

Leslie Williams <exposingcourt@gmail.com>

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leslie williams <lesliew21@gmail.com>

Sun, May 13, 2018 at 10:00 AM

To: Leslie Williams <exposingcourt@gmail.com>

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From: "leslie williams" <lesliew21@gmail.com>

Date: Jun 9, 2010 10:08 AM

Subject: <http://gangstalkingworld.com/United/index.php/main/techniques>

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Techniques

A large part of this covert harassment protocol involves psychological harassment of the targets. To achieve this a profile of the target is gathered and then a program of harassment is implemented using many of the methods below.

A Psychiatric Reprisal This was used in Russia to have dissidents listed as mentally ill. This practice is now being used against workers in America and other democratic countries.

“Across the United States, companies have seized upon concerns about workplace violence to quash dissent. Hundreds of large corporations have hired psychiatrists and psychologists as consultants to advise them on how to weed out “threatening” employees. They say they are only responding to a 1970 directive from the U.S. Occupational Safety and Health Administration that they maintain a “safe and secure work environment.” But by drawing the definition of “threatening” as broadly as possible, they are giving themselves a new club to bang over the heads of workers. “

A Violent Person Registry Some targets might find that they are being targeted because they have been placed on a Violent Person Registry. This means that they will have a flag that comes up anywhere they go listing them as violent or potentially violent. This can happen to anyone, for simple reasons and without your knowledge. This can go on for years.

Please read Jane Clift's Story.

<http://gangstalkingworld.com/Media/2009/10/defamation-and-anti-social-behaviour/>

AirStalking

Quotes

Las Vegas is a SimCity game gone horribly wrong.

*Douglas Coupland,
Microserfs*

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This is when helicopters are used to track targets that are on foot, or in cars. They fly over head and follow the targets from one location right away. Just click on to the next. Some will monitor the targets shortly after they leave their homes. blogs and away you go.

Brighting

As targets walk on the street, usually at night, civilian spies/snitches will turn on their high beams. This might be flashed once or twice at targets. The idea is to intimidate the target and let them know they are being watched at all times.

Crowding/Mobbing

When the target is in public, civilian spies/snitches will usually try to box the target in. Eg. They will surround the target in a square like formation if possible. They will stand too close to the target, or swarm them.

Directed Conversations

These are conversations that complete strangers will have out in public relating to the target and their personal situations. Eg. They will repeat things a target said in their home, or on the phone. They will let drop very personal details into the conversation, that could only be related to the target.

Eg. Perp1. It's a shame Uncle Ed won't be able to come.

Perp 2. Yeah since he died golfing on Saturday.

The target will just have learned of a death of a favored uncle, (possibly named Ed.) while out golfing.

Directed Energy Weapons

Electronic Harassment. Usually when they feel they have psychologically targeted a target to where they are near breakdown they will start to use these weapons. They will also use these weapons if targets are not going along with their harassment/control protocol.

Visit

<http://www.eharassment.ca>

<http://www.stopcovertwar.com/dew.html>

Emotional Sapping

This is similar to the concept of an energy or psychic vampire. You know negative people who drain your energy when you are around them, or who are really good at transferring their negativity onto you. As a target you are being exposed to dozens of people on a daily basis, many of them who do not wish you well, or want to hurt you even though they don't know you.

Without realising it you are also being emotionally, mentally, and spiritually harmed on a daily basis. After time this can get to you and weaken your defences. This is when you might notice that you are more susceptible to this form of energy drain. It's a very real phenomenon and one to be on the look out for. Once you are drained of energy this way, you will notice that it's easier for these people to access your life and cause you harm in other ways. There are emotional shielding techniques that can be used to help try to prevent this. There are also lot's of books being written about these types of negative energy draining people.

Entrapment

To lure into dangerous, difficult, or a compromising situations. The Civilian Spies/Snitches will try to lure targets into various situations for the sole purpose of setting them up. Setting up targets could involve getting them arrested, institutionalised, set up on fake sexual harassment charges, drug charges, illegal pornographic materials, etc. Once this happens, it puts targets at risk for entrapment into becoming civilian spies themselves.

Files

It has been indicated that targets will have files shown to relatives, store keepers and friends. The files are usually not left behind, but they are used to show legitimacy and to further slander targets. These files can be used to engender the cooperation of friends and associates of the targets.

The files might have a picture of the target, and information about some alleged crime that they might be under investigation for. The information is usually very convincing and helps to further get targets harassed by those around them.

<http://www.jbhfile.com/home.html>

Gaslighting

- Doing little things to try to make the target think that they are going crazy.
- Coming into their homes, moving their furniture around.
- Changing clothing that they bought and replacing it with similar, but inferior items.
- Taking small items and then replacing them later on.

<http://lonezone.com/2000/catalog/2416.html>

Gassing/Poisoning

Spraying fumes or scents into a targets home. Tampering their food to make them become very ill.

Illegal Entry

Breaking into the target apartment while they are out. This is usually done for many reasons.

- To gaslight the target.
- It's used to help profile the target.
- To set up illegal surveillance.
- It's a way to find out intimate details about the targets. This can be used later to set up the target by using people in photo albums, or by directed conversations about things in the targets apartment.

Illegal Surveillance

This involves setting up audio and visual surveillance of the target.

- Bugging the targets phone.
- Video surveillance of the targets residence. (This can be done externally.)
- Listening to cell phone and hard line conversations. (This can also be done externally.)

- Hacking into their computers and learning all about what the target is doing, sites they frequent. This also helps to build a profile of the target, and it's also used for later psychological attacks against the target, and to get in touch with the targets in aspects of their lives that might be otherwise unknown.

Illuminating Targets

This is something that the East German Stasi secret police did to targets. They would spray the targets clothing with materials that would make them glow, or they would irradiate the targets with X-rays so that they glowed in the dark. Many targets have reported extreme visibility at night.

<http://www.telegraph.co.uk/news/main.jhtml?xml=/news/2001/01/04/wstas04.xml>

This is one possibility that targets can examine.

Intimate Infiltration

This is where civilian spies/snitches will go out of their way to get into a targets life. They will try to form friendships with targets. They will try to form intimate relationships with targets.

They will get close to people that are affiliated with targets. Years before the target ever realises they are targets they will try to get into a targets life.

Eg. If they can't get into your life, but you have a best friend, their new significant other might just be a civilian spies/snitches. The same goes for siblings and the people that enter their lives.

Isolation

For this harassment to be successful, it's important to be able to isolate the target from friends, family members, co-workers and even spouses. To accomplish this isolation many methods are used included, but not limited to: slander, lies, fake files, sabotage, anything that will get the target into a situation where they have no support system. This is important for them to succeed.

Laser Microphones

Laser microphones are microphones with a laser beam. They detect vibrations with a laser and convert it to a digital signal. Lasers are usually bounced off a window, or off any object near to the conversation monitored. Any object which can resonate/vibrate (for example, a picture on a wall) will do so in response to the pressure waves created by noises present in a room. The minute differences in the distance travelled by the light to pick up this resonance is detected interferometrically. Light that is subject to the varying distance is mixed with light that travels a constant distance. The interferometer converts the variations in distance to intensity variations and electronics are used to convert these variations to digital signals that can be interpreted as sound.

This technology can be used to secretly eavesdrop on people with minimal chance of exposure. However, specialized light sensors may be used to detect the light from the beam. It was designed by Ethal Hussenburn in the 1970s during the Cold War. During the making the technology was advanced by the NSA and CIA making it smaller and compact. The Shelby laser Microphone was then invented (Source Wikipedia)

Mail and Email tampering

civilian spies/snitches will steal your mail. They will delay the delivery of your mail, and they will also make sure that your mail does not arrive. The other thing they are known for is the tampering of email. They will delay email, delete email, and stop email that you have sent from arriving.

Mimicking

This is trying to copy things in a targets life.

- Leaving when they do.
- Dressing like they dress.
- Throwing out the garbage when they do.
- Going to the bathroom when they do.
- Doing whatever the target is doing.

This is all designed to be psychological warfare, so that the target again feels like they are under observation at all times.

Noise Disturbance

This will include anything from doors slamming above you and below you. Garbage disposal doors, car doors, loud stereos, stomping, moaning at specific times, loud coughing, pots slamming, water running, cupboard doors being slammed, fridge motor running all night, power tools, etc.

Profiling

Targets will be observed and profiled long before they ever become aware that they are targeted for this sort of harassment. Profiles will be created on targets by:

- Following them.
- Following people close to them.
- Breaking into their homes and going through their stuff.
- Listening to their calls.
- Hacking into their computers.
- Gathering information from friends, and family.
- Seeing where they like to shop and eat.
- What are their weaknesses?
- What things do they like and dislike?
- What can you bribe them with?
- What can you blackmail them with?
- How can you bully them?
- How can they best be controlled?

This will all be used to put together a profile of the target and then to get them into situations for their detriment.

Random Encounters

This will be people on the street who you randomly and unexpectedly run into. It looks completely natural and it seems to be a random encounter.

They might ask for your phone number after engaging you in conversation. Ask you out, or just ask you where you are going. Anything from small talk to lengthier conversations.

Ask you for spare change.

All with the purpose of finding out something about you, or even just getting you to do something.

Ruined Relationship

When targets are in a relationship, the civilian spies/snitches will try to ruin that relationship. This could be friendships, family or significant others.

If it's a romantic relationship, they will find out what your significant other likes and try to get them to cheat, or leave you.

If it's a friendship they will tell lies to come between you. The same goes for family. This is done so that targets will have no means of support, once they do realise that something is going wrong in their lives.

Sensitization

This is getting targets sensitive to an everyday stimuli. Eg. Colors, patterns or everyday actions. Eg. Red, stripes, pens, whistles, loud coughing, clapping, waves, keys jingling.

Eg. Joe will be mobbed at work and as part of that daily mobbing his coworkers will loudly cough at him every time they harass him by calling him names like loser, worthless, lame, demented. They will slander him and have others as they are slandering him show disgust by glaring and coughing at him.

Out in public they will follow him loudly and obnoxiously coughing at him. When he goes to stores they will get others to do the same. After months or years of this, Joe has become sensitive to this stimuli and it can be used to harass him without the names and the glaring looks. The association has been formed because of all the other harassment.

Eg. A girl is sexually assaulted and a sock is shoved in her mouth, during the assault. To keep her quiet or stop her from pressing charges, the assailant, his friends and family will follow her around and throw socks in her path, mention it everywhere she goes and show her their socks every chance they get. She will get the message they are sending. Because of the brutal attack, she and what's happened after she is now sensitised.

Sensors

These are used around the home or the apartment of a target to let others know the location or room that the target is in. These can also be used on auto pilot. Eg. When a target trips a sensor it can turn on a silent alarm or even the sound of running water. This effect can be used when targets are in the bathroom to let them think that their movements are being watched and observed.

Signals/Symbols

They will also communicate with each other on the street by using Stasi like signals. Below are examples of stasi signals.

SIGNALS FOR OBSERVATION

1. Watch out! Subject is coming - touch nose with hand or handkerchief

2. Subject is moving on, going further, or overtaking - stroke hair with hand, or raise hat briefly
3. Subject standing still - lay one hand against back, or on stomach
4. Observing Agent wishes to terminate observation because cover threatened - bend and retie shoelaces
5. Subject returning - both hands against back, or on stomach
6. Observing Agent wishes to speak with Team Leader or other Observing Agents - take out briefcase or equivalent and examine contents.

Slander

They will go behind the targets back and tell lies about them. Often the lies will consist of the target being into something illegal, or is someone dangerous, or just needs to be watched for some vague reason.

Eg. They will say the target is a prostitute, drug dealer, crazy, terrorist, gay, racist, pedophile, etc.

Sleep Deprivation

Depriving the target of sleep is a really good way of leaving the target stressed out. It's also a way of leaving them disoriented and functioning at less than 100%. Then the targets can be baited into reacting in public, or getting into a car accident.

Strange Encounters or Street Theatre

This is running into people that are acting very unusual, or people that are putting on scripts or productions, known as street theater.

Eg. This could be as minor as public rudeness, or people acting out a skit or skits for your benefit. There will usually be someone near by to see how you react to it. This is again looking for weakness or reactions. If you show an adverse reaction they will try to embellish on this and use it against you later on.

There is usually someone conducting the production, and at least one person acting out the performance, and someone observing the reaction.

Eg. If you take the bus, every time the bus stops, the person will jingle keys, the observer is looking for your reaction, they are trying to find what they can use to sensitize or control you. It seems random, but it's all synchronized and coordinated fully.

Telephone Redirects

When you make a telephone call, get the name and ID of the person that you are speaking to. civilian spies/snitches have been known to redirect phone calls. Eg. If you call the cable company, gas or phone company be sure you know that it's actually them that you are speaking to.

Theft

Breaking into a targets home and taking small items, usually nothing of value. However there are exceptions to every rule. Civilian Spies/Snitches will usually try to see what they can get away with.

Tracking

The targets are tracked by various methods.

- Targets are tracked on foot by foot soldiers.
- They are tracked in their cars.
- Targets can be tracked by using their cell phones. If their cell phone number is know, there are Internet programs that will track a target to within a few feet.
- GPS tracking and tracking their electronic devices, laptops, cellphones. These are all ways that targets are tracked where they go and their activities monitored.

<http://www.pcworld.com/article/id,114721-page,1/article.html>

Vandalism

If the target owns property this can be as simple as broken door handles, knobs, to actual slashing of tires. They will also break in and do small damage to items the target owns. Eg. If you buy a new sweater, they might break in and cut holes in it. Holes in undergarments.

If you go to a store to get a repair done check for damages. This goes for boots, and coats. Eg. Zippers and the heels of long heeled boots.

Voice2skull

Also known as V2K. If you are hearing voices you might not be crazy. Eg. You can be in the room with someone else and be hearing voices and they will hear nothing.

There is a commercial version which can perform this task. http://www.usatoday.com/tech/news/techinnovations/2003-05-19-hss_x.htm

What targets have reported is however more advanced than this and can go directly through walls. What has been reported by targets is technology that can bypass the ears and send sound signals directly to the brain.

Wrong Number Calls

Targets will daily get wrong number calls. These can be automated or they can be persons pretending to be wrong number calls. Perps will use this as a way to annoy targets, but they will also use this as a way to keep in constant contact with their targets. They want to know where the target is at all times.

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