiences. While the existence of such devices is debatable, knowing the term allows you to understand discussions and claims within the gangstalking community.

Now you don't have to read different theories or opinions that you do not find useful or agree with, however the suggested approach is still applicable to information you may find, with in regards to gangstalking.

The Importance of Context and Stoic Detachment:

Gangstalking experiences can vary widely, from community-based harassment to government involvement. Because of this variability, advice and posts may differ significantly. Recognizing these differences is crucial for understanding the context of each account and determining it's relevance to your research.

Stoicism teaches the importance of distinguishing between what is within our control and what is not. Applying this to gangstalking research means focusing on how you interpret and respond to the information you find, rather than trying to control the content or opinions of others. This detachment helps in maintaining mental resilience and reducing anxiety.

This approach makes it a healthy exchange of ideas or conversations rather than arguments. Other viewers who find themselves in a similar situation such as yourself or the other person, would be able to learn from the exchange itself, to whatever aspect/s that may be or offer.

Conclusion - Stoicism in Practice for Researching:

Navigating information about gangstalking requires an open mind, critical thinking, and a willingness to engage with diverse perspectives. By holding judgment, scrutinizing details, and learning new terminology, you can develop a well-rounded understanding of this complex subject.

Incorporating stoic principles can further enhance this process by fostering rationality, emotional resilience, and a balanced perspective. Whether or not you believe in all aspects of gangstalking, being informed about the terminology and the different types of experiences

reported can enhance your comprehension and critical analysis skills, all while maintaining the inner peace advocated by stoic philosophy.

How To Deal With Trolls, Using Stoic Beliefs: In Gang-stalking Forms or Social Media:

In today's digital age, online trolls are an inevitable part of internet interactions. These individuals thrive on provoking others, often leading to frustration and conflict. However, ancient Stoic philosophy offers timeless wisdom that can help us manage these encounters with grace and resilience. Here's how Stoic principles can guide us in dealing with online trolls.

(Tip: There are a few different types of individuals you may encounter when seeking information about gangstalking or see on gang-stalking forums. As you know not everyone online is a gangstalker, sometimes people are simply trolls or just good old fashioned assholes as they don't believe/understand gangstalking and thus seek the thrill to mock others as an result. Of course there are a few more different types but we will just discuss the more careful or angry causing ones).

1. The Simple troll - This person is purely there to mock or angry you, they are usually easy to spot. Some will try to engage you via conversation, however they're replies will often be rude or lack tactful responses. It is better to avoid these individuals and simply block them. You will learn little to nothing from them besides frustration.
2. The Associated Loved One - Some will ask genuine questions about gangstalking to learn more about the phenomenon or to understand it in some way. These people usually have a affected friend or family member, who is currently experiencing gangstalking. But unfortunately they don't quite believe the target but still want to help or understand in some way. Engaging with them is usually fine to do.
3. The Frustrated Loved one - Quite similar to the Associated Loved one but instead they express they're frustrations at the situation itself and the chances for believable about gangstalking is non-existent for them. They will usually dislike anyone encouraging the belief about gangstalking by bringing up, mental illness and how it has affected they're loved one but express they views in a more negative way. Communication with them will often having you go around in circles and chances for any form of convincing is little to none. It's often recommended to avoid or approach at your own risk.
4. The Settled Targeted Individuals - They are most often set in they're beliefs about gangstalking and usually reject other ideas, if it doesn't match with they're own personal experiences. These individuals are fine to interact with but exchanging of ideas that are not similar is usually not recommended as the rate of rejection is high and sometimes negative disagrees can arise.
5. The Curious or Unsure one - They don't believe in gangstalking or are unsure if they're being targeted, these people are usually seekers of information so exchanging information should be okay - Just don't confused them for the troll as there's a fine line between them.

Understand What You Can Control:

1. One of the core teachings of Stoicism is distinguishing between what we can and cannot control. As Epictetus famously stated, "We cannot control what happens to us, but we can control how we respond to it."

Application: You cannot control the actions or words of online trolls, but you can control your reaction. Choose to respond calmly or not at all, you don't need to waste your time with some people. By focusing on your own behavior, you maintain your inner peace.

2. Practice Indifference (Ataraxia):

Stoics advocate for achieving a state of ataraxia, or inner tranquility, by practicing indifference to things outside our control.

Application: Trolls seek to disrupt your peace of mind. By remaining indifferent to their provocations, you deny them the satisfaction they seek. Recognize that their words are a reflection of their own issues, not yours.

3. Examine Your Impressions:

Marcus Aurelius, in his *Meditations*, advised to "Strip away the legend that encrusts each thing you see." This means examining our initial impressions and questioning their validity.

Application: When confronted with a troll's comment, pause and examine your immediate emotional response. Is the comment truly significant? More often than not, it is trivial and not worth your emotional energy.

4. Respond with Virtue:

Stoics believe in living virtuously by practicing wisdom, courage, justice, and temperance. These virtues can guide our interactions with others, including trolls.

Application: Respond with wisdom by choosing not to engage or by addressing the comment thoughtfully if necessary. Show courage by not allowing their words to intimidate you. Practice justice by treating others fairly, even if they are unkind. Exercise temperance by not overreacting - This what troll's want.

5. Focus on Your Own Growth:

Epictetus emphasized the importance of focusing on our own moral development rather than getting entangled in others' behaviors.

Application: Use encounters with trolls as opportunities for personal growth. Reflect on how these situations can help you develop patience, resilience, and composure. Each interaction is a chance to strengthen your Stoic practice.

6. Remember the Bigger Picture:

Stoicism teaches us to keep a broader perspective on life and not get bogged down by minor irritations. Marcus Aurelius reminds us to "Keep in mind how fast things pass by and are gone—those that are now, and those to come."

Application: In the grand scheme of things, the comments of online trolls are fleeting and insignificant. Don't allow momentary negativity to impact your long-term well-being.

Conclusion:

By applying Stoic principles, we can navigate the digital landscape with greater ease and equanimity. Online trolls lose their power over us when we maintain control over our responses, practice indifference, and focus on our own growth. Embracing Stoicism in our online interactions not only helps us handle trolls but also enriches our overall approach to life's challenges.

Mastering Online Safety: Navigating Gangstalking Platforms, Dodging Trolls and Ensuring Internet Security Part 2.

or Computer and Phone Safety.

1. **Use Strong, Unique Passwords:** Creating strong, unique passwords for each of your online accounts is one of the most effective ways to protect your personal information. A strong password typically includes a mix of upper and lower case letters, numbers, and special characters. Avoid using easily guessable information such as your name, birthdate, or common words. Consider using a password manager to generate and store complex passwords securely. (And remember to never give out your passwords to anyone and be careful when using a new device or someone else's device, when signing into accounts. They may have a virus or keylogger without knowing it).
2. **Phone Security:**

Reset Your Phones: Perform a factory reset on your devices to remove any malicious software.

Change Passwords: Update passwords for all your accounts, including email, social media, and banking.

Two-Factor Authentication: Enable two-factor authentication (2FA) on all your accounts for an added layer of security.

Avoid Using Public Wi-Fi: Public networks can be less secure and more susceptible to hacking.

Contact Your Phone Carrier: Inform your carriers about the situation. They might offer security solutions or help identify suspicious activity on your accounts. (Just don't mention gangstalking).

To stop your phone from getting hacked, download a firewall app, a malware app and a cleaner app too, for your phone.

A firewall acts as a barrier to block unauthorized access to and from a network or system. They help to stop hackers.

Antivirus/Malware programs detect and remove malicious software (malware) on a device. They remove viruses and keyloggers.

Both are essential for comprehensive security, as they address different threats and vulnerabilities.

&

A cleaning program removes history and cookies as well, plus more. This stops people from successfully gathering personal data on you and passwords.

Usually an excellent combination to have.

(Regularly scan your phone for threats and keep your security software up to date).

3. Look Out for Social Engineering: Be cautious about who you trust with sensitive information, as social engineering is a common tactic used by those trying to gain access to personal data.

4. Stay Informed: Educate yourself about digital security and privacy. The more you know, the better you can protect yourself and your devices.

5. Enable Two-Factor Authentication (2FA): Two-factor authentication adds an extra layer of security by requiring not just your password, but also a second form of verification, such as a code sent to your phone. This makes it significantly harder for cybercriminals to gain access to your accounts, even if they manage to obtain your password.

6. Be Cautious with Personal Information: Be mindful of the personal information you share online. Avoid posting sensitive information such as your home address, phone number, or financial details on social media or other public forums. Regularly review and adjust the privacy settings on your social media accounts to control who can see your posts and personal details.

7. Recognize and Avoid Phishing Scams: Phishing scams are attempts by cybercriminals to trick you into revealing personal information by posing as a legitimate entity. These scams often come in the form of emails or messages that appear to be from banks, online services, or even friends. Be skeptical of unsolicited requests for information, and always verify the authenticity of the source before clicking on links or providing sensitive information.

8. Be Aware of Social Engineering Tactics: Social engineering involves manipulating individuals into divulging confidential information. Be wary of unexpected phone calls, emails, or messages that ask for sensitive information or prompt you to take immediate action. Always verify the identity of the requester before complying with any such requests.

9. Secure Your Internet Connection: Ensure your internet connection is secure, especially when using public Wi-Fi. Public Wi-Fi networks are often not encrypted, making it easier for hackers to intercept your data. If you must use public Wi-Fi, consider using a Virtual Private Network (VPN) to encrypt your internet traffic and protect your personal information.

10. Keep Your Software Up to Date: Regularly updating your software, including operating systems, browsers, and applications, is crucial for internet safety. Software updates often include security patches that fix vulnerabilities that cybercriminals could exploit. Enable automatic updates whenever possible to ensure you're always protected with the latest security measures.

11. Install and Maintain Security Software For Your Computer: Installing reputable antivirus and anti-malware software can protect your devices from malicious attacks. These programs can detect and remove harmful software that could compromise your personal information. Regularly scan your computer for threats and keep your security software up to date.

What makes gang stalkers increase their tactics?

First answer: "They're getting paid to do it and it's their job, maybe it's full time and part for others. Additionally they change or adjust their tactics to find a new way to harass someone, especially if that person is not currently paying attention or have managed to overcome they're symptoms of gangstalking, despite them. E.g. Continuing to live they're life and gangstalkers just hate that, plus they want you to remember that your constantly being watched, to stress you out. (But some victims, just don't care anymore about that because they're simply numb at that point or use to it).

Gangstalkers increase they're tactics when they get a certain type of reaction out of there victims.. or when something in there victims enviornment has changed. When their targets gets irritated, nervous, paranoid, scared and angry.

Once the targets responds to the tactics they do, that will make the stalkers continue messing with the targets because their tactics is getting into the targets mind but if the targets has a

way to ignore the tactics the stalkers do and the more the targets ignore the stalkers, eventually they will back off but when you let the stalkers piss you off more and more the more they will continue to mess with you and it gets more intense.

It just means you're doing something right and they don't like that but screw them.

My recommendation is find ways to calm yourself down or make yourself really busy. I find myself always distracted through life, studies or even casual work.

Here are some more tips:

Dealing with gang-stalker tactics can be really distressing. Here are a few steps to help calm yourself:

Stay Grounded: Remind yourself that what you're experiencing is not your fault and that you're not alone. Many people face similar situations. Plus remember there is more to life than gangstalking, this is not your whole life nor being.

Seek Support: Talk to friends, family, or a therapist who can provide understanding and support. Sharing your feelings can help alleviate some of the stress.

Practice Self-Care: Engage in activities that help you relax and de-stress or hobbies you enjoy.

Stay Safe: If you feel threatened or unsafe, don't hesitate to reach out to authorities or seek assistance from trusted individuals. Remember, your well-being is important, and there are resources available to help you cope with these challenges such as other targeted individuals who can understand your feelings in a unique way."

Second answer: "I agree with the people that said, ignoring their tactics and not letting them get to you is a good strategy.

They harass us all the time but when things are going good or when you are close to accomplishing your goals, they increase their tactics..... They're job is to sabotage your life or get you to react negatively, so you do it yourself instead.

Gang stalkers might escalate their tactics due to a desire for increased control over the target, frustration with previous methods, perceived threats to their objectives, or changes in circumstances necessitating more aggressive measures as well.

Gangstalker systematically uses threats, intimidation, gaslighting and coercion to instill fear in their Target. They use these actions to intentionally control and dominate their target.

They are rewarded with money, favors, awards, job promotions and etc. They enjoy the payout and the pain they cause.

Gangstalkers believe they are doing their community a service by harassing innocent people who have not been charged with any crime.

They want to be on the winning "team" and will do anything they are asked to be accepted into the group.

I personally use breathing exercises and google yoga or meditation, to help me calm down. It's helps, I also use exposure myself to annoying noises such as whispering, coughing or other noises, so I get desensitized to them and it helps to ignore them naturally as well. So in public my brain just naturally doesn't pay attention to them anymore or street theatre . I find some asmr videos can help with this - The ones you find annoying or you could use them for relaxation too, i guess.

I know it's annoying and it's not real cool, if you know what i mean. It makes me want to hurt someone, sometimes! But, I'm better than them and one day they're time will come. And, I'll be there. I won't even laugh at them. To pathetic to get a smile from they're demise. Stay strong. Love on my brothers and sisters."

Third answer: "Gang stalkers need you to believe in them in order to have power over you. They need belief like we need water and air. Without your belief they are so weakened that they cannot carry out their stalking activities. So you must work on not believing in them. Every contact they make, every time you see any of them, tell yourself 'Gang stalkers don't exist'. Work on thinking 'There are no gang stalkers, so I'm not being stalked by you lot, whatever you think you are doing'. See these people as the insignificant nobodies that they are, who can do nothing to you, make nothing happen to you or have any impact on your life at all. As you become more convinced of these things, you will find that they start to fade away. Without your believing in them, they are powerless.

There a few things, you can do tho even if they do increase they're tactics. They rarely increase them for long, it's merely to get your attention really.

There three things that I do to weaken their affect over me:

-I keep myself busy through a variety of ways and ignore them, when they do increase they're tactics or try something new. (Since they are looking for a response or reaction, to see if it does annoy you so they can keep using the same trick). You can actually trick them and by responding only to the less annoying tactics and you can actually outsmart them and encourage them to use the less irritating tactics instead. This can help make your life, just that little bit easier as well. (This way they don't use the ones you find more or most annoying instead).

- I find ways to desensitized myself from the tactics, that I find most annoying through over exposure too. (I usually google ways to overcome fears or phobias). Gangstalkers usually like to train or sensitize you to certain things. Like coughing or anything else - That way you

always stay hypersensitive to these actions. (The more I desensitized myself, the more I can easily ignore them).

- I like to also amuse myself in thinking that, the more I am active through walks or travel. The more, they have to waste they're time on me and sometimes I can my walking routes just to play about with them. It's harmless and fun. There are many ways to do this and sometimes, they even back off."

What small actions have you taken to retaliate against your gangstalkers or what options do I have to respond? Part 1.

I found this question on a different social media website and took the most popular answers, some are kinda long tho. So I decided to post in two different parts for everyone.

Anyway hope someone finds the read interesting or at least helpful.)

First answer: "Gangstalking may be perpetrated by anyone.

A disgruntled former lover.

A former employer.

A police officer.

People you work with.

People you live with.

Angry neighbors.

Conditions can vary and you have been sensitized to reply too certain factors as well. Like certain noises, key words and etc.

Hell, your situation may be all of the above. The common factor is always the same: you're being stalked and harassed by more than one person in a coordinated way.

Speculate as you may, contemplating the "Why me" or the "When does it stop" or trying to understand why anyone would do this to someone but you have little control over what other people do or how crazy they actually are.

Whether unintentionally or by design, the target of gangstalking almost always becomes isolated and paranoid.

The only real recourse a T.I. has is strength in numbers! It's natural law in it's purest form.

Think about it.....

You feel powerless and angry because you are alone and outmaneuvered. You're surrounded by bottom feeders clawing and scraping at your sanity and well-being.

Most of the ground level perps are pathetic losers. Shallow, delicate creatures, with noses so brown their faces stink.

That's who you are letting pick on you. A bunch of shit heads!! Enough is enough. Uniting and winning small battles one at a time is the path to victory.

Small wins add up. Don't think for a second they don't. Anytime a person is being bullied and they fight back, they feel ENERGIZED.

Revitalized and charged. That's the way to be.

They hit them head on with sharing information, sharing your experiences and offer others advice! There is strength in unity and maybe one day...With enough information - We can solve this horrible plan together. Or at the very least, help another person in the earlier stages or just simply help someone in general.

No one can sit back and take the beating forever. Show them that we are tired of being attacked by connecting with others, whether that's through social media, an online targeted individual online, in real life or etc. There are many different ways of connection, just pick what's best for you.

I see a group like this with 15,000 members and I imagine an army of SURVIVORS. Resilient, sculpted warriors crafted by conflict.

Perps couldn't walk a day in your shoes. The struggle is real. The realist thing about it is YOU are not alone.

None of us are, not really."

Second answer: "How do you stop Gang-stalking..?"

I think every target individual world wide has been wanting to know how to stop the madness of gang-stalking.. The reality is? You can't..but you can adept or try different tactics.

What you can do though in order to save yourself from gang-stalking, to make things easier on yourself and induce a sense of normality back into your life and your loved ones, is survive and

remember you still have a life outside gangstalking, no matter how hard that may be to achieve or remember sometimes.

It's probably one of the main things that a target can do. I was suffering for years and still do but realized one thing. My life still needs to go on - I have more control of the situation the way things are now for myself and my children.

I've analysed things better and clearer than I had all those dreaded years ago and I've secured my family unit.

I've learnt and understood of what to do? And what not to do whilst we are harassed 24/7. Wasn't easy to begin with but so far the strategies I have in place now are working.

It sucks being a target no doubt about that, but nothing can change that, all we can do is survive as best as we can without things escalating any further.

The approach I've taken is surrounding my children and myself with home and personal security, I've secured our lives with plan of actions, changed our lives around to suit us and our needs, taken control back, I lost from this lame gang stalking group I'm in charge. Not them.

I have taken up hobbies such as getting back to things I use to enjoy and trying out new ones as well. I find mediating, listening to music, going for walks, spending time with friends and family, very helpful. Making the changes that I have, I will say I have certainly seen the difference within my kids and myself and believe it or not? Some of the gang stalking group.. I've noticed perhaps handful of them are not, trying to intimidate me or my kids anymore. It would seem they are backing off a bit.

Maybe I've proven my point and stood up to these nuts or whatever the reason some are backing off, I take that as a blessing, for now anyway.

I am still being watched by the rest of them, just means that I've made changes they've noticed, and most likely realised this and thought:

'Oh shit she doesn't seem to be that bad, that girl has guts'.

But in the earlier days, they use to do this tactic but I no longer care as much anymore, of course.

They would use directed conversation and it's quite clear, for example:

They're having a conversation with another person or pretend it's over the phone and they use more than two trigger words, that's personalized to your gangstalking. So you would know these list of words or phrases quite well. That's one case - Because these words are quite specific to use.

E.g. How "crazy", "no one believes" or "nothing they can do". These words will be mixed somehow in they're general conversation but the overall conversation is still unrelated to private conversations, that you previously had. They just kinda mixed these words into the conversation somehow, in whatever order, they want really. (That's one method).

Or another similar method but still a little different is when, they mention two or more previous private conversations while talking to another person, that they have somehow gotten and it's very specific and spoken in more full sentences. An example of this, would be:

"I'm going to bunnings later on and by the way did you pick up that spray? I just hate the smell..."

While earlier in that day, you actually mentioned going to bunnings and commented on a bad smell to someone in your household. (Maybe someone in your household has a stinky ass, who knows. These are just examples and the conversations are quite different from person to person. But the longer you get gangstalked, the more you'll know what to naturally to look out for, I guess).

Edit: Sometimes they use noises, that you have been sensitized too as well. (That's method three). Most sent-out gangstalkers just use one or two of these methods at the same time but barely ever all three, that would require a longer stay for them.

Please keep in mind, they actually want you to listen. So they can remind you, that you are being followed or watched. This is a tactic to harass you or cause stress to you.

However for myself, I simply don't care anymore, so sometimes it is fun just to play about. I simply avoid eye-contact - hold my nose, rubbed my nose or hold a tissue to my nose and ignore them. I am simply saying to them: You smell real bad - When did you last have a bath?

I could have a runny nose, who knows? Either way, they will look crazy in public for even confronting you.

Or I will simply leave to somewhere else, like another shopping isle before they can finish they're directed conversation. They reaction is quite funny. - Aw couldn't get what you came out for? Well isn't that just so sad.

I usually just come back to the original shopping isle anyway, they don't usually hang around that long anyway.

I have also done the following, in the earlier days:

Download a sound file, that sounds like a ringtone, put your phone on silent, stare down at phone like your doing something on it, have the soundfile play for three seconds, stop it and prepare to answer the phone.

Then have your own little directed conversation as well, without being too obvious or insulting. Take a few choice words here and there....Do what they do and use this tactic for yourself, if you want. (You even get the chance to talk over them, technically and halt they're opportunity/fun at the same time).

My aim is to alienate them or cut them off. Either way I take away they're fun and the wanted fear/annoyed reaction that your meant to give instead. I am in control here and merely silently taking that back.

And if your a real meanie, you could do a silently but deadly near them and simply walk away. Try to avoid noise tho! It's about the beautiful settle things in life.

But overall at the end of things...There's still the rest of them to contend with, which I now look upon them as a pathetic bunch of people who have no souls at all, and wither it be in this life time or the after life either way gang stalkers? Will be made accountable for everything they have done to innocent people.

karma has a way of coming back and if i can have fun with them sometimes while still attempting to get back to my life, the better."

Third answer: "You could use this method to rise awareness about gangstalking:

How to manipulate Social Media to raise Awareness about Gang-stalking or your evidence:

Social media is a useful tool to spread awareness about Gang-stalking or Community gang-stalking. E.g. I use my reddit account to post funny videos, memes and etc. While also posting on gang-stalking communities as well.

If people find your entertainment post funny, sometimes they will naturally click on your profile and see your posts/profile description about Gang-stalking. Thus people are introduced to the topic/subject matter of Gang-stalking. (Even commenting or interacting with your local suburb online group can achieve this method as well. Just offer something funny or helpful to say and people will sometimes click on your profile as a natural result.) Remember don't actually mention gangstalking in these groups tho, just be a normal fellow community member.

Additionally: They will see your evidence videos of people getting involved as well. E.g. Perfect way to indirectly show who is involved. (Once they click on your profile).

Or you could hand out flyers and such.

I have done this method to rise awareness in my local area but on a another account anyway. And as a result someone in my local area decided to spray that to a known wall.

P.s. try to avoid spray painting things. That's a crime and really not recommended.

And the benefits from of this tactic is to help others such as:

Even if someone doesn't believe or fully understand the concept/phenomenon of gang-stalking, does not mean it wouldn't be potentially helpful in the future to them. Because if they know about the topic matter or even just remembered the word of "Gangstalking" itself. (As the name of gangstalking is self-explanatory and has the very description within the wording).

Simply knowing about the topic or the title itself will eventually direct the victim to information regarding the subject matter and there are many posts/ documents about the entire process of gangstalking. (From the early stages to the late stages).

The target individual could bypass the gangstalker's structure scheme with early access to that information, they find online. The targeted individual would discover about the stages of gang-stalking, what behaviors to avoid and how to combat some of the effects, with internet research.

E.g. To make someone look silly in front of their family/peers which might send them to an mental hospital if they try to explain what's happening to them. (They could avoid this stage with early access, before the damage is even done).

However with early access to that information, the targeted individual could combat this pyramid screen and never fall for the early stages of it.

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However with early access to that information, the targeted individual could combat this pyramid screen and never fall for the early stages of it. (Because they remembered the name or the actual information of gangstalking, thus bypassing the gangstalker's plan).

E.g. A new targeted individual starts to notice odd or weird things happening...They would think.. Targeted individual: "Hey, what's happening to me seems funny or remarkable familiar...I swear I have heard of this before somehow". And thus starts the process of early access."

What small actions have you taken to retaliate against your gangstalkers or what options do I have to respond? Part 2.

Fourth answer: "You've got to keep your eyes and ears open and document everything. Approach stalking with a clear defensive strategy and empower yourself.

Their goal is to isolate you from people that will listen and help and to bring you to the brink of disaster in your life. The only way out, as far as I can see it, is to find what brings you simple joy as well as what gives you strength to persevere and act on it. Follow your gut. You're a survivor and strong - clear and simple. Don't hide, fight back with your wits.

You can do the following steps for your safety:

Dealing with alleged gangstalkers can be a complex and challenging situation. However, it's important to approach the issue in a rational and lawful manner. Here are some general suggestions to consider:

1. **Document incidents:** Keep a detailed record of any incidents or encounters related to the alleged gangstalking. Include dates, times, locations, descriptions of individuals involved, and any relevant evidence such as photographs or videos. This documentation can be helpful if you decide to involve law enforcement or seek legal assistance in the future.
2. **Maintain personal safety:** Prioritize your personal safety and take steps to protect yourself. This may include securing your home, varying your daily routines, being cautious about sharing personal information online, and staying vigilant in public spaces. Consider installing security cameras or alarm systems if you feel it's necessary.
3. **Support network:** Reach out to trusted friends, family members, or support groups who can provide emotional support and guidance. Having a network of people who understand and believe your experiences can be crucial in maintaining your well-being.
4. **Report to authorities:** If you believe you are being harassed or targeted, it's important to report the incidents to local law enforcement. Provide them with your documented evidence and any relevant information they may need to investigate the situation. However, be aware that the response from law enforcement may vary, and they may require substantial evidence or proof before taking action.
5. **Legal advice:** If you believe that you are a victim of gangstalking and wish to pursue legal action, consult with a lawyer who specializes in harassment or stalking cases. They can provide you with guidance on the legal options available to you and help you navigate the process.

Remember, it's important to approach the situation with caution and rely on credible sources of support."

Fifth answer: "I strategically distribute a flyer that explains how the program works so that people within my neighborhood become educated and to help neutralize the number and

power differential the stalkers enjoy. Plus, it helps to explain the insidious slander that is always spread against a targeted individual.

You will find the flyer pinned near the top of my profile page. Or I print out flyers while walking at night - Sometimes I glue them to posts, walls, trees, inside public toilets or even into people's mail boxes to raise awareness in my local community.

Experience over time leads to increased awareness of what exactly is being levelled against us. Understanding community persecution tactics may not stop it, but this recognition will help to keep us out of the traps they lay.

Setting you up, aka - entrapment, is a favorite methodology of handlers and is therefore something to always be vigilant for. Street theatre, not always on the street, will be employed to entrap. These bullies are sneaky conniving bastards with a lot of free time on their hands. Do not let them fool you. Someone is always watching and likely recording your responses to intentional provocation.

Through self-discipline we learn to control our mind and our emotional self. This requires commitment, energy, and time, but is well worth it. "Mental fitness is just like physical fitness, it takes work." Warriors are not created by magic but rather are a result of much hard work and discipline. The alternative is to be a passive human punching bag. A slow death casualty. ~Our choice every day"

Sixth answer: "Breaking the Chains: A Targeted Individual's Call to Action Against Organized Stalking

As a targeted individual who has experienced the insidious web of gangstalking, dark psychology and electronic surveillance, I stand before you with a voice fueled by assertiveness, courage, decisiveness, and empathy. The shadows of oppression cast by these tools of control must be exposed, and justice must prevail. Are you a targeted individual? Do you care about justice? Then it's time to take action!

Understanding the Nexus of Control: Gangstalking, dark psychology and electronic surveillance are not isolated concepts but rather interconnected tools wielded by those in power. As victims, we must recognize the implications of these abuses. They are not mere conspiracies; they are the harsh reality faced by targeted individuals. The psychological manipulation, surveillance, and intimidation are orchestrated to instill fear and hopelessness.

The Tactics of Oppression: Unmasking the tactics employed against us is the first step to breaking free. From unexplainable noise harassment to constant surveillance, interference with electronic devices, and even staged accidents —these are the weapons used by perpetrators to silence us. The covert nature of these attacks aims to make us feel weak and powerless, creating an atmosphere where reporting seems futile.

Signs and Symptoms of Targeting: Recognizing the signs is crucial. Are you experiencing constant surveillance, unexplainable noise, or interference with your electronic devices? Are you facing workplace and social alienation, break-ins, or character assassination? If so, you might be a targeted individual. It's time to defend yourself, stand your ground, and survive!

Empowerment Through Action: It's not enough to be aware; action is imperative. As a targeted individual, I implore you to rise against this oppression. Contact elected officials, journalists, and human/civil rights organizations. Expose the truth, share your story, and be a beacon of courage for others. The perpetrators thrive on our silence; let's break it!

The Call to Action: Contact Elected Officials: Reach out to your local representatives and demand an investigation into these abuses of power. Silence is complicity, and we won't stand for it any longer.

Engage with Journalists: Journalists have the power to amplify our voices. Share your experiences with reputable journalists, shedding light on the dark corners of organized stalking.

Connect with Human and Civil Rights Organizations: Seek support from organizations dedicated to justice. They have the resources and influence to bring about change.

In Conclusion: Defend yourself, stand your ground, survive! Together, we can break the chains of oppression. Our voices united are stronger than the shadows that seek to silence us. Let courage be our weapon, empathy our shield, and decisiveness our strength. It's time to reclaim our lives and expose the truth to the world."

Seventh answer: "Well, you have to understand your weaknesses and strengths and how they can be exploited. It's a multilevel program, some need money, some need your reaction/energy. Once you know how the 'game' is played, it's easy. They're very predictable."

What are some of the most effective ways to build psychological resilience?

Being a targeted individual (TI) can be a distressing and isolating experience. While the reality and extent of such experiences can vary, the emotional and psychological impact on TIs is significant. Here are some coping techniques to help manage the stress and improve the well-being of targeted individuals:

1. **Support Groups:** Joining support groups, either in-person or online, can offer a sense of community. Sharing experiences with others who understand can be comforting and provide practical advice.
2. **Develop Healthy Boundaries Limit Exposure to Triggers:** Identify and minimize exposure to situations or people that exacerbate stress. This might involve changing daily routines, avoiding specific locations, or limiting contact with certain individuals. (Until you feel ready to try again).

3. Personal Time and Space: Create a safe and private space at home where you can relax and feel secure. Engaging in activities that you enjoy and that provide a sense of normalcy can be therapeutic. (Try new hobbies for example).
4. Focus on Positive Activities Engage in hobbies and activities that bring joy and fulfillment. Whether it's reading, painting, gardening, or volunteering, focusing on positive experiences can provide a much-needed distraction and boost your mood.
5. Take on new experiences especially if you find them a little scary. When you find you are able to do them, you will feel empowered.
6. Treat yourself to something new try a new hair cut go out join groups socialize with others.
7. Enhance Physical and Mental Health Exercise Regularly: Physical activity is a powerful stress reducer. Regular exercise can help improve mood, boost energy levels, and enhance overall well-being.
8. Healthy Diet: Eating a balanced diet supports mental health. Focus on consuming whole foods, plenty of fruits and vegetables, and staying hydrated. (Are you drinking enough fluids?)
9. Mindfulness and Meditation: Practices such as meditation, yoga, and deep-breathing exercises can reduce anxiety and help individuals stay grounded. These techniques can help in managing intrusive thoughts and maintaining a sense of calm.
10. Understand that when most people are acting out against you in some form, it usually has nothing to do with you and everything to do with where they are emotionally. Most times it is helpful to just validate how they are feeling and let them know that you hope that their day gets better - crack a joke and all of a sudden that grumpy person is sweet and smiling all so appreciative of your interaction.
11. There are going to be many times during your life when you may be challenged to see something from another perspective. Your job is to see it from that other perspective because you may find that even though the comment made may feel personal, it wasn't personal, it was just another perspective. We need to understand that each of us has a right to our opinions, and sometimes when we stretch our thinking we may find that we actually agree with the other person's viewpoint.
12. If someone close to you is angry and yelling at you, you need to find out why that person is angry - more often than not it had to do with something else that occurred during that person's day, and you were targeted because you were closest at the time the anger exploded. So clarification of the situation is what is called for - and again empathy. -validating the other's feelings will allow you to escape an unnecessary argument.
13. Many times when one has had a tiring day, one may come home grumpy - if this is the case, acknowledge that. the other person is tired and tell them to relax for a bit. Again, the best way around so many of these situations is to understand them from the other person's perspective and validate whatever is the main cause of the problem.
14. If you do something that is hurtful to someone else, come clean and apologize by letting the other person know that you did indeed do something that wasn't in their interest, ask what you need to do to make it up to them, and then do your best to follow through on that, and let them know that you realize that it may take them a while to forgive you

and you are okay with that - because that is a fact - different people take different amounts of time to forgive others.

15. Spend your time on this planet doing things that you enjoy and that bring joy and consideration to others - be kind and helpful and you will find that you will feel great about yourself because the folks you demonstrated this behavior to, will let you know now meaningful it was. to them which can only grow yourself as a person.
16. Document Experiences Keeping a detailed journal of events, feelings, and observations can be a helpful way to process experiences. This can also provide a clear record if you choose to seek legal or professional assistance in the future.
17. Improve Personal Security Technology Awareness: Be aware of the technology you use and the information you share. Enhance privacy settings on social media, use secure communication methods, and be cautious about sharing personal information online.
18. Home Security: Consider upgrading home security with cameras, alarms, and secure locks. Feeling safe in your living environment can significantly reduce stress.
19. Educate Yourself Understanding the phenomena of targeted harassment and the psychology behind it can empower you. Knowledge can reduce fear and help you develop effective coping strategies.
20. Cultivate Emotional Awareness Recognize Emotions: Understanding and acknowledging your emotions is a critical step in managing them. Emotional awareness helps you respond to stress in healthier ways.
21. Express Emotions Constructively: Find safe and healthy ways to express your feelings. This might include talking to a friend, journaling, or engaging in creative activities like art or music.

(The trauma we experience and survive is the most powerful part of our life experience. we need to accept it and also accept that only we ourselves are the ones who have power and responsibility to pick ourselves up .One has to have firm belief that only the present moment is real and it matters.

Accepting our situation can free us up to devote our energy to the things that we do have control over.

Resilient people are able to work through hard times, learn from them and grow stronger and more capable to overcome hard things. It's an ongoing process that requires effort to build and maintain over time.)

22. Stay Flexible: Adaptability is key to resilience. Be willing to adjust your plans and strategies as situations evolve. Flexibility allows you to navigate unexpected changes with less stress

23. Stay Connected Maintaining relationships with trusted friends and family members is crucial. Isolation can exacerbate stress and anxiety, while social connections provide support, perspective, and a sense of normalcy.

24. Reframe Negative Thoughts: Cognitive reframing involves changing the way you think about stressful situations. Instead of seeing them as threats, view them as challenges you can overcome. This shift in perspective can significantly reduce stress and anxiety.

25. Develop a Positive Mindset Embrace Optimism: Cultivating a positive outlook helps you see challenges as opportunities for growth rather than insurmountable obstacles. Practice gratitude by regularly acknowledging and appreciating the good things in your life.

26. Resilience Training Building resilience can help you better handle stress and adversity. This might include setting realistic goals, maintaining a hopeful outlook, and developing problem-solving skills.

27. Practice desensitization Desensitize yourself to certain stimuli through YouTube videos - Like ASMR, go outside into noisy areas so you learn to eventually ignore these sounds through long term exposure or google techniques about desensitizing yourself. (These sounds could include car noises, neighborhood noises, plane noises, seeing certain colours, lights and etc. Eventually your brain will learn to automatically ignore these aspects of gangstalking.)

28. Foster a Sense of Purpose Identify Core Values: Knowing what matters most to you provides direction and motivation. Align your actions and decisions with your values to build a sense of purpose and meaning in life.

29. Know yourself get to know yourself like and love yourself

30. You are important now is your time to do things for yourself no people pleasing or doing things that make you unhappy

31. If you have done something bad something you have regretted in your past or present life forgive yourself and let it go

32. To higher frequencies to protect yourself from the sick disturbed stalkers frequencies you need flowers and plants in the house / apartment of Geraniums Roses

33. Start using essential oils Lavender can be applied straight on to the skin it is relaxing and helps you sleep

34. Change chemical cleaning products to green cleaning products

35. If at times you feel bad, talk silently to yourself it is reassuring

36. Slip on your head phones and listen to soothing waves - thunder - the ocean

37. Know the one's who are stalking you so if they talk to you you can walk right past them as if they were not there

38. All stalkers whether one or a group are mentally ill they will try to bring you down to their level. (They are the ugliest of the ugliest - the sickest of the sickest. They will call you names to which you will find others have called them. They will lie about you but then they are not know as shit shovellers for nothing! You are dealing with the CRAZIES completely block them off they will drain you of your energy. This is your life not theirs so they can go take a long run and jump of a cliff.)

Why do gangstalkers like to change a victim's sense of reality for?

First answer: "Gangstalking and the "reality" they create for you, is nothing more than gaslighting. It's all about gaslighting and triggering you - They want your reactions, attention, triggers and much more mate. But at the end of the day most of their methods or tactics rely on nothing more than gaslighting.

Just google ways to combat gaslighting methods, narcissist articles are quite handy for this since as they tend to use gaslighting alot mate.

Here are some quick tips: -Educate yourself about their methods

- Identify your triggers so they can't get a reaction from you
- Remember you can't control what they say or how they feel about you.
- Don't feel gulty about your feelings
- Recognise the signs
- Stay calm
- Trust your feelings and etc.

Education and knowing your weaknesses is key."

Second answer: "Alright here is my take - The concept of gangstalking, which involves coordinated efforts to harass, surveil and psychologically manipulate an individual, is often associated with attempts to alter the victim's sense of reality. Here are several reasons why:

Psychological Distress: Altering a victim's sense of reality can lead to significant psychological distress, including paranoia, anxiety, and depression. This can make the victim feel isolated, confused, and unsure of their own perceptions. They often question themselves about what's happening to them and this can sometimes become a consuming thought to the unfortunate target.

And as a result gangstalking seems to become they're reality or at least the main factor in their lives. It's always to find a way to ground yourself in whatever form that takes e.g. Taking a walk and getting back with natural can help, watching or googling local news can help as well. I usually google local urban explorers or hang around my local community board on facebook for

this. It helps me to remember that there's more to life than gangstalking, no matter how challenging that sometimes can be.

Control and Power: By manipulating a victim's perception of reality, gangstalkers can exert a high degree of control and power over them. This manipulation can create a dependency on the gangstalkers for validation of what is real and what is not.

The aim is to make you question your own sense of reality or cause self-doubt/hopelessness with any actions & decisions you decide to pursue. They use whatever excuse or narrative they can to create this feeling/result E.g. The madeup narrative could include - Why they are gangstalking you for, how your actions don't matter and won't result in anything useful or with whatever lies they feed to you - Some narratives can be threatening in some manner as well.

They want you to only focus on them and them only. So gangstalking can become all consuming to their chosen target. (That's why they train you to become hypersensitive for, so you will naturally think everyone and every stranger's action is because of them. That way you start to naturally do this harassment to yourself instead. They want to turn yourself against yourself).

E.g. Your gangstalkers start using beeping car horns or someone coughing. So every time someone does it, you will start to think the innocent stranger is apart of them, when in reality they're actually not. This tactic is basically for you to harass yourself with.

Discrediting the Victim: If a victim starts reporting unusual events that others do not witness or notice. Gangstalking is design for only the targeted individuals to notice while to everyone else everything looks normal. They might be labeled as delusional or mentally ill. This can discredit any legitimate claims they might have and isolate them from potential sources of support.

Breaking Down Resistance: Consistent manipulation of reality can wear down a victim's mental resilience, making them more susceptible to further manipulation and control. This breakdown of resistance can be a primary goal in coercive control tactics.

Eroding Trust: Changing a victim's sense of reality can erode their trust in others, including friends, family, and authorities. This isolation can make the victim more vulnerable and easier to control.

This tactic is quite important to gangstalkers so the targeted individual doesn't seek advice, useful information or share with others about their experiences or own personal advice. That way their situation or others cannot be improved/helped in anyway, shape or form.

Additionally they start to reject other's advice because the target fears that they could be a prep as well. E.g. Unfortunately you'll sometimes will see this behavior in some community forms that you visit.

I like to read the occasional post even if I don't quite agree with it as you can still learn some helpful things.

E.g. Like you can learn new things or terminology often associated with gangstalking.

Flying monkeys usually means the people who assist your primarily gangstalkers.

Zersetzung is a list of harassment tactics used in world war 2.

V2k means voices you hear around you, that's not coming from a person directly near you. Usually created by artificial means.

M2K ultra is some government device, they can use to create deus or v2k.

You might not believe in some of these aspects but it's still good to know, what people are talking about or referring too. (Plus there are different types of gangstalking from community to government. So some posts or advice will seem quite different from case to case too).

Creating Fear and Uncertainty: When a victim cannot trust their own perceptions, they live in a state of constant fear and uncertainty. This heightened state of anxiety can make them more malleable and less likely to challenge the gangstalkers. Additionally you might actually start to believe everything they say too.

It's just important not to lose yourself or turn against yourself during gangstalking.

I like to use stonic beliefs myself to help combat this:

Stoicism, a philosophy founded in ancient Greece, offers a range of beliefs and practices that can be particularly helpful for individuals facing intense psychological stress, such as that purported to be caused by gangstalking. Here are some Stoic principles that might help:

Focus on What You Can Control:

Stoic Belief: According to the Stoics, we should focus on what is within our control and accept what is outside of it. This includes our thoughts, actions, and reactions.

Application: Concentrate on managing your reactions and maintaining your inner peace despite external circumstances. Understand that you cannot control the actions of others, but you can control how you respond to them. Distinguish Between false perception or narrative and Reality:

Stoic Belief: Stoics emphasize the importance of distinguishing between how things appear and their true nature.

Application: Question and critically evaluate your perceptions. Seek evidence and rational thought to ground your understanding of reality, helping to counteract the potential distortions caused by gangstalking.

Practice Mindfulness and Self-Awareness:

Stoic Belief: The Stoics practiced mindfulness to stay present and aware of their thoughts and feelings.

Application: Engage in mindfulness practices such as meditation, journaling, or reflective thinking. This can help you stay centered and reduce anxiety by focusing on the present moment rather than potential threats.

Develop Resilience through Adversity:

Stoic Belief: The Stoics believed that adversity is an opportunity to develop inner strength and resilience.

Application: View the challenges posed by gangstalking as opportunities to strengthen your character and resilience. Embrace the idea that suffering can lead to personal growth.

Cultivate an Attitude of Indifference to External Events:

Stoic Belief: Stoics practiced apatheia, a state of being undisturbed by external events.

Application: Work towards developing emotional indifference to the actions and opinions of others. This doesn't mean you become apathetic, but rather that you maintain your tranquility regardless of external circumstances.

Seek Support from Like-Minded Individuals:

Stoic Belief: Community and fellowship were important to the Stoics.

Application: Find support from friends, family, or communities that share your values and can provide emotional support. Engaging with others who understand or share your perspective can be very grounding. Reflect on the Impermanence of Life:

Stoic Belief: The Stoics frequently reflected on the transient nature of life and its events.

Application: Remind yourself that all situations, including the distress caused by gangstalking, are temporary. This perspective can provide comfort and reduce.

I sometimes use these reminders so that I don't lose myself within the hazardous world of gangstalking and their evil tactics."

Third answer: "Because they're cockhead and they want to warp or twist everything around ya. They want to leave you feeling hopelessness or desperate so you lash out at them so you'll get into big trouble. Or even worst, lash out at friends or family so you weaken your relationship ties around ya. This will leave you isolated if you do.

I use to do this, myself: (located it from somewhere).

Gangstalking is designed to be non-believable, so when you do speak out about it. Other people won't believe you. It's part of their tactics - E.g. If you say something to family or friends, you might end up in a mental health ward. Just because of the nature and the design of gangstalking and sometimes others could think: "Why would anyone go to so much effort to harrass you or waste that much time on you." Which is a fairly common response to non-targeted individuals.

Additionally it's not always easy to collect concrete evidence that you can actually show to the police. Unless they're directly harass or attack you. Usually only other targeted individuals can understand what you're talking about because they have experienced it themselves and know what to look out for as well.

It's fine to protest but it needs to be done more carefully or properly. Gangstalkers have pretty much designed it this way, they have designed it to be non-believable to outsiders so if you do seek help or tell others, you may seem silly for even saying it. But there are still ways around it.

For example as previously method - If tell your friends and family about gangstalking this could sometimes work against you but in some cases, they actually might be just accepting of your explanation or they could really believe you. It's just difficult to predict and it's very different from case to case.

The aim of telling others about gangstalking is usually to get help, advice or maybe just acceptance to explain why you do things as you do. But....you can use emotional manipulation to get the end results of alienation against your gangstalkers, without ever even mentioning the topic of gangstalking. (But this is tactic is mainly for community gang-stalking, I guess you could transfer the tactic if you find it applicable to your case tho.)

You can download the article here as it's a little big to share on here: <https://docdro.id/43Ofp3p>

It's not for everyone honestly but sometimes I say fuck them."

Has anyone pointed out or even stalked their gang stalkers? What happened?

First answer: "I'm sure many have tried but unfortunately gangstalking is designed to be unbelievable and when you tell friends or family. You will just most likely find yourself in a mental home instead, it's meant to be like that. It's one of their major tactics so the targeted

individual feels hopeless in return. Additionally targeted individuals get frustrated as a response and might do something silly, like break a crime or get caught doing something else - Which also works in their favour as well and they want you to do this, so you end up in jail.

Even if you did confront them, they would just do this. For example. Day 1 person X will say something or do something making you aware, they are at least in on it. Day 2 person X will say nothing but person Y will. They share the load so as no one person is to be blamed. I'm guessing it's in the hope there will be too many people to blame or something. But also due to the way they work it looks like you have a problem with everyone when in fact they are in collusion.

Also if confronted they would deny any knowledge of what you say (I never said that, I was talking about him/her).

Your better off talking to other targeted individuals instead or if your going to do something silly. Ensure you do it right and cannot get caught, like silly little neighbor war things, I guess. After all they're just cowards hiding in the shadows or lurking behind a curtain of anonymity. No courage to face their victims. The victims themselves feed them with their fear and confusion - It can't be helped though. People need to express themselves and get help.

I believe stalkers read every post here and on other sites. I'm not afraid of them and would like to confront just one of them. I've got questions they probably won't answer.... I pity the no life idiots and find humor in their feeble attempts to scare me.

These people are not dangerous, just. Try not to show fear or worry, they feed on it. Educate yourselves and fight smart."

Second answer: "I have done both but wouldn't recommended it to another. (I just did it because I knew, who my were and you don't wanna attack or stalk random innocent people either).

On several occasions I pointed it out to others and to them, themselves. When I would catch people following me, I would turn it around and chase them in every case. I did begin stalking them for a time. I have even followed them around, they would notice and took off.

I have done all of it on many occasions. I used to post up and watch them once I figured out where they lived. In many instances I would purposely befriend them. Which is what they wanted anyway. In most cases when they tried to befriend me I would accept it and I knew who they were but I was investigating them and curious. I also figured it would freak them out if I was constantly telling them I knew but hanging out with them anyway.

Believe it or not many of them were and are afraid of me and admitted it to each other, then they would tell me behind the others back. I think it's safe to say that I am an intimidating character. I am actually very friendly and loving, especially now. But I look very intimidating to most people. And I am not a angry person either.

Nowadays, I'm a pacifist for the most part except in cases of self-defense. Prior I definitely was not.

But eventually this overfriendness gave me a triumph. In fact it was my capacity for peace that won the day. It was my pattern recognition and my intelligence.

They wanted me to react violently. They wanted me to follow them. They wanted me to hunt them. Then they could make the case that I was dangerous and a threat. I realize this and so I completely ceased and desisted.

I also realized that they were trying to direct me toward blaming "targets" outside of their group and make me think that they were one of the people doing this. They were trying to set me up to do violence. They wanted me to become a monster or a criminal. They wanted me to blow up on somebody ruining my life and theirs.

These are very sick people who just want destruction chaos and violence. They often don't care where it's directed. Even if that anger and violence is directed against their own group or themselves. Because they also want to play victim, as they are secretly the aggressor.

As I was coming to grip with these realities. I was also undergoing spiritual change. I was becoming less angry and even starting to declare myself to be a pacifist.

After doing this I realized that they were disheartened by these changes. They were frustrated and annoyed that I didn't engage with them or I didn't chase them, and that I didn't stalk them anymore. Because this had that effect on them I continued and I amplified my behavior.

They wanted me to become a monster or a criminal. But instead I choose to rise awareness about the subject matter instead, through different ways. E.g. I used white-out to write gangstalking on trees and etc. When no one was watching, of course. And I always looked out for cameras as well.

And I knew that they were watching me so I even stopped giving reactions.

They still try things from time to time but I will not give it any of my focus or attention. My focus is on developing myself bettering myself and overcoming. I will not give them my energy. In fact the most energy they get from me is on Quora talking to other people and trying to help others overcome what is happening to them.

They wanted my full engagement with them. So I stopped giving them any of my energy or time. This led to them stopping for the most part and their downfall in general. When they cannot do this to you effectively they flail get themselves in trouble over extend etc.

They want you to follow them and stalk them. Because they want to make you look crazy. They want you to be crazy! They want you to destroy your life and they want your engagement with them.

The best thing for you to do is not give it to them. Completely withdraw your energy stop giving them any of your time even when they are frustrating you. Especially when they're frustrating you, don't give in!

This will lead to your eventual triumph. Triumph over them and triumph over yourself , and to become a better person more fulfilled and more happy.

I am now a helper, a silent protester and a fighter.

God 🙏 Bless."

Third answer: "This is not a recommended tactic and not even most likely the safest choice. We have been known to randomly, and I mean sparingly random follow them. After they are blatantly harassing us. Or speak up about it. They do not like feeling exposed.

It's been so long for me dealing with sickos tracking me around. It gives me some sort of relief to let them know what I think or scare them a little here or there.

A taste of their own medicine. Like I expressed, this is not wise and it should not be done solo nor regularly. We used to ignore, ignore and ignore and the monsters grew more silly.

When we started the random hey you, 📍 or track them home. Some of it decreased the harassment. Definitely the harassment did not increase. Yet I really do not like even sharing our tactics because it's really not the best decision.

This should only be done through thorough prayer and intuition and definitely not solo. Because some of us are in danger and you don't want to land yourself in a trap they planted. Choose your choices wisely ;)"

Forth answer: "I take their pictures because they always parking by me and write down the mosr used or most suspicious numbers. And yes I even know where few live but I'm not like them and I mind my own business and stay n my lane take.

But if you're really invested, I guess you could do this:

This is for gangstalkers who are immediately available for the local area because as soon as you leave the house. That requires someone nearby to follow you.

(Over time you may have gathered a list of car number plates or are currently in the process of adding to that list.) • Write down the car number plates, that suspiciously follow you around,

especially at night. (If you cannot see anyone, don't worry they will eventually show themselves over time). • Once you have a list: Act like your going for a walk around the local area, so you can record street by street. Wear a body cam or have a chest pocket and stick your phone in there, so you can silently and distreety record them.

(There are even some apps which allow for silent background recording, this means you just download the app and quickly press the icon on your main mobile screen and it will automatically start recording silently. You stop the recording by pulling the mobile tab down, usually. This will allow you to record and never be expected if someone suddenly asks for your phone). Play around with the app, so you know how it works first. They are usually called background video recorder from the play store.

But do this method, street by street. It will be easier to achieve - You could do more if you like. Tip: Remember you need to ensure that the camera records the neighbor's car's plate for each house. (If theyre not there, you can always try again later).

- Extract the footage from the device and upload it to a computer. Name the video or file after the street name.
- Review the footage and entered all the car's number plates from the footage to the excel document or a word document. But make sure it has some form of organized order, so you can find specific car's plates in the future. E.g. Topic - The street name List - The car number plates for that street. (Numbers of the house are not necessary as you can always check your original footage later or google street view them as well).

Eventually you will have a whole list of the locals number plates and can easily find out, who or which household might be involved. And the more they follow you, the more you will eventually get more suspicious car plates as time goes on.

Tip: If you suddenly leave the house randomly and didnt mention it previously. That means someone needs to be sent out and they're local. Additionally you know what the traffic on your local area looks like too. So you can tell different random traffic and suspicious traffic.

I recommend giving one chance encounter before jumping to conclusions about local traffic. However if your quite far from your home location and you see a local near you. That could worthwhile to note down. For the first time. The second time is odd as hell - Take note.

Faces: If you want faces tho. I recommended trying the same method or by visual sight, on a train instead. They will be forced to spend people after you, no matter what time of day and cars can't fly through traffic signs nor do roads travel in a straight line.

Someone on that train is a gangstalker and you just need to pick, the least busiest time for your area. The less people, the easier it is to locate them. *Never approach them nor interact with them - This is only for research only).

What are they carrying? What are they wearing? Could they be hiding anything? The goal is to find what equipment they're using, by judging what is carryable or for studying local faces instead. What age group are they or what race are they? If you know your local demographic, what local things are near you and what date it is. You can roughly guess, who they might be.

E.g. I have a high school near me and its saturday - I might have a younger gangstalker after me because it's a family suburb.

Or

If i have a old age facility near me or a older population near me and its a sunday - It might be the older person.

Or

If i have a lot of green race demographic specifcly near me, more than the other local areas and considering they're age availability. It might be them as a gangstalker again. Either way, there are many things to consider and wait upon.

And if you did pocket record this train encounter - You could always screenshot that recording to create a image. And that image or recording is all yours. To do whatever you want with. But remember no illegal activity. (Or you could silently sit near them to freak them out).

Either way - You know someone is one and they can't hide from you."

Why do gang stalkers mirror everything targeted individuals have said and done?

First answer: "It's a form of psychological abuse, it's used to mock you and make you feel like everything you do or say is foolish. It's useful to create a hopeless state of mind as well.

They want you to strike out against this person, someone innocent or to alinate you from friends or family, if they happen to do it as well. (Especially family and friends as sometimes, people who know you can sometimes just guess what your thinking or mirror you, naturally. Mirroring is often used in social terms to form a connection with someone, they're close too or like. So some people do it, unconsciously)."

They want to break you down as much as they can. They are disgusting. Gangstalkers are low life's that never made it in life. I love how they think they are something special, doing something so very heinous.

Remember, nothing can last forever, no matter what, there is an end to everything. They will have to answer to someone, at some point."

Second answer: "To make you feel watched and followed whatever you go, it is all part of their intimidation tactics.

I once heard, that they use the mirror tactic to scare you away from forming new human connections in your life. As mirroring does this: By matching the body language and energy of the other person, you create a bridge of understanding and reduce emotional barriers. Building Connections through mirroring can significantly enhance our ability to foster rapport, empathy, and effective communications.

E.g. So if you're on a date and they start to mimic you because gangstalkers have trained you, you start to think your new friend or potential partner is one of them.

Or if the mirroring is successfully, they have just planted a honey pot in your life instead. They made it a lose-lose situation with this method."

Third answer: "I believe that it's all apart of the physiological warfare - They say and do things in front of us, that make us know they have been watching and listening.

They mimic you to get on your nerves, to piss you off and to try to get you so angry that you'll do something stupid and get yourself locked up. Don't fall for it. Important to remember, Gang Stalking is mainly a satanic attack.

The outcome they are looking for is for us to start pointing out strangers and saying he is copying me or saying my words. It's all to make us look off balance at all times and additionally to make us extra hyper vigilant and super sensitive about these actions as well.

It's basically to train you to get your attention and make you paranoid or to annoy you."

Do gang stalkers ever pull back or make their presence less obvious to mislead the target into thinking that it's over?

First answer: "They think they're smarter than anyone else. They like to set up a scenario and then turn it around to make it like you're mean or 'not nice' if you call them out on their games. It's such a sad thing to do, honestly.

Those involved might alter their tactics to mislead the target and make them believe the harassment has ceased. This could be done for various reasons, such as to instill a false sense of security or to further confuse and distress the target. Or they create periods of reduced harassment or make it seem as if the targeting has ended. This can serve several purposes, such as disorienting the target, causing them to doubt their experiences, or making it harder for them to gather evidence or support for their claims. It can also further contribute to the

psychological distress experienced by the target as well or when the target has starting to become use to a overused tactic as well. It's to jump-start that fear or annoyance again."

Second answer: "Yes they do it may be for a day it may be for a couple days a week a month but they're still there they're still watching they're still trying to figure things out. Something to remember is they have to recharge they have to readjust if you change. One thing that really gets them is when you change tactics when you start doing different things when you start working on yourself when you start elevating if you pray against them it destroys them.

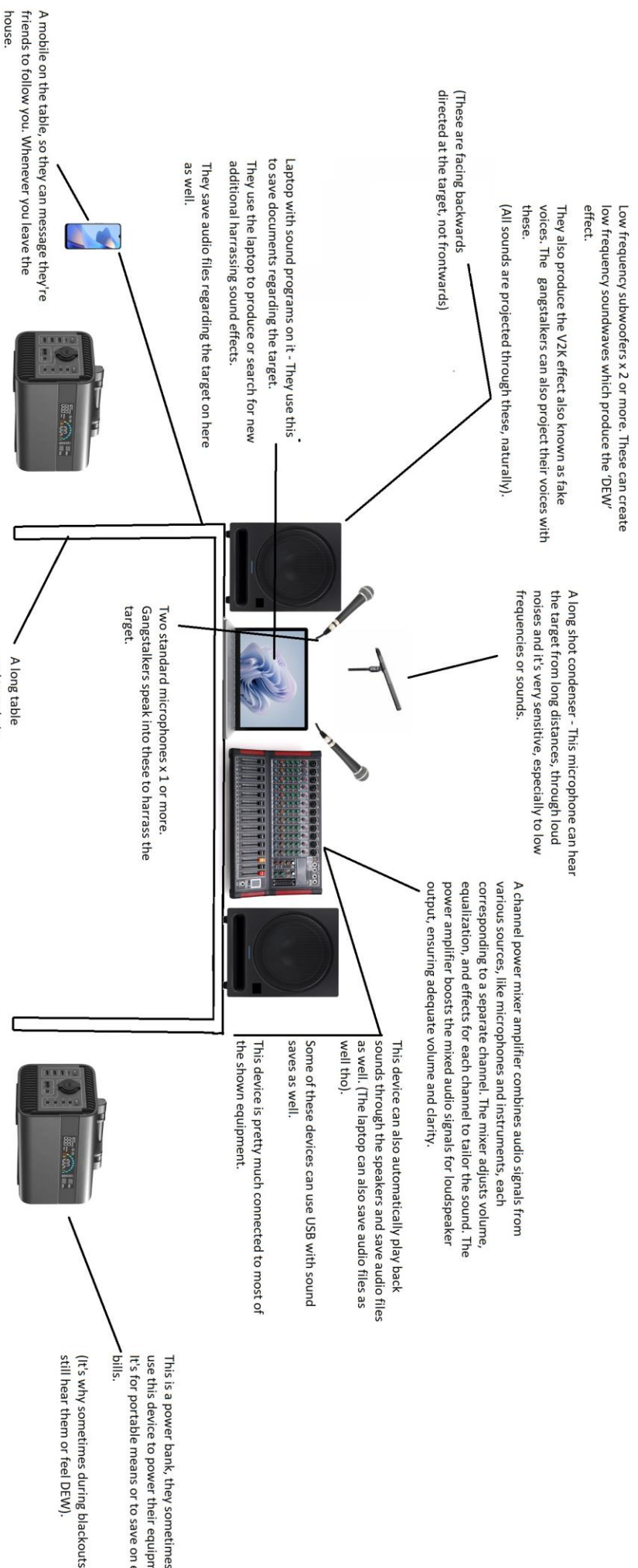
One more thing something that hits them hard is if you start to change, or elevate or think beyond them or figure ways out of your problems these are things they cannot deal with and they lose heart and their superiors come down on them and pressure them for not having more success against you. Just remember it's only over when the person in charge says it's over until then they may come at you from different areas or decide to attack you in different ways."

Third answer: "It won't last long they regroup have meetings about you...you see they figure most people will just roll over for them then there's a few that just ain't buying this shit...if they can't intimidate you to get your energy they will work on something else but they will stay consistent.. if they let you off during the week they will come at you on the weekend.

A Community Gang-stalking System using audio equipment:

For anyone currently suffering from Community Gang-stalking, I found this image online - It gives a visual example and information regarding a Gangstalker's System Setup, if they use audio equipment to harass they're target with.

The Image Below:



(Hey All,

This post is about Community Gangstalking and one of the many different ways, they can “hear or read your mind”. This is different from remote neural monitoring and etc. This is just one way they can hear you.

For people for suffer from Community Gangstalking and Audio Equipmment. I hope this hopes you.)

Gangstalkers: They’re Not Reading Your Mind — They’re Listening to Your Subvocalizations

Understanding Subvocalization: What Are Subvocalizations?

For many Targeted Individuals (TIs), one of the most disturbing parts of the gangstalking experience is the feeling that someone can read your mind. That they somehow know your private thoughts. That no matter what you try, they’re always a step ahead.

Here’s the truth: they’re not reading your mind — but they might be hearing your subvocalizations.

If gangstalkers have access to advanced audio surveillance equipment, they might be able to pick up sounds you don’t even realize you’re making — murmurs, throat movements, lip friction, or whispered internal dialogue. These are called subvocalizations, and while they feel silent to you, they can sometimes produce tiny sounds or vibrations that betray what you're thinking.

Are They Really Reading Your Mind? Understanding Subvocalization:

For many Targeted Individuals (TIs), one of the most disturbing parts of the gangstalking experience is the overwhelming feeling that someone can read your mind. That somehow, they know your private thoughts — as if no matter what you try, they’re always one step ahead. It’s a terrifying and deeply personal invasion.

A common belief among TIs is that perpetrators are using advanced technology to tap into their thoughts. But there may be a more grounded explanation: a natural mental process called subvocalization.

Subvocalization is the “inner voice” most people experience when they read or think in words. It’s a kind of silent self-talk — almost like whispering inside your own mind. While this process is completely normal, it can become a source of anxiety for Targeted Individuals.

Here’s the truth: they’re not reading your mind — but they might be picking up on your subvocalizations in some way. Emerging research suggests that certain types of sensitive audio

equipment (like throat microphones) can potentially detect micro-movements in the vocal cords even when a person isn't speaking out loud. This raises a chilling possibility: it's not your thoughts they're hearing, but the physical signals your body gives off when you think in words.

Understanding this difference is key. Learning to manage or minimize subvocalization — through techniques like silent visualization, mindfulness, or specific reading strategies — can help TIs feel a greater sense of mental privacy and control.

You're not crazy. You're not imagining things. But you might be dealing with a technological intrusion that uses something very real — your own inner voice — against you.

Subvocalizations are the tiny muscle movements in your throat, lips, and mouth that occur when you're thinking in words or silently reading. Most people aren't aware they're doing it — but if you've ever caught yourself mouthing words or quietly whispering during a deep thought, you've experienced it.

Even when you think silently, you might still:

- Move your lips slightly
- Engage your vocal cords a tiny bit
- Murmur without realizing it
- Make soft breathing patterns that follow sentence structure

These are the sounds gangstalkers could be listening for.

How the Mind-Reading Trick Works:

Gangstalking narratives often suggest that adversaries listen in on your thoughts. In reality, any voices or cues they claim to catch are almost always your own subvocal speech. For example, if you silently think or rehearse words, slight movements in your throat or mouth can occur (even if you don't consciously notice them).

How Gangstalkers Might Use Audio Equipment to Take Advantage of This:

If gangstalkers are using parabolic microphones, laser audio tech, or contactless vibration sensors, they could be trying to:

Pick Up Accidental Whispering:

If you're under stress, deep in thought, or emotionally overwhelmed, you might unconsciously whisper your thoughts.

Gangstalkers could use this to:

- Record your muttered speech
- Repeat it later to make it seem like they read your mind
- Echo phrases back at you to mess with your head

Mimicking or Repeating Your Inner Dialogue:

- Imagine you're silently thinking, "I need to get out of here," and you whisper it accidentally. An hour later, someone near you says those exact words out loud. Coincidence? Maybe not. This is a psychological tactic called mirroring, designed to create the illusion of telepathy.
- Once they catch a few key words you subvocalize, they may:
- Repeat them out loud nearby (e.g., a neighbor yells your thought through a wall).
- Use street actors or strangers to say your exact phrases.
- Make you feel "read" by implanting the same phrases into media, comments, or social platforms you visit.

Create "Coincidence Attacks": Gangstalkers might:

- Record what you subvocalize
- Plant those words back into your environment (TV shows, online comments, overheard street talk)
- Convince you that you're being wiretapped or remotely monitored

Gaslighting You into Believing They Have Full Mind Access:

- They use just enough accurate feedback from your subvocal leaks to:
- Make you second-guess what you're actually saying out loud vs. just thinking.
- Undermine your sense of mental privacy.
- Cause anxiety, paranoia, and confusion — all of which increase subvocalization, feeding the loop.

Psychological Conditioning / Behavioral Manipulation:

- By observing and responding to your subvocalized thoughts:
- They can condition you to avoid certain thoughts (because each time you think something, they punish it with noise, mocking, or other interference).
- They can reinforce intrusive thoughts by echoing them, creating thought loops.
- They train you to feel like there is no safe internal space.

Predicting Behavior or Decisions: Based on what you subvocalize:

- They can figure out what you're planning ("I'll go for a walk soon") and act preemptively (e.g., blocking your path, sending a person to "coincidentally" arrive where you're headed).

- Predict what emotionally charges you by monitoring reactions or words like "I'm scared," "They're watching me," etc.

Embedding Subvocal Cues into Electronic Harassment:

- Gangstalkers may attempt to use audio-based surveillance to:
- Send “personalized” messages through V2K (voice-to-skull) or synthetic telepathy methods timed with your thoughts.
- Create hallucination-like effects by playing back fragments of your own subvocalized thoughts in distorted audio or sound masking.
- Attach disturbing audio clips (your own words, fears) into white noise, TV static, or background hums.

Framing You by Recording Your Unintentional Speech:

- If you mumble while thinking or talk to yourself quietly:
- They may record you saying things out of context to make you appear unstable.
- Use these recordings in smear campaigns or fake “evidence” to spread rumors or influence how others see you.

Driving the Illusion of Supernatural or Psychic Powers: - By only revealing parts of what they hear:

- They can act as if they know your thoughts before you think them.
- When they guess something correctly (based on something you subvocalized), they use that to pretend they're psychic, demonic, or omnipresent.
- This illusion is psychological warfare, designed to break your trust in your own reality.

Why This Works: The Psychological Trap: Subvocalizations are hard to control, especially when anxious. Gangstalkers use this against you by:

- Creating feedback loops: You think → they react → you panic → you subvocalize more.
- Making you feel helpless or violated — which increases internal speech and makes you easier to read.
- Confusing you about what's “inside” and what's “external,” weakening your sense of mental boundaries.

This strategy exploits your natural reaction to feel exposed, confused, or paranoid — making you believe they have deeper access to your mind than they really do.

You can take practical steps to reduce or mask subvocalization so that even if someone were listening, they'd get nothing understandable. Researchers studying subvocal control note that active interference tasks can silence the inner voice.

How to Reduce or Stop Using Your Voice Box:

Awareness Practice:

- Sit quietly and observe yourself while thinking or reading.
- Place your fingers lightly on your throat (larynx area). If you feel vibration or movement, you're subvocalizing.
- The first step is to notice when it happens.

Chew or Hum Silently:

- Keep your mouth slightly open or chew gum while reading silently.
- This disrupts the motor patterns involved in subvocalization.
- You can also lightly hum (in your mind only), which shifts mental effort away from vocalizing.

Read Faster than You Can Speak:

- Force yourself to read at a pace faster than speech (normal speech is about 150–200 words per minute).
- Subvocalization can't keep up with fast reading, so your brain skips it naturally.

Use a Finger or Pointer to Guide Reading:

- Moving a finger or pointer under the text reduces inner speech by engaging a physical focus.
- Pair it with fast reading to discourage subvocalizing.

Use silent Counting or Background Noise:

- While thinking, try silently counting backward or playing soft instrumental music.
- This occupies the auditory loop, making it harder for your brain to subvocalize.

Practice Meditation or Thought Watching:

- Mindfulness meditation trains you to watch your thoughts without attachment or narration.
- Over time, it reduces inner verbalization and increases control over your thought process.

Focus on Abstract, Non-Linguistic Thinking:

- Train yourself to think in patterns, feelings, or logical relationships rather than words or pictures.

- Think: “That goes with this,” “This leads to that,” or “It fits,” without saying it internally.
- Practice this during easy tasks like sorting objects or organizing files, gradually extending it to abstract thinking.

Auditory Substitution:

- Play white noise or gentle natural sounds (like rain, stream, or wind) to mask your brain’s inner voice.
- You’re not actually masking muscle movement—but you divert your attention from auditory pathways.
- This helps you stop engaging the vocal system automatically.

Anchor words:

Some trainers suggest only subvocalizing a single anchor word per phrase or line. For instance, whisper only the first word mentally and process the rest more silently. This fragmentary approach can break the continuous inner monologue.

Why You Might Subvocalize More Than Others:

You may wonder why this is happening to you. Here are a few reasons:

- High imagination: Creative people often “hear” their own thoughts like spoken words.
- Mental rehearsing: If you imagine conversations, arguments, or responses in your head a lot, you might be accidentally speaking parts of it out loud.
- Long-term stress: Chronic anxiety can increase physical tension, making your throat more likely to move during thinking. This doesn’t mean anything is wrong with you. It means you’re hyper-aware, intuitive, and sensitive to patterns — traits that can be powerful when you learn to control them.

Putting It All Together:

In summary: But by consciously reducing or masking your inner dialogue (through counting, chewing, focused reading, etc), you can make it even harder for anyone to catch. them) and by practicing the techniques above to quiet your inner voice.

Take Back Your Mind:

Gangstalkers want you to think they have power over your inner world. They want you to believe they can hear your thoughts. But the truth is:

They can only steal what you accidentally give them.

By reducing or eliminating subvocalization, you cut off their ability to mimic, predict, or intimidate. Use the training techniques above and keep practicing. The more silent your thoughts become, the more control you take back.

You don't owe them a single word. ❤️.

Supporting Articles & References:

- NASA Ames Research on Subvocalization Technology → NASA Research on Silent Speech Interfaces
- Journal of Psychiatry on Subvocal Speech and Hearing Voices → Gang Stalking Psychology Breakdown
- KeyToStudy – How to Suppress Subvocalization → Train Yourself to Reduce Subvocalization
- PlasticBrain – Hearing Voices → Childhood Inner Speech and Adult Experiences
- International Journal of Environmental Research on TI Prevalence → Study on Gangstalking and Psychological Impact