

Ramblings of a Targeted Individual Updates

by Sharon Rose Poet

Updated March 15, 2017

This document contains recent posts, and updates on older posts, that are not in the published books
www.sharonpoet-ti.blogspot.com

*This is not a "theory." Its a fight for our lives.
Its not a matter of if you "believe it" or not -
Its a matter of if you are aware and if you
Can care to help regain our freedom.*

Previous Update Page

www.targetedinamerica.com/bookramupdates2016.pdf

Introduction book of this blog

www.poeticpublications.com/bookramintro2.pdf

Wednesday, March 15, 2017 [Date on Document Changed From Today to Tomorrow](#)

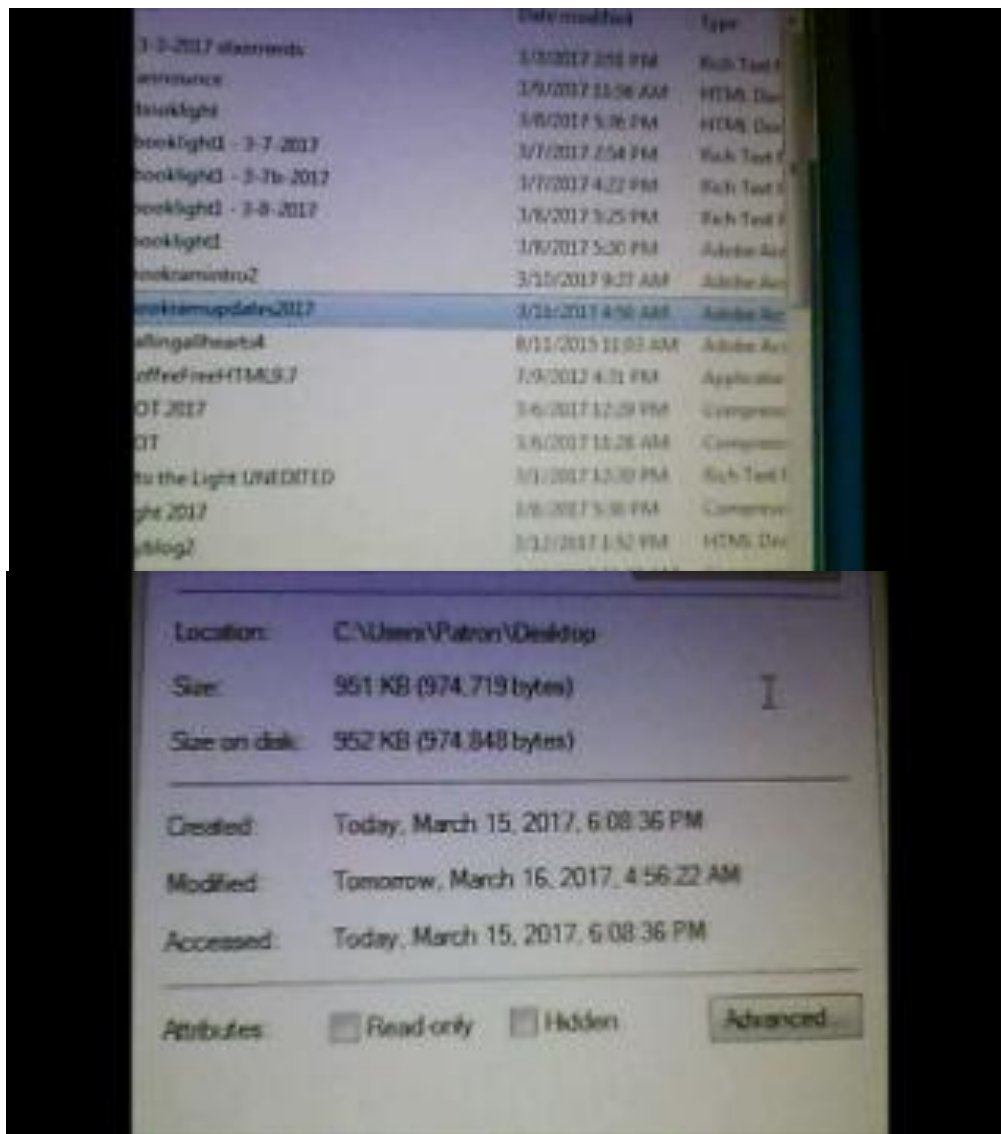
Today - on the fifteenth of March 2017, the date on my document was changed to the sixteenth in my storage device and in the properties of the document, where it originally also stated that it was created tomorrow - on the sixteenth. (When I tried to take pictures of it, instead of just the video, both my phone and camcorder suddenly had no more memory left. But I took the pictures from the video.) This concerns me, because this sort of thing has happened to me often and probably more than I have noticed. Each time I notice its just by accident. And I do not know why.

This is the document that the date was changed on from today to tomorrow and I am also being blocked from uploading it onto the web. I'm not sure why. ;

www.targetedinamerica.com/bookramupdates2017.pdf

Video - Date On Document Changed from Today to Tomorrow

<https://youtu.be/xpj1qTxgsDw?list=PLQONgELhN0SVk7HddTQakxPYm60tRUH7G>



Wednesday, March 15, 2017 Another Torturous Vamp Up

I have been experiencing another vamp up in the technological torture since around the 13th. I do not write most of these, because its just too much and it has sometimes gotten worse when I publicly write about it. But I'm having no picnic here, although sometimes, I try to pretend that I'm just roughing it on one of my old camping trips, in order to make living in my car feel better than it is since they disabled my heater. I did this yesterday during a snow storm and after all the surrounding warm environments shut their doors early - at 3pm. . just the way a puppet had previously suggested that one of them would. I survived, but I was scared and I was cold until I snuggled up to a hot frying pan under three blankets, instead of letting them

"rescue"/enslave me while they made me suffer, which has been an ongoing thing. . .that I want to stop.

An excuse for the abuse has been that they *just give us what we want*, but I have not experienced that to be true. I wish it were true, because none of us would be being targeted if it were. Nobody wants to be being targeted with laser and microwave weapons...etc. And it should all be stopped.

Sunday, March 13, 2017 Our Experiences Are Proof

There are those who seem to think that if I expose my experiences with the targeting it means that I am seeking revenge and then they aim to, (or threaten to) retaliate or withhold help. This is horrible! My exposing my experiences with the targeting are because, until there can be officials and media standing up for us, those of us who are aware must remain in the mode of trying to prove that the sadistic targeting is even happening. . .and we need all the proof that we can get, especially since so much of it has been being destroyed as we wait for good, solid non-covert help.

Its not wrong for us to write or talk about our experiences with the targeting, we just can not do a very good job with it while being threatened and lasered and harassed and writings altered...etc. TRUE intention is what matters most and all who aim to seek revenge, especially against victims who are already being hurt, are surly part of the targeting. My heart keeps telling me that threats to seek revenge and withhold help are not coming from those who can really help me and is coming from those who target/harm me. I want REAL help.

**Threats to withhold help
Mirror threats to harm
In my type of situation.
But it can only hurt if
Good help is withheld.**

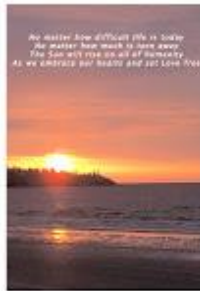
I have felt that there are good government officials who want to be here for us, but have just not been able to yet. It is not fair to blame them for not standing up for us, although my frustration and pain sometimes has. **My gut feeling is that, in one way or another, we are all victims of this hell and that something just has to shift, in order for it to finally start coming to an end. God, help that shift to take place.**

The field of medicine seems far more involved with the sadistic technological and pharmaceutical targeting than any other organization. And I hope this is quickly and honestly exposed and stopped.

P.S. There also seems to be those who have negatively judged my work - the writings that share feelings and experiences and the process of healing suppressed pain. And the same is true for that. **It is not wrong to talk about or share anything that happens to us.** What that vengeful darkness perceives as being 'against' someone or something can Truly be 'for' us all when the intention is to heal and make things better for all of us. However, the technological and pharmaceutical mind control part of the targeting mucks it all up, especially in the area of genuine perceptions and feelings that can be temporarily altered and/or blocked, at strategic

times, by radio waves being shot into the brain and/or certain types of pharmaceuticals, which appear to be being heavily pushed upon people. Please help the technological and pharmaceutical targeting be stopped.

Sunday, March 12, 2017 [**Wish for a Beautiful Sunrise**](#)



I hope that there will be an end to this hell that too many of us have been experiencing. . .and I hope it ends with the spreading of awareness so that victims, both inside and outside the government, can resolve issues in ways that do not include lawsuit fights and more discord. I hope that all of the people who have been involved learn the Truths about the targeting of people like me, and the manipulations that have surrounded us, so that Hearts can unite into bringing a good, healthy closure to it. Like a beautiful sunrise after the worst of storms. God, help us all.

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I am getting serious interference in and around the computer and with radio waves interfering with my brain function as I do these posts today. Its taking extreme focus just to push the right keys on the keyboard! My heart wanted to write more. . .but they knew that. This happens a lot at the most important times. . .and then I have to fix things. . . and I want it to stop. God, help me too.

Sunday, March 12, 2017 [**May Truth Light Away the Dark Manipulations**](#)

Many of the manipulations that surround the sadistic technological and pharmaceutical targeting appear to orchestrate things, in order to make the good look bad and even set up victims to be blamed. And its hard to know how to deal with it. But I have been coming to the conclusion that, instead of hiding or erasing things so that the good won't look bad, its best to openly expose what is happening - openly expose the manipulations. This is what I am trying to do lately. I can not do a very good job with it while under fire. But I have been doing the best I can to shine a light into the dark closets where silence/lack of awareness and fear seems to be the primary things that enable success of the dark manipulations. I want the good to look good. **I want the Truths to be known. I want all victims to be loved and helped instead of continuing to be hurt or used or framed or set up or blamed by the dark forces that target us and our loved ones. I want our government to shine for themselves as well as us. I want our Freedom**

back. Please help to restore our freedom in compassionate ways. We have all already been hurt too much.

Sunday, March 12, 2017 [Threats or Just Confusing Manipulations?](#)

While I was making statements, for the re-posting of my "Into the Light" book, names of my family of origin were being called out. This appeared to be either to try to make me blame them or threats against them or threats to use them to set up more discord or inflict more pain or threats to set them up in some way. This is very disturbing and it has been going on for about three years. We have all suffered too much already. Since most (if not all) of my family appears to have been tortured/forced into enslavement, and used in the program that targets me as well as them, **I have prayed and fought for their freedom as well as my own - for us all to get good, understanding compassionate help.** They are victims too and some of them have probably been hurt more than I have, especially those who are not aware of what has been happening to them.

A horrible part of the dark, sadistic targeting includes the tearing apart of families, pitting family members against each other and sometimes isolating a primary victim and then brainwashing or completely enslaving other family members to be used in the program that has them withhold help and sometimes to even take part in the covert targeting of the isolated family member, often in ways that they think are a "rescue," but is actually a push for enslavement and the silencing of the victim who becomes aware.

I feel that this has been happening to my family. **I am the isolated, primary target in my family, but we are all victims of the covert program that tortures and enslaves. And those who have been unaware and tortured into taking certain pharmaceuticals, and into undergoing certain surgeries, in order to aid the technological mind control, are more enslaved by the dark forces that target us all. Those who have been abducted, sometimes even with their deaths staged, are even worse off. None of us are to blame for what has been happening to us, against our will. We have all desperately needed understanding and compassionate help and protection that has not yet been available for this "mysterious" type of sadistic, technological targeting. Our situation can not be resolved - we can not reunite and recover or even effectively help each other, without the type of help, which can honestly expose and stop the targeting, especially the technological mind control. And I have been, and still am, waiting for that kind of help to be able to be here for all of us.**

This is soooooo deeply painful - what has been happening to my loved ones and I, which extends beyond my family of origin. I do not know, to what degree some of them have been used in the targeting, but I feel that we have all been hurt indescribably and, through that process deprived, against our will, of each other's understanding and love. And it feels double horrible that, through the past few years, the situation appears to be getting worse - some witnesses completely enslaved and some killed and evidence appears to be being destroyed. **And I just want the hell to end in a way that genuinely helps all of us instead of hurting us more than we already have been.**

I feel certain that my family is not the only family that has been experiencing this sort of sadistic targeting and that it has been effecting families from all walks of life. **I pray that ALL victims of the mind control and torturous targetings that force victims into enslavement, especially in heavily targeted families, soon get the compassionate help, and protection from further harm, that has been desperately needed for too long. Too much of the**

opposite has already happened. I don't want to blame anyone for this type of help not being able to be here for us yet, but we still need it before they succeed with erasing all of the proof of the targeting and before they succeed with inflicting even more pain. God help us all.

Where darkness is allowed to reign
The good is bruised and victims are used
To add to wells of un-shed pain.
What Heart can care to stand up
And end the lethal game?
Who can care to save us,
Not blame or enslave us,
And set us free again?

Saturday, March 11, 2017 [I Still Do Not Want to Be Used In Covert Wars](#)



I wrote this picture YEARS ago! Its meaning is clear.
Please stop!

I have mentioned this a few years ago, but it deserves another mention; There seems to be a lot of covert wars happening in this holocaustal hell and a lot of darkness happens under the guise of "help," especially through enslaved and unaware victims who are used in the covert program that targets/hurts us all. Because there has been ongoing various types of pushes for me to trust and join the covert program I feel a need to again state that I do not want to be part of anything that has even the slightest chance of being connected to those who target/harm me and others. I need good solid help that is not covert and is understanding and protective and caring.

My gut feeling has been that ALL of the covert fights for Freedom, primarily those that target people in any way or form, are helping to destroy our freedom. . .and that more Hearts pulling together, and peacefully standing up to expose the targeting, has been desperately needed for too long now. Please stop fighting and start standing.

Through the past few years there has been a sad, wounded voice, that echos from deep inside my heart, "*If you are on my side why are you not here peacefully standing up with me? Why am I still standing all alone?*" And I still want to know.

I feel that, and even had a precognitive dream that showed, the targeting of people who help can not freely happen when that help is aware and fully standing with a victim and is ready to be a witness. People openly and peacefully standing together, and the more the better,

actually makes the sadistic targeting back off. Things remaining silent/covert is where the dangers are because they can get away with too much. I have felt this to be True, with every fiber of my heart and soul. . .and this is why I started, a few years ago, writing that picture, which states, **"Its safer to stand in the Light."** It is. It really is.

And I honestly can not handle covert stuff. I have been far too hurt by it for far too long to even want to trust any of it. It hurts me, indescribably, when I look at what our world has been becoming. And my pain often cries, **"God, help our confusing, cryptic, torturous, covert world to become honest and clear and direct and compassionate and whole and free again. .for everyone."**

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P.S Those of us who are being heavily targeted cannot do much and we depend on the rest of you to stand up for us, especially those of you who are more free and can protect yourself from the radio wave targeting.

Saturday, March 11, 2017 I Just Need the Ones Who Can Care

One of the covert harassment games has been judgments about what levels of help they will allow for me based on what I write or feel...etc. Do they have control over all avenues of help? I hope they don't really. I guess time will tell.

**Its not a matter of "up" or "down"
Or over here or over there!
I just need the ones who are
Not part of it and can care.**



Saturday, March 11, 2017 "They Say Time Heals Everything. . .But I'm Still Waiting"

I have posted this video before, but it fits my mood since yesterday when my pain and anger flared after they seemed to be starting another round of using me in their covert wars against each other and had even done their usual trick of depriving me of help, in order to keep me in the town they want me in. I have repeatedly told them that **I do not want to be used in their covert wars**, but they don't seem to care about my needs or preferences, which is extremely frustrating.

For me, the lyrics to this song **"Not Ready to Make Nice,"** which the Dixie Chicks wrote after being targeted fit how I have felt about the rounds of demands to "erase the DOT" from my writings, in order to get helped...etc., and the cruel attempts to force me to join the covert program.

I can deeply relate to most of the lyrics to this song. Its not about being angry as much as it is about being too deeply hurt and feeling scared while being tortured and surrounded by the demands to conform or else...etc.

Dixie Chicks Targeted – “Not Ready to Make Nice”

https://youtu.be/poJL_35QISl

The sad Truth is that those of us who have been being heavily targeted can not fully feel better about things - can not heal from it, until our fellow human beings find the Heart to stand up for us and themselves and the targeting at least starts stopping. We sometimes feel angry because of our brains being lasered. . .and we sometimes feel angry because we are being hurt and we are scared and even our loved ones have been being used against us and there seems to be no safe uninfiltrated places, to turn to for help, where uncontrolled officials are even acknowledging what is happening. Its all just too excruciating. But who cares? We need a solid Light at the end of this torturous tunnel, but the deadly silence holds it back. God help us all.

Saturday, March 11, 2017 "There's a Choice We're Making - We're Saving Our Own Lives"

The video I'd posted of this song was removed from youtube, or the address was changed in my site. I am not sure which one. But here it is again because the lyrics, though for Africa, fit the holocaustal situation we now suffer from here in America and the rest of the world. Please listen to it and let your Heart stand up for Freedom. *"There comes a time, when we heed a certain call - when the world must come together as one. . .we can't go on pretending day by day..."*

The hands that are needed now are those that join in peaceful stands for Targeted Individuals - suffering victims of covert and technological tortures and for America and the rest of humanity to be set free from pharmaceutical and technological mind control and intentional parasite and technological inflictions of physical illness...etc. And the "giving" that is needed must come from your Hearts. Please let your Hearts stand up for us and yourselves and America and the rest of humanity. "There are people dieing and its time to lend a hand. . ."

We Are the World by Targeted Individual, Micheal Jackson

https://youtu.be/cW_1YAYQK9g

Wednesday, March 9, 2017 My Fight

I understand how some people could assume the wrong things with some of my writings about the targeting, especially when they do not always come out very functionally. So, I want to assure people that my fight is not against estranged loved ones who are also victims. My fight is not against the brainwashed or enslaved puppets that are used to harass me or to try to "rescue"/enslave me. And my fight is not against government agencies or America or the United Nations or other countries. My fight is against the holocaustal technological, pharmaceutical, covert...etc., targeting that has been hurting all of us. I wish we could all pull together and openly stand up for ourselves and each other. . .and restore the Freedom to think and feel and live and Love and be all that we were meant to be. I wish.

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Wednesday, March 8, 2017 "The Truth, the whole Truth..."

I go through rounds that feel like being imprisoned under technological interrogation and have to prove my innocence while being tortured...etc. And this part of the targeting feels as horrible as the other forms of torture. **"I will know if you are lying,"** they said as I made some recent statements. And this has happened before. I really do not have anything to be concerned about, because I am being honest, BUT there is much to be worried about with these sorts of intrusions, which are like interrogations from someone whom I do not even know and feels like part of the targeting and not a good thing. I really do not want to be tried and judged by people who are targeting me and while I am still being targeted. It all feels too intrusive and threatening to me.

I am probably not the picture of absolute perfection in the eyes of the covert law breakers that have been taking over America and targeting, enslaving and using its citizens against each other. But I am a harmless person who does not deserve what has been happening to me. No matter what the situation, or who is behind it, I should not be being covertly interrogated with psychotronic weapons attached to my brain, while being threatened and tortured and slowly destroyed. Its just too wrong. I wish the Heart of America would stand up against all aspects of the targeting, especially the mind control, which enslaves and uses people against each other. God help us all to be totally set free and have a chance to recover.

Have I ever sexually abused a child? No. Those who target me have threatened to frame me as a pedophile, in order to slander me as a way to force me to leap into hiding/enslavement thinking that my life has been ruined. (This appears to be a common tactic in the sadistic covert targeting) At one point they even performed a set up followed by a message that said "framed" on a license plate just before they started yet another round of swarming me with puppet cars pretending to "rescue" me. Pedophile is just one of the things they appear to have been shooting for. I guess they also want people to think that I am a thief, a prostitute, a terrorist, a lesbian...etc. None of them are true and I have nothing to hide from. This is all part of the satanic targeting, which tries to make the good look bad when they can not force us to join them.

However I have been concerned about them brainwashing someone into thinking that I sexually abused them, like they did to me and my father. It hurts that they can harm someone like that, especially a child. I know the kind of pain of being brainwashed into thinking something horrible that is not true. I pray they do not succeed with anymore of their criminal manipulations.

Wednesday, March 8, 2017 A Very Disturbing Scenario

Is it government officials or those who want us to think it is?

I have been doing my best to remain objective, but it is sometimes difficult, due to my experiences and the fact that there have not yet been any government officials standing up for us.

A big, ongoing issue that those who target me seem to be having centers around my experience with the New Hampshire Department of Transportation taking of my Loudon, NH home in 1995. The process of their taking of my home included a very threatening batch of targeting...that can not be denied or hidden or even let go of until this hell is over. That was a very disturbing and hurtful situation for my children and I, which I have not wanted to make a big issue of, although it is an important batch of proof that the targeting is indeed

happening. But "lawsuit" seems to be the major concern with those who target me! **The fact that the DOT was used to help target me, and that my writings about it in my "Into the Light" book seem to be a HUGE issue with those who target me is extremely disturbing.**

For about three years now I have experienced an unusual amount of DOT trucks slamming doors around me, swearing and puppet messages that repeat "did you pay your taxes?" and one that mentioned someone getting in trouble for having an "illegal daycare."

All of this appears to be threats to seek vengeance on me if I do not erase/hide what some members of the DOT did to my children and I back in 1994 and 1995. I didn't realize that all of this harassment was about the statement in my "Into the Light" book until they got more direct in 2016 with a demanding V2K transmission which said, "*erase the DOT*" while I was being tortured and threatened and held trapped in a parking lot. This was a terrifying experience that, along with a promise of law enforcement help if I threw the book out, lead me to pull the whole book off of the web and only leave up the first chapter until I had the freedom to comb through it and try to figure out what was wrong with it and if it had been changed since I posted it in 2010. (When I tried combing through it they hacked out about half of the book. I can not do it on infiltrated computers.) I had posted [this statement about the DOT in 2016](#) as I struggled to survive and stop them from torturing me, but I had not yet realized the scope of it;

<http://sharonpoet-ti.blogspot.com/p/the-new-hampshire-dot-and-me-in-this.html>

This is all extremely disturbing. Around this DOT issue I have literally feared for my life more than once in the past year or so, not to mention how it all felt during and after 1995. I do not want to think that it is my own government officials doing this to me now, but they use puppets who drive real DOT trucks! So, how am I supposed to feel? And the hell that has been surrounding me this morning after I (last night in my car) verbally addressed this issue, as well as the alterations that have been done to my recent statements about my Into the Light book does not make me feel any better about the situation.

Deep in my heart there is a pain filled little voice that keeps wanting to cry out, "*please stop hurting me just because you already hurt me,*" but **is it them or is it the darkness that targets all of us and uses them? Either way it is just as scary and hurtful to me.** My mind keeps saying, time will tell, but that is not very comforting either. I have been waiting for good, decent officials to stand up, but they haven't yet and I do not know if any plan to. **Too much time has been creeping by as lives get destroyed and people get enslaved and proof of the targeting gets destroyed...and I need proof of there being a Light at the end of this horrible, dark tunnel that I have been being held prisoner in.**

Is it true that I had an "illegal daycare" Prior to the DOT taking my home? I don't think it can be called that. But I did, on some occasions, have one (possibly two) more than the three children that I later found out was the limit without having a license. I was never a licensed daycare and I did not even know that a license was needed when I started it. And I didn't know this was such a horrible thing. If the daycare was an issue why didn't authorities come and talk to me and just tell me to get a license? Why would my job be sabotaged while taking my home just because of a minor thing like that?

Did I cheat on my taxes? Yes. I did not always pay taxes on all of my income, because I was a single parent trying to hold onto my home and raise two children after a divorce from a

husband who did not help much when he did help at all. But I feel certain that what I did was nothing compared to what most of the rest of the world does, including our current president. I never claimed false bankruptsy and deprived other people..etc., in order to have more money or pay less taxes. I just kept what I needed of my own money so that my children and I could survive.

As I get threatened to get into trouble if I do not hide the targeting and leap into their hands I have repeatedly felt that this, especially the tax and daycare thing, just can not be being done by real government officials, because its too obvious - it looks too much like its them. Would they be that foolish as to brand their organization on the targeting? I don't think so. . .unless the government is already so completely taken over that it does not matter to them. . .and this just can not be the case for all our sakes as well as America's. I guess time will tell if they retaliate against me for not hiding what the DOT did.

In my heart I strongly feel that government employees are victims of the targeting and mind control enslavement as much as our families and other citizens are. And I feel for them. I feel for all of us. We all need our freedom restored. But this does not make my situation feel any better. I believe that there is genuine good in our government, but it obviously has not yet been able to be here for us and this has been disturbing. Somehow, someway this situation has to turn around for the sake of victims like me as well as all unaware mind control victims and America and the rest of humanity and I hope it does soon, but its not going to if the silence continues. The past few decades are proof of that. I wish all the good would help break that silence.

I can understand why so many [Targeted Individuals](#) blame only "the government." We are being told that it s the government doing it. And our experiences say that it either is being done by government officials or its someone who is doing a VERY effective job with making it look like it is - someone who even has control over government employees who drive things like DOT trucks...etc!!! And none of them are openly standing up against it for us! There is something horribly wrong and its more than just disturbing - its terrifying! Those who infiltrate my computers even seem to want me to blame and hate my targeted family of origin and make the government look absolutely perfect. . .and this is extremely disturbing!

I DO NOT WANT FIGHTS AGAINST THE DOT OR GOVERNMENT. LAWSUIT IS NOT MY INTENTION. I STILL BELIEVE IN THE GOOD IN THEM. I JUST CAN NOT PRETEND THAT THESE THINGS NEVER HAPPENED AND NEVER HURT AND ARE NOT STILL VERY DISTRESSING. I WANT THE TARGETING TO STOP AND I HOPE FOR POSITIVE CLOSURES, IN ALL ARENAS, SO THAT HEALING CAN TAKE PLACE. I STILL BELIEVE IN THE GOOD IN OUR GOVERNMENT AND I AM STILL WAITING FOR IT TO BE HERE FOR ME AND US AND AMERICA AND THE REST OF HUMANITY. GOD HELP US ALL.

P.S I have been having a lot of interference as I write out a few statements about my re-posting of my into the light book. Aside from alterations being made to the web address links, and key parts of it being erased, I was shot in the stomach with a laser weapon yesterday, after a puppet said, "*I can shoot you now...*" This morning I experienced an unusual amount of "pest

control" vehicles around me and one driver said, "***Yup. Drain clog problems.***" This is after it again felt like I was being shot in the lower abdomen a few times in the middle of the night as well as this morning. I do not believe that the painful issues I am suddenly having with my stomach, since they threatened to shoot me, are natural. I am being threatened and hurt. So, what is new? Not much of anything!

Tuesday, March 7, 2017 Important part of a statement erased

This is an example of the cruel games that are done with the altering of my writings. This was done on a library computer. They had erased the part that I have in red brackets, which completely changed the meaning of the phrase; "***I cried and prayed and begged God to show [the absolute Truth and that night I had a dream which showed] a picture of. . .***"

Wednesday, March 7, 2017 Book Link Address Changed

Whoever is doing this, please stop. The link address to my Into the Light book has been being changed from www.poeticpublications.com/booklight1.pdf to <https://www.blogger.com/null> And when that does not happen I keep getting a "404 Not Found error"

Like all the covert stuff I can not know for sure who is behind it. I just know that someone is blocking this book and that it seems to be someone who has an issue with me expressing love for my family. The last thing I wrote that there seemed to be an issue with was. . .

"I beg all of my family of origin members to please try to understand my writings and listen to your Hearts above all else. I understand how all of you may be upset that I have shared such personal things. I am sorry. I had not intended to share my birth name, in order to protect you. The targeting has forced my hand in that direction. . .and I actually exposed it to help all of us - I'd hoped that we could put aside the issues with my childhood writings, and pull together against the technological targeting that I firmly feel we have ALL been victims of. I love you always. . .no matter what. My fight to expose the targeting has been more for you and my children than anyone else. Please forgive me for any hardship my writings may have caused you. I wish we could have all pulled together and healed together. I had always wished that, especially back in the late 1980s and early 90s. But, now that I understand more about the mind control part of the targeting I realize that that was impossible. The targeting would have to be stopped, in order for that to happen. And I believe that our Hearts could soar above the issues, in order to reunite and recover if we were not being targeted with the mind control technologies...etc. The fact that there seems no end to it in sight hurts indescribably. My grief is huge for all of us. . .it runs as deep as my love for you, even for those of you who appear to have been used to help target me. God help us all."

**The book is now at this address as well, due to interference in my websites and those who infiltrate the library computers actually changing the new link address to this book.
<http://sharonpoet-ti.blogspot.com/p/into-light-by-sharon-rose-poet.html>**

Monday, March 6, 2017 Plea to Loved Ones and Acquaintances

In regards to recent [statements on my "Into the Light" book](#); **I beg all of my family members to do everything in your power to let your Hearts override the mind control at least enough to not react to this negatively. I love you always. .no matter what.**

It appears that everyone, whom I had been close to, (family especially) has been hit hard with trauma and/or pharmaceuticals and technological mind control. Some have even been enslaved and used in the covert program that targets us all. And I do not believe that any positive resolution can take place under the constraints of the mind control, especially with those who have been enslaved into the covert program and those who believe in the false protection and think they are helping to "rescue" heavy targets like myself...etc.

I also beg all other loved ones and acquaintances (including members of the NH DOT...etc.) to also do everything in your power to let your Hearts override the mind control at least enough to not react negatively. Please try to understand that my stand is for all of us and America and the rest of humanity.

**God help us all to be totally set free
and have a chance to recover
www.targetedinamerica.com**

Friday, March 3, 2017 **About My Writings**

Surely everyone, who has become aware and is able to care, from Targeted Individuals and their families on up to the highest government officials, have struggled with how to handle this horrible situation. . .and have made mistakes along the way. And I can not help but feel that mistakes, when not hidden or erased, are lessons to learn and grow from. . .for ourselves as well as others. And in sharing the mistakes we enable misunderstandings and blame to be replaced by understanding and forgiveness. **I am asking for that understanding and forgiveness as I do my best, in between rounds of targeting, to feel it for others.**

Some of my writings, especially the rougher parts of the ones about the targeting, are examples of what a Targeted Individual goes through in the process of trying to prove the targeting, while still being targeted - often while in a state of fear and/or overwhelm, often while our brains are being blasted with disruptive radio waves (which is worse when we have been drugged or when we are being traumatized/terrorized or tortured...etc), often while surrounded by threats and covert harassment, often while struggling to find proof on the web and its limited resources on this subject that sometimes even delivers intentional batches of misinformation. . .and while our writings are sometimes altered through infiltrated computers or through stolen or swapped printouts.

My books, about the targeting, actually began in the late 1990s, when I was completely unaware of the technological parts of the targeting and of being covertly targeted. It started with my "**Embracing Feelings**" book, which was destroyed in a suspicious fire in my Andover, NH home. Around this time I had sensed and witnessed how pharmaceuticals, particularly psychiatric pharmaceuticals, were being pushed onto people, on a huge scale, and had the

disabling effect of blocking people's hearts - preventing healing and personal growth. (This part alone is holocaustal, in my opinion) Realizing the scope of this inspired me to write my Embracing Feelings book, in order to express how important it is for us to be free to fully feel and release our feelings so that we can heal and grow. After a suspicious fire destroyed the final manuscript (in May of 2001) I struggled to resurrect it, while being too heavily targeted and too unaware of it. It has not been the same since the fire destroyed it. It got chopped up and became my "**Embracing Sadness**" book, which I printed 50 or so copies of around 2002 and then I redid it again later. But, since I've realized the technological part of the targeting, I find this book discouraging, because its suggestions to feel and heal can not be fully accomplished with any level of the technological mind control, with radio waves, continuing to be performed on most, if not all, of the population. (The radio waves can block our feeling and healing process as much as the pharmaceuticals do. A combination of the two is lethal to our process of personal growth.) My "**Embracing Sadness**" book may only be able to help free people. . .and it needs to return to what it was, but I am unable to do that now. I'm sorry.

Actually my very first attempt with a book about "feelings" was actually a book of poetry, that I wrote in the mid 1980s, as I dove into a deep healing process that encompassed embracing and releasing suppressed feelings. This book was called "**A Lifetime of Feeling.**" Oddly, in the end, I had omitted, from this book, my deepest and most feeling based poems. So, I decided to write another one that included them and more than just poems. But difficulties in my life, which I now realize were mostly part of the covert targeting, prevented that from starting until the late 1990s. At the time, I thought I was just having a lot of bad luck.

From 2004 through 2011 I struggled to produce and share my work - my writings, which included papers, books, songs, poetography prints, a line of cards...etc., while being covertly targeted. I did not start being aware of the targeting until the end of 2005 when I thought it was just some local occult that was against my writings. Over and over again I restarted my work with new phone numbers and new addresses and in new formats and even with new names, but the difficulties persisted and I ended up homeless. I continued striving to do my work out of a vehicle, while obtaining other jobs to get back on my feet and support my work, but they were being sabotaged as well. The difficulties, which I now feel were instigated by those who covertly target me, included my bank accounts being invaded, repeatedly having to change my address and phone numbers, having to change my name, interference with my phone, wiping out my email address and contacts, sudden medically unexplainable rounds of debilitating physical sickness and pain that were later falsely labeled as "lupus" in 2006, sadistic operatives (puppets) befriending me and inflicting discord, periods of being drugged and brainwashed, and infiltrations into my computers, altering my writings, sabotaging my websites, homes, vehicles, relationships. My whole life, and my life's work, were being sabotaged. **And telling people, whom I had been close to, about it did not seem to help, because many seem to be brainwashed into thinking that we are "mentally ill" if we just say that we are being targeted. . .and those who believed me, and knew that something horrible was really happening, appear to have been targeted too...some as heavily targeted as I am and/or killed. This is all indescribably painful.**

My work/writings started including statements and stories about being covertly targeted in 2006, but I had almost no understanding of what was actually happening at that time. I thought it was just some local occult who was against my writings. In the end of 2011, as I started

realizing and learning about the technological parts of the targeting, my work shifted into trying to expose/prove it so that it could be stopped and I could be free to live and work and feel and grow...etc. Since the end of 2011 I have been more heavily targeted and have struggled immensely to finish figuring it all out, so that I could prove it, and the hell could start coming to an end. But I was being too heavily targeted to do much more than grasp little bits of realizations and post them on my blogs and websites, in between rounds of heavier targeting. Through this process I began to realize that I was not the only one this was happening to - that my whole family had been being targeted and that this was also happening to other families around the globe....etc. **In 2011 this blog, and the books and websites that grew from it, began as a desperate fight for my life and grew into a pain filled struggle for all of us (ultimately all of humanity) to regain freedom.**

When I realized the scope of the [technological and pharmaceutical mind control](#) I made exposing that my primary focus, although there are other holocaustal parts of the targeting, like those that involve false medical conditions, and harmful pharmaceuticals, being intentionally inflicted upon unaware and defenseless people. (This truly is a Technological and Pharmaceutical Holocaust.) My heavier focus on the mind control is because of my original feelings about the importance of us being able to freely think, feel, heal and grow. **I feel, to the pain filled core of my heart and soul, that the technological and pharmaceutical mind control part of the sadistic targeting has been literally destroying the Heart of humanity. . .and that the ramifications of allowing them to continue are just too horrible. Its gone too far already and it just has to stop. Humanity needs its freedom back.**

With my writings, which expose the targeting, I have struggled through heavy rounds of various types of targeting. The worse parts of them reflect periods of my own confusion - misunderstandings, misperceptions, misplaced blame, unhealed pain, fear, angry ventings, desperation and mistakes. . .as well as the results of intrusive interference with my brain and alterations to my writings, which were performed by those who infiltrate my computers. Its been an indescribably grueling, and often discouraging, process. Its also physically painful, when I get tortured with laser weapons while I am writing, and this has happened a lot. (Its happening as I write this) Although I have sometimes felt like they are all a waste or ruined - in between the heaviest rounds of targeting, what is left of my heart and functionality, has weaved its way into them. When I am not feeling too discouraged, I realize that the rougher parts of my writings are merely an example of what an aware Targeted Individual often goes through while carrying the immense burden of trying to prove and expose the targeting, while still being targeted. More than words can even begin to imagine I yearn for the freedom to recover and continue with my work.

More may be coming. Please check back.

www.poeticpublications.com

P.S. Those who target me have been threatening to remove my older writings from the web! This threat has vamped up since I re-posted some of my older writings in the past few days. I beg them to stop and not interfere, in any way, anymore.

Thursday, March 2, To Let Understanding and Forgiveness Replace Misunderstandings and Blame

Surely everyone who has become aware and is able to care, from Targeted Individuals and their families on up to the highest government officials, have struggled with how to handle this horrible situation. . .and have made mistakes along the way. And I can not help but to feel that mistakes, when not hidden or erased, are lessons to learn and grow from. . .for ourselves as well as others. And in sharing those mistakes we enable misunderstandings and blame to be replaced with understanding and forgiveness.

Targeted Individuals, like myself, who have become aware, have been sending reports to government officials, around the globe, through the past two decades and more. We can not know how immense their struggle must be. At least some of them appear to be being targeted too. And I can not help but wonder. . .

*If the hell can't reach a positive end
Through those who already know
How can we start over again?
Where is our trust to go?*

www.targetedinamerica.com

Thursday, March 2, 2017 Into the Light Book

I understand that there has been some issues with my "Into the Light" book. This book had been up on the web for several years and needs some explanation, as I re-post it. I cannot do much at this time. I have not had the chance to completely comb through this book, but I remember the basics and what has raised issues since then and will address them below. . **I am in the process of making a few important statements about this book, which may not be finished. So please check back later.**

1. Surely everyone who has become aware, and is able to care, from heavily Targeted Individuals and their families on up to the highest government officials, have struggled with how to handle this horrible situation. . .and have made mistakes along the way. And I can not help but to feel that many mistakes, when not hidden or erased, are lessons to learn and grow from. . .for ourselves as well as others. And in sharing those mistakes we enable misunderstandings and blame to be replaced by understanding and forgiveness. **I am asking you for that understanding and forgiveness as I do my best, in between rounds of targeting, to feel it for others.**
2. **I beg my family, and all others whom I mention in my "Into the Light" book, to please let your Hearts try to understand and refrain from negative reactions and feelings. Please read these statements and try to understand that my writings tend to focus on feelings, because its the nature of my work, and I cannot stop and think to articulate things when I am in that feeling mode. This is actually good when it comes to healing, but I am learning that it is not so good in situations where clearer facts**

are needed. Please forgive me.

My "Into the Light" book was not written for publication in its raw form. It was a rushed creative way for me to comb through my past and try to figure out who was targeting me. It was written in a fiction format, and unimportant bits of it are embellished, but my experiences and the names are very real. I had not intended to share it the way it is/was. But after I finished it the [targeting](#) vamped up to terrifying levels and I posted it during a time when I was literally fearing for my life. Then I forgot about it. (I now wonder if posting it may have saved my life, but it probably was not very good for at least some of the people whom I had named in it.) At that time, I figured that, if I ended up physically dead, its being shared could perhaps help other people to know what happened to me. Please forgive me.

This book now stands as an example of what a heavily Targeted Individual can go through when we do not realize the technological and other covert parts of the sadistic targeting and struggle to figure it out.

Because those who target me have sometimes altered my writings, I am not sure if the pdf, that was posted, was the original. The original, that most likely was less or not interfered with, was at [www.poeticpublications.com/Into the Light.rtf](http://www.poeticpublications.com/Into%20the%20Light.rtf) from 2010 to 2012 when I re-posted it with an explaining introduction, after receiving a threat, from my sister, to publicly slander me if I did not completely erase it. It is less apt to be the original since then, due to my computers being infiltrated. In 2016 I had tried to read and edit it but huge chunks of it appeared to be being cut out by those who target me and infiltrate my computers. And ended up re-posting only the first chapter with more explanations as I experienced an even more threatening situation. Now, in March of 2017 I am re-posting the whole book at www.poeticpublications.com/booklight1.pdf. I have not made any alterations to this document. It should be as it was in 2010, unless those who target me have altered it, which was being attempted in 2016, while I tried to comb through it. Due to the targeting I have not been able to completely re-read it, but had re-read enough to know that it has some things which need and deserve explaining.

3. I regret posting my "Into the Light" book, in 2010, but I did and there is no undoing that. However I have gone back and forth on whether it was a good thing to do or a bad thing to do. I often feel confused about how to handle this situation. At this point I can only pray that posting it in 2010 did not cause the criminals, who target us all, to do further harm to anyone.

I have since become concerned that there may be a danger for anyone connected to my situation who can be a witness to it, whether I name them or not. Those who target me surely were already aware of all the people whom I listed in this book and even appeared to be using some of them in the covert targeting program. . .and people, especially those whom I have been closest to, have been being targeted. Some have been being tortured like I have. Some have been tortured or recruited into the program that targets us all. And some have been killed. I have even been concerned for those who were actually part of the targeting, because their leaders do not seem to want to leave witnesses behind. I have gone back and forth on whether it is safer, for people whom I had named, if I take "Into the Light" down or put it back up. . .and have come to the conclusion that it is safer for them if I leave it publicly exposed so

that crimes can not secretly take place against the people listed, especially if something were to happen to me, until this hell is over. I am deeply sorry to all the people whom I had named in this book. I hope that my re-posting it will prevent more targetings from happening.

4. **A serious problem with the covert targeting is that it is sometimes set up in ways that actually use unaware people and make us blame the wrong people or those who may have been only lightly involved, especially when we are unaware of being targeted.** Now that I am aware of how it works, I have become extremely concerned that most, if not all, of humanity seems to have already been enslaved to some degree.

I have learned that, in the heavy targeting, fabricated phone calls and phone messages and emails are just a small part of their deceitful tactics and I feel certain that a lot more of this has happened than I realize.(I have seen two emails change before my eyes...etc.) Now that I am aware of this I can not help but wonder, about many past situations. I sometimes wonder, "*was that call really from her or him or that organization?*" or "*Who is really instigating that?*" or "*Was that email really from that person and did I get it in the same way that it was written?*" or "*Is he or her a perpetrator or just a mind control victim that is unaware of being used by something bad?*" I have come to the conclusion that most of them are mind control victims. Its all just too confusing and impossible to fully figure out while still being targeted. There are things that may never be able to be fully figured out.

I AM GETTING A LOT OF INTERFERENCE WHILE WORKING ON THIS. ITS EXTREMELY DISTRESSING TO BE EXPERIENCING THAT AS WELL AS HAVING TO LOOK BACK AT SOME OF THE MOST PAINFUL PARTS OF THE TARGETING. SO PLEASE BEAR WITH ME. THIS COULD TAKE A WHILE TO COMPLETE. IT APPEARS THAT THOSE WHO TARGET ME WANT IT EITHER ALL ERASED OR BITTER FIGHTS BETWEEN MY FAMILY AND I AND THE DOT AND I. I DO NOT WANT FIGHTS. BUT I CAN NOT PRETEND THAT THESE THINGS NEVER HAPPENED AND NEVER HURT. I WANT THE TARGETING TO STOP AND I WANT POSITIVE CLOSURES, IN ALL ARENAS, SO THAT HEALING CAN TAKE PLACE, ALTHOUGH WITH SOME THINGS MAY NOW BE IMPOSSIBLE.

5. **In my "Into the Light" book I had shared an emotional statement about my experiences with the New Hampshire Department of Transportation taking of my Loudon, NH home, which happened in 1994 and 1995. I am sorry that this was shared this way. Please try to understand that it was due to the nature of my "Embracing Feelings" writings, which is a part of my work.** At this time, I do not have the freedom to fully process what happened and the things I wrote about it in my Into the Light book. But there are a few things that I feel a need to address. (More about this situation is in my "Targeted in America" and "Ramblings of a Targeted Individual" books. And more about the targeting is on www.targetedinamerica.com) The most difficult recent part of this situation is best described [in this blog post.](#)
<http://sharonpoet-ti.blogspot.com/2017/03/a-very-disturbing-scenario.html>

Since I have realized more of the tactics in the sadistic covert targeting, which was happening before, during and after the DOT taking of my home, I am perceiving things a little differently. But I can not deny the fact that they took my home and threatened to create the loss of it if I talked to the media, and never paid me for my in-home business. .and that all of it deeply hurt my daughters and I.

It is impossible to know exactly who instigated the taking of my home, and what appeared to be a plan to ruin me financially in that process, between the town, the bank, a couple DOT employees and others who were targeting me before and after this and may have had influence over or within some of these places as well as the news report, which made it all look like a good thing.

The DOT statement in this book was copied from writings that were an exercise in embracing feelings, in order to release my suppressed pain. This was not a legal statement. It was just a venting of my pain that I had not intended to put on the web.

When I wrote the emotional venting I was not aware that I had been being targeted by someone else both before and after the DOT took my home. .and that the DOT was probably merely used in the process of sabotaging my home and job...etc. My homes continued to be sabotaged after this. The painful loss of my homes included the DOT taking of my Loudon, NH home, a suspicious fire in the next home I purchased, harassments that drove me out, and a suspicious flood that wiped out my Alstead, NH neighborhood in 2005. Too much has happened to justify calling all of them "coincidences."

I am sorry that this emotional venting was publicly shared and that it heaped too much blame onto the DOT. I now feel concerned that some of the DOT officials may have been victims of the targeting as well. There were a few officials, in the beginning, who treated me with kindness and consideration. A large part of my feeling of being "railroaded" in the beginning was due to my personal situation and plans that had come to a halt with their initial plan to take part of my property. I am sorry that my venting appeared to only blame them. My personal situation, and my own behaviors, surely didn't help.

As I faced the pain, and wrote it out, I was crying and not paying attention to detail and had generalized some things; I think that I had said the bank raised my mortgage by "two hundred dollars" and I was not, and still am not, sure of the exact amount - I just remember that this mortgage went from four hundred and something up to six hundred and something. The generalization, that I feel bad about, especially since I have realized the covert targeting of America, is the way my venting blamed "the government." I am sorry that I heaped too much blame onto the DOT. I had blamed my ongoing hardships on them, because their taking of my Loudon home was the point when the rug began to be (most obviously) yanked out from under my feet. It was not fair for me to do that. And I do not feel that my whole government is responsible for what happened to me around the DOT taking of my home. (I can not hide the fact that that experience, due to the way it was handled by the DOT, did hurt my children and I, and left me with bit of fear and distrust, because it never had a positive closure.) I do believe in the good in my government, although I know that nothing is perfect. Since realizing the scope of the sadistic covert targeting, I believe that government officials have not been immune to it and its devastating

effects. I believe that many of them, and/or their family members, appear to be victims too. My family is one of those families.

I now believe that, during the DOT taking of my home, I was probably being periodically drugged, possibly by a woman who later proved to be used in the targeting and who had rented a room in my home during this time period. I believe that this possible drugging, along with technological interference with my brain, caused me to handle the situation in ways that were not common to my own nature. (**A horrible part of the covert targeting, that seems to happen at strategic times is orchestrated so that they can blame and/or shame the victim, especially in situations where the targeting is obvious and can be used for proof. They build an axe over our heads, and/or threaten to use our own mistakes against us if I say anything about what they have done or are doing. This has been happening in this situation.**) There are at least two things that lead me to believe that my brain function was being interfered with during the DOT taking of my home and business. 1. I am, by nature, fairly good with situations that require mediation. . .and during the DOT situation my mind kept going blank (frozen) during times when there was a need for me to express my concerns with the first batch of DOT officials that handled this. (These initial ones seemed like good guys, particularly one of them whom I have been worried about since I realized that I had put their names into my "Into the Light" book.) 2. After the next batch of officials took over and set a date to close on my home, causing me to close my in-home day care business, and then after they delayed the closing leaving me without an income. . .I wrote a letter to them that included a swear, which was not even a part of my vocabulary at that time. I was probably more shocked by my behavior than anyone else. 3. Among other things, that had nothing to do with the DOT, I had legally changed my name from Sharon Buck to my pen name - "Namatari" Neachi, in the middle of the process.

This name change thing is a regular pattern in the covert targeting process. I have received recent covert pushes to change my name again, in order for the targeting to let up. This name change thing appears to be part of the targeting and a method of further isolating victims and hiding past documented proof of the targeting. It also includes the forced changes of address and phone numbers. Though I had wanted to use a pen name with a book that I planned to write there was no need for me to legally change my name at this time. I now believe that I was pushed into it by the woman I had rented a room to and a man who also later appeared to be involved in the targeting (I now feel that they were mind control victims as well.) Technological brain interference appears to have also been used on me - **I now strongly feel that the name "Namatari" came through a V2K transmission into my brain, which I had thought was an unusually clear message from God, in answer to a prayer, at that time. It worked because I had no awareness of the technological targeting or that I was even being targeted.**

One effect of this name change was to further isolate me from friends, as I moved to a different location. (One friend who found me and was upset about losing track of me, experienced the death of her husband after reaching me. This is just one example of another horrible pattern in the targeting. The infliction of trauma, often the death of a loved one, to those whom the technological mind control vamps up on, in order to make them forget me...etc., when pharmaceuticals can not be used. This woman was a nurse

who had a heavy focus on healing and probably could not be pushed into taking the technological mind control's aiding pharmaceuticals.)

I DO NOT WANT FIGHTS AGAINST THE DOT OR GOVERNMENT. LAWSUIT IS NOT MY INTENTION. I STILL BELIEVE IN THE GOOD IN THEM. I JUST CAN NOT PRETEND THAT THESE THINGS NEVER HAPPENED AND NEVER HURT AND ARE NOT STILL VERY DISTRESSING. I WANT THE TARGETING TO STOP AND I HOPE FOR POSITIVE CLOSURES, IN ALL ARENAS, SO THAT HEALING CAN TAKE PLACE. I STILL BELIEVE IN THE GOOD IN OUR GOVERNMENT AND I AM STILL WAITING FOR IT TO BE HERE FOR ME AND US AND AMERICA AND THE REST OF HUMANITY. GOD HELP US ALL.

More may be coming soon

6. I beg all of my family of origin members to please try to understand my writings and listen to your Hearts above all else. I understand how all of you may be upset that I have shared such personal things. I am sorry. I had not intended to share my birth name, in order to protect you. The targeting has forced my hand in that direction. . .and I actually exposed it to help all of us - I'd hoped that we could put aside the issues with my childhood writings, and pull together against the technological targeting that I firmly feel we have ALL been victims of. I love you always. . .no matter what. My fight to expose the targeting has been more for you and my children than anyone else. Please forgive me for any hardship my writings may have caused you. I wish we could have all heal together. I had always wished that, especially back in the late 1980s and early 90s. But, now that I understand more about the mind control part of the targeting I realize that that was impossible. The targeting would have to be stopped, in order for that to happen. And I believe that our Hearts could soar above the issues, in order to reunite and recover if we were not being targeted with the mind control technologies...etc. The fact that there seems no end to it in sight hurts indescribably. My grief is huge for all of us. . .it runs as deep as my love for you, even for those of you who appear to have been used to help target me. God help us all.

I firmly believe that my family has been victimized by remote technological targeting since at least the mid 1970s and that we have all suffered the horrible consequences of it. Some of it may have been technological experimentation. All of it was hurtful to us and still is. My youngest brother (Kevin LaBree) was the first one to start realizing that something was wrong, and I think that this is why he was taken from us. I strongly feel that, if we had not been targeted Kevin would not have had his "accident" and our hearts would have overridden any issues we had with each other. Find more information in my "Targeted in America" and "Ramblings of a Targeted Individual" books and on www.targetedinamerica.com.)

Looking back to make this statement is very difficult for me. My love for my

family, the ways that some of them have been used to help target me and the whole situation being unresolvable until the covert, technological and pharmaceutical targeting is fully exposed and stopped, has been excruciatingly painful for me and still is. I imagine that it has been painful for most of them as well, especially since they do not believe that the targeting is happening. Some of them appear to have even been completely enslaved, especially the one who has been most used to help target me. I have prayed hard for their freedom and that of other targeted families. My fight to expose the targeting has been for us and them as much as for my own children.

I have been separated from my family of origin through most of my adult life, except for a couple years around the time of my youngest brother's death. The separation is as confusing as the rest of the covert targeting, and its array of sly manipulations. Since I was isolated from my family for heavier targeting (which is what really happened), my siblings and father seem to think that I left them forever. . .and, until I realized the targeting more fully, I had felt that they had shunned me in 1994 when I tried to return to them after taking some time to myself.

The discord, which led to the family separation began in the late 1980s. I had watched John Bradshaw's "Home Coming" series on public TV and the flood gates in my heart flew open. I recommend [John Bradshaws Home Coming](#) series to EVERYONE! Its profoundly healing. (I feel that John is another victim of covert, sadistic targeting since he did this series.) Thank God John made this series for us. I wish I could watch it again. But anyway... After watching this show I launched into healing mode - aiming to heal my inner child and free my heart from suppressed pain. But my father and siblings did not understand. Rumors flew and included them thinking that I had joined an occult and that something was wrong with me. "*Nothing good ever came from looking to the past,*" was being drilled into me often. I knew, with every fiber of my heart and soul, that what I was doing was good and healthy. My heart was opening to levels that it hadn't experienced since my early childhood. I needed to stick with my healing process, but two of them fought to stop me. . .and this led to my telling them that I needed some time to myself. **My request for time to myself, did not include the whole family, but it somehow got turned into that** and I got about a year of harassing phone calls...etc., instead of the peace I needed. **Now that I look back, with awareness of the technological mind control, it appears that members of my family were being used, in order to pull me away from my focus on healing my heart, which seems to be an issue with those who target us all.**

Since the mid 1990s I'd used a pen name, and even legally changed my name so that I could freely write and stand with my writings without it hurting anyone or raising more issues in my family of origin. **But in 2012, after I realized the technological parts of the targeting, and felt sure that my whole family had also been being targeted, in various ways since the mid 1970s, I publicly shared my birth name and tried to help them realize the targeting with hope that our hearts could pull together, stand up against it and bring it to an end for ourselves as well as others. I failed miserably with this.** It appears that we have all been being targeted for too long. There has been too much discord around unresolved issues. And too many brain-washings have happened, especially in members who take the aiding pharmaceuticals. I was not able to reach any of them.

7. **The most painful part of this book was about my father and my eight year belief that he had sexually abused me. I now feel certain that I was brainwashed into thinking this.** But let me explain the core of this situation so that it is more clear.

In 2002 my youngest brother (Kevin LaBree) was killed and I had reconnected with my family around this time and began rekindling my relationship with my father...etc. This was very important to me. I'd missed having a family in my life. But then things quickly started a serious down hill slide after I had expressed concerns about some dreams I was having about Kevin's death not being completely accidental, and as I worked on resurrecting my "Embracing Feelings" book. Hell broke loose again! Around discords raised by a sibling, my father got really upset and just suddenly started ripping into me about things that made no sense. Apparently he got some sort of email or letter that he was convinced was from me or was told things about me by someone whom he believed. **Something had been fabricated by those who target us all, and it worked because none of us knew about the targeting, at the time I had assumed it was an email, because my email account had been hacked into and then taken over.** This was really confusing and it hurt indescribably. My father was also obviously deeply hurt by whatever it was and blamed me. . .while I blamed my sisters - assuming it was more of their jealous tactics. I do not know what really set him off against me. Nobody would explain it to me. My father refused to tell or show what it was and who it was from, which was odd. And this is just one example of the hell that sadistic covert targeting does between unaware family members.

After this, my father was one of two family members who started launching into trying to convince me that something was wrong with me. In the next couple of years I received such disturbing harassing phone calls that I had to change my phone number. I tried to convince my father that whatever he got was not from me. . .and he couldn't believe me and kept trying to tell me that there was something wrong with me.

By May of 2004 I'd had about all I could take and actually hung up on him after telling him that he was a fool and was wrong. (I still feel bad about this.) After I hung up the phone on that day, my self-doubt soared. I cried and prayed and begged God to show me the Truth and that night I had a dream which showed a *picture of my father laying on top of me in Micheal Jackson's home.* (This was around the time when Micheal Jackson was being accused of sexually molesting children.) The meaning of the dream was blatantly obvious. At that time, I had absolutely no awareness of being targeted or of the psychotronic weapons that can project dreams into a victim's brain. I trusted that dream to be an answer from God and, linked with my fathers past issue of not wanting me to look at the past, and his unexplainable persistence with wanting to convince me that there was something wrong with me...etc., it seemed like the final piece to a long confusing puzzle had clicked into place. This was one of the most painful days of my life. I cried and cried and cried and did not want to believe it, but I did.

Since I have become aware of the technological mind control technologies, and their capability of projecting dreams in the form of pictures, and even voices, into the human brain, it has shed a lot of light into this horribly dark and painful situation. Aside from the obvious here, I feel that my father was/is a long term mind control victim and that this made the original issues too un-resolvable and my truth too unbelievable. And I now wonder if this situation, which now seems to have been orchestrated to re-separate my father and I, may have also been to help slander me, because there appear to have been

many set-ups to frame me as a pedophile. . .and threats to do so if I do not leave and/or remain silent. This would be easier for them to accomplish if I proclaimed a history of being sexually abused.

As for my childhood, I have not had the chance to fully process and remember all of it. **But I am 100% sure that my father was not capable of the sexual abuse, which was portrayed in that dream - I am now 100% sure that the dream was projected into my brain to make me think he was.** I keep wanting to say, "I'm sorry Dad - I'm so incredibly sorry," and I am, but the Truth is that it was not my fault. **BOTH, my father and I were victims of cruel sadistic targeting and BOTH of us were deeply hurt by this as well as many other parts of the targeting.** The word "*hurt*" even seems too mild for this situation. I guess *wounded* would be more accurate.

I have deeply hoped, under all the hell of trying to expose the targeting, that the targeting would end in time for my father and I to fully re-unite and heal from what has been done to us. He's my dad and I love him. . .no matter what. I always have. My love never wavered for a second. It is the depth of my love for him that made it all hurt so much. It still hurts a lot, especially since it is all too completely unresolvable under to constraints of the mind control. I beg my family members to do everything in your power to let your Hearts override the mind control at least enough to not react to this negatively. I love you always. . .no matter what.

New "Into the Light" Book Address
www.poeticpublications.com/booklight1.pdf.

Original "Into the Light" Book Address
<http://www.poeticpublications.com/Into the Light.rtf>

"Into the Light" Page on Poetic Publications
<http://www.poeticpublications.com/booklight.html>

Please also read my March 3rd 2017 post - "[About My Writings](#)"

P.S. It appears that part of this page was not allowed to print - the printer malfunctioned and spit out a different page. But I caught it. Oddly, a puppet had mentioned this before it happened.

More coming soon. Please check back.

Thursday, March 2, 2017 [Copies of my blog posts again blocked from going to my email](#)

This has periodically happened to me at strategic times - my blog suddenly stops sending copies of my posts to my email address. There seems to be a huge issue with my [reposting older writings](#) of this blog and my "Into the Light" book. I guess I should have expected it, but I didn't and didn't expect what happened this morning. A couple of trucks parked behind me. As I woke

a man yelled out, *"I warned you about the internet. Where is that in Merrimack? Are you ready for this? You F.....ing bitch."* I can not be sure of who was behind them. They were just covert puppets. But this is an obvious severe intimidation tactic that seems to be about my old Ramblings of a Targeted Individual books, which I just reposted onto Amazon.

I am feeling a bit shaken. But am tired of letting them bully me, like the way they bullied and tortured me, after disabling my car in a parking lot, and then said they'd help me if I took down my "[Into the Light](#)" book last summer. I took most of it down but not all and this appeared to anger them. They seem to want me to pretend that it never existed.

I understand that there would be some issues with this book, which is basically written in a fiction format (and is partly fiction) but has real names in it, like some of my earliest writings on this blog did. As soon as I get a chance I will make a few important statements about the content of my "Into the Light" book. **Please look for them at this address, which appears to have been disabled since yesterday;** <http://www.poeticpublications.com/booklight.html>

The email function started working again shortly after I posted this.

Wednesday, March 1, 2017 We Can't Forgive When We Forget



Its important to forgive and bring a healthy closure.
And we need to obtain the freedom to think
and feel, in order to do it effectively.

Wednesday, March 1, 2017 It is the Way it Was



I'm throwing them out.

In case I do not end up able to do a final Ramblings of a Targeted Individual book, which hopes to explain old original post...etc., better, I have reposted (on Amazon) some of the older editions that contain original posts that are no longer on this blog. [Edition three](#), [edition 12](#) and [edition 14](#) along with "[The Introduction](#)" edition that is the same as what is left on this blog at this date. Lately it feels like I have been being forced to either completely erase them all or keep them.

There has been horrible levels of controversy about this part of my writings, even various types of threats, including lawsuits and death. I have repeatedly tried to edit them and explain them and apologize for them and fix intrusions. . . and have realized that I just can not do any of this effectively while still being targeted. Those who target me have put me through hell with this, and even instilled a fear that they were good help that will not ever be here for us if my writings are not the way they want them to be or completely erased. Its been a horribly grueling process since around the late fall of 2014. And I have come to the conclusion that good decent people would not even think of withholding help and badgering me to get over five years of writings perfect, while I am still being targeted - technologically tortured and harassed and computers infiltrated...etc. I do not think that anyone, who has any level of decency left in them, will try to hurt me more if our plight gets exposed, just because my writings were not professional enough or politically correct enough...etc. **I beg those who do this to me to please stop and find your hearts and realize that all will get better when people like me have the freedom that is needed to do a better job.** Hopefully I will gain the genuine freedom and safety that I'd need, in order to do a final book which keeps my original writings in tact, removes only perpetration additions and changes, and adds in updates that explain it all better. Until then, it is what it was and I want it to stay that way.

None of my Ramblings. . . books are perfect, but all are waiting for my heart and computers to gain the freedom that is needed to gather them into one final book that does a better job with explaining it all. Until then please excuse my stumblings.

I think that many of the things that happen to me are manipulated in ways to place blame on others. I feel that, in this confusing situation, only total Truth will help the genuinely good to look good through the manipulations that try to make them look bad or responsible. Hopefully time (and a very small amount of it) will make everything more clear. Until then, please forgive the imperfections. (I think that there have been a lot of misunderstandings between genuinely good people. How can we forgive if we have to forget it all?)

I have reposted my original Into the Light book. Hopefully is also the way it was until I have the freedom to do a better job with explaining and editing it. There are a few things I have to check on and explain so please check back later;

New "Into the Light" Book Address
www.poeticpublications.com/booklight1.pdf.

Original "Into the Light" Book Address
<http://www.poeticpublications.com/Into the Light.rtf>

"Into the Light" Page on Poetic Publications
<http://www.poeticpublications.com/booklight.html>

P.S. I am thinking that yesterdays abduction swarms may have been primarily because I had removed edition 14 from Amazon two days before that. This left only the free pdfs on my websites the "Introduction" edition, which they have been tampering with. I realized that my websites would quickly fade away if something happened to me. So three older editions are back on Amazon. Thanks to the radio waves being shot into my brain, I am a little slow to realize things sometimes. And I do not want to be abducted or killed. I want to live and regain my freedom. . .and I want the same for others who are being targeted. . .ultimately all of America and the rest of humanity. God help us all. (Updates on this post are not being allowed to go to my email!)

P.S.S. The picture on this post is of me when I was little munchkin. Aren't I cute? ;-) I always did like cleaning things and its hard to not have the freedom to do a better job with my writings.

Tuesday, February 28, 2017 [Plea For Everyone Who is In the Covert Program and is Used in Covert Rescues of Targets Like Myself](#)

I believe that the darkest ones who lead the targeting slyly control groups of good people whom they use in the foreground of covert rescues, which actually lead to enslavement. I feel that these good people (many who are my estranged loved ones) actually think they have been saved and that they are saving others, but I strongly feel that the reverse is true and **the dangers for them are as strong as they are for those whom they are used to "rescue."** **I beg you to step out of the covert program and fully stand up.**

Its Safer to Stand in the Light

This morning I had a dream, which showed a dark perpetration puppet (who used to rent a room in my Loudon, NH home) luring people away from coming to me. Then I had the experience, which I wrote into **[the post before this one](#)**. After I calmed my distress, I looked at the situation and it appears that another covert "rescue," by good people in the covert program, was sabotaged by those who target me and knew that it was taking place and had control over those who were attempting the "rescue." They also appeared to have used a laser on my brain, and possibly my vehicle, in order to inflict extreme anxiety upon me, through the process. **I feel certain that the covert program is NOT the safe "home" that it pretends to be. And I am scared for all who are used in it without realizing what lurks behind them. Please step out. Its safer to openly stand in the Light.**

If there are people who want to help me, you can help me, as well as yourselves, by openly standing up with me and/or passing this information on to as many people as possible. Please save yourselves, even if you do not want to openly stand with me.

God help humanity to be totally set free and have a chance to recover

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P.S. Could I be wrong? It is possible. But what if I'm right? I feel that I am right. It is possible that there are good covert groups and that at least some of them are infiltrated, but I seriously doubt this. I'm not sure of all the details within the covert world. But I strongly feel that it is safer to stand in the Light. And I feel sure that the dark ones who target me, sometimes use good, unaware people in the foreground of their operations. . .that the covert rescue into their "home" is actually a sly enslavement. . .and that they have been sabotaging

both covert help and overt help from higher places that would have the jurisdiction and modes of protection I've been needing and seeking. They seem to be aware of literally everything that goes on around me. Its safer to stand in the light. (I have been saying this for so long its surprising that people have not gotten the message and I wonder why.)

Tuesday, February 28, 2017 Please Do Not Disable My Car!

I am praying for my vehicle to not be disabled again. Threats to do so, under the guise of help, have been happening again. It feels like its all part of the torture to inflict more distress upon me and try to force me, and what is left of my writings, into an unsafe situation. This has been done many times before and I need it to stop. It has never helped me. It merely hurts me more and enables worse levels of targeting and theft of my writings, like what happened in four horrible, torturous months last summer and an uncountable number of shorter times before that. I beg those who do this to me to please stop. Let me at least have the freedom to drive my car. I need it for my safety.

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P.S. The battery light suddenly came on this morning! I've been through about three batteries in the past year or so from them frying them to disable my car. When my car is disabled they gain more access to it and me as I am forced to leave it....etc. It is actually very dangerous for me to be stranded and at their mercy. As I write this post librarian puppets say things like, "OK. Bye," as if my exposing this means that I will not get help now. I have been through an uncountable number of rounds of this sort of thing. Its been a very difficult part of the targeting. And my heart keeps saying that "***genuine help should not hurt me more or be contingent upon me silently letting them do things, which they know merely add to my distress - genuine help would just help without the covert games and set ups that VERY obviously hurt me more.***" So, please stop. **If good, genuine help, from people who are not with those target me, is ever able to be here for me I'd need it to not be covert and be kind, considerate, protective and honest. . .and I am hanging in here the best I can with the hope that this kind of help will soon be able to be here for me.**

I have been shocked by the amount of librarians who are complete puppets for those target me. Too many people, from all walks of life, are enslaved. (They need to be set free.) God help us all to be totally set free and have a chance to recover.

Tuesday, February 28, 2017 Calling All Hearts Again

Please help print and pass out this little paper.

www.targetedinamerica.com/callingallhearts4.pdf

Monday, February 27, 2017 Hope to Prevent an Unnatural "Natural" Disaster

Around the year 2005 one of the precognitive dreams I had, about the **[criminally instigated "natural" disasters](#)**, showed me being in an area where a flood hit, trying to drive up a hill where rhododendrons are, and not being able to see through my windshield, which was fogging up.

The disturbing thing about this is that I just drove up a steep hill, in the center of Goffstown, NH, and felt a strong dejavu when I saw a lot of rhododendrons. It was the type of hill that one would try to climb to escape a flood. And I am now having problems with my windshield fogging up, during certain types of weather, due to my car heater being disabled as the coldest weather started. Coincidence?

Yes, this could all be a coincidence. And it may not be just because I am in the area, which I find too hard to fully believe. . .even though it seemed like the Alstead, NH flood (In 2005) was

instigated due to my moving there. I think that those who target America, and all of humanity, have sets of disasters pre-planned, in certain areas, that those areas are many and are in places where they are more possible. Rounds of unusual disasters, which I feel are intentionally technologically instigating, have been happening all over the globe through the past few decades. Their goal seems to be to inflict pain and chaos, eliminate a large part of the population, take over certain stretches of land and countries like America, completely enslave what is left of humanity. . .and it just has to be stopped. It seems obvious that stopping these Unnatural "Natural" disasters, as well as the direct targetings of people and the general technological mind control, is to expose them and either prevent criminal use of, or disable, [the technologies](#) that they are performed with.

If those who target me do actually go to these sorts of horrible extremes, in areas I am in, or in order to hold the threat of the disasters over my head in efforts to force me into leaping into their hands - into enslavement (which they have been doing), it really does not matter where I am. The danger exists everywhere. I've had similar forewarnings about a flood happening on the coast of Maine and in Keene, NH in the deeper past. And I am not going to leap into their hands - sell my soul to the devil, especially for something that I do not feel will stop if I go.

We need more people (especially officials and media) publicly standing up and honestly exposing these holocaustal crimes. . .and for those of us who become aware to stop being tortured and threatened and/or abducted, silenced and enslaved - brain damaged.

I hope this post prevents this disaster IF it was being planned. And I hope your Hearts stand up to prevent the rest of the cruel UN-natural "natural" disasters from continuing around the globe.

**May the Heart of humanity quickly stand up
and save itself from further destruction.**

P.S. In the deeper past my forwarnings of these disasters instigated, by criminals who are targeting humanity, had been seriously sabotaged in ways that made it look like I am just "paranoid" or whatever. But those who have the capability of listening to their instincts or who have an awareness of space based weather modification and laser technologies and watch the news. . .surely can see the Truth. They seem to back off when they are openly exposed. So, please help expose them. Too much of humanity is already enslaved with technological and pharmaceutical mind control that will not let them believe any of this, even though its proof is already evident. And the rest of us are needed to save us all. PLEASE STAND UP.

Monday, February 27, 2017 I Feel soooo Disappointed



I have wanted to avoid the political stuff, but have been so disappointed about the whole election last year, which has grown (since last November) to an even deeper concern for America and our future safety. . .above a beyond the already critical covert targeting situation that many of us continue being harmed or destroyed by.

Last year, as the presidential debates took place, I thought that the volatile situation was a good opportunity for the [technological and pharmaceutical mind control](#) to be

exposed, since it was being made so blatantly obvious. I had even fantasized about officials standing up to expose the mind control crisis and delaying the election, until our freedom could be restored - until we could **freely vote**. I have felt indescribably disappointed that things went the way they did. My disappointment extends beyond words. I just want to cry every time I think about it, literally.

I Need Reassurance and Proof That All Will Be OK.

And I need it badly. I think that a lot of people do.

I had posted my concerns about the election on May 4, 2016, but this post appears to have been completely erased from this blog, by those who infiltrate my writings. However, it is still on my newer blog at this address, where I have also restored the part that I had erased as I tried to back out of political stuff, due to the magnitude of my own disappointment and fear; The Donald Trump Dilemma_

<http://yearnforfreedom.blogspot.com/2016/05/the-donald-trump-dilemma.html>

God Help America to Regain it's Freedom and Integrity

It just can't be too late, although it appears to be!!!

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Friday, February 24, 2017 What Does Being "Targeted" Mean?

In the past year I have noticed that the word "**targeted**" has been being heavily used in the media. . .and that the new meaning of it is to deport illegal immigrants or to simply watch possible or terrorists and their families...etc. And I am concerned that this could interfere with public perceptions of the previous meaning of being "**targeted**" - through the past few decades people have used the term "**targeted**" to expose the criminal, sadistic targetings of individuals with laser weapons, microwave weapons, covert harassment, sabotaging of our work, homes and lives...etc., which is why we are called "**Targeted Individuals**." Now that being "targeted" means something else will the seriousness of our plight ever be fully realized?

Lately I have started calling what we experience as "**sadistic targeting**," in order to separate our situation from the "**targeting**" that is now being portrayed. But there are a lot of past writings, by many people, that may be grossly misunderstood in the future and this is too sad, because our situation with being targeted is criminal and cruel and inhumane and is in desperate need of public awareness and understanding and acknowledgment for the safety of all of humanity. I can not help but wonder if the new use of "**targeted**" is an intentional aim to minimize the holocaustal crimes that are being committed against too many. But those who use the term are most likely **mind control victims**. . .and the ones who are to blame are hidden behind them. **God help humanity to be set free and have a chance to recover.**

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P.S. Yesterday the windshield on my car was again hit with some sort of film that seriously interferes with vision through it when it is wet. Radio wave torture of my brain has increased. Threats to disable and take my car/home have vamped up since around the second week of this month. My car is my home and I'd be too vulnerable to them without it. I recently had an odd dream about someone wanting to gain access to my personal belongings, including my USB writing storage devices. I do not know if it was a projected dream, but it seemed to be, which is odd. Hell has vamped up around me again lately. And I'm scared. I hope they do not succeed.

**Give us STRENGTH, God...to find our way
Through bullets hidden in microwaves,
And COURAGE, God...to make a STAND
That saves our lives and FREEs our land.**

Thursday, February 23, 2017 Concern for Our Military and A Helpful Dream

I have mentioned this before, but it feels important enough to post again. **I've been concerned that our military personnel may be victims of technological mind control and may not all have radio wave detection or blocking technologies that are not filtered to prevent detection of or blocking of the low frequencies that are used for mind control. I have wondered if the pharmaceuticals, which aid technological mind control, have been in pre-prepared military foods, which could (like much of the targeting) point to medical field involvement. And I have felt that the Gulf War Syndrome is actually being caused by microwave (radio wave) targeting of the brains of our soldiers.** My concerns go beyond just theories or suspicions. . .

I used to be heavily into dream interpretation, because I had so many dreams which seemed to have meanings beyond my comprehension. Because of this a relative had come to me in 2002, told me about a dream he'd had and asked if I knew what it meant. I didn't have a clue. But I do now and have felt horrible since I realized what it meant and that was not able to help him or his sister to realize what I now feel was happening to both of them. **His dream showed a silver box in the sky sending laser beams down into his sister.** I now feel that his dream portrayed technological targeting being done through satellite. His sister - the one being shot, was in the Coast Guard and I do not think that this was a total coincidence.

I am concerned that the targeting of our military probably has involved **technological and pharmaceutical mind control**, aimed at all branches, in the covert efforts to take over America through the past few decades. Other things have me concerned about how much success they may be having. **Please help our troops to be set free - please pass this information to as many military personnel as possible, especially high ranking, as quickly as possible.**

God Help America to Regain its Freedom

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P.S. I have had the same concerns for all levels of government officials and employees. And of course the rest of us are being hit too. Along with these concerns are also the ones I have shared about how there appear to be modes of "protection" and "rescuing" that are actually a sly enslavement that is even sometimes performed by good, unaware people.

Thursday, February 23, 2017 The Third Technological Holocaust Drawing and my Connection to Animals

I am having a hard time doing the third drawing due to being tortured as I work on it. Its entitled Technological Holocaust - Confusion and it has the Heart with eyes looking up at a bunch of birds above it. Among the birds are a dove, a goose, a bluejay, a hawk, a raven and a cardinal. I was going to add in an eagle and a seagull. These birds, as well as others, have special meanings to me connected to my experiences with the targeting...etc.

I have always felt an unusual connection to animals and this seems to disturb those who target me. Now that I look back I am realizing how much they have tainted this part of my life, not only through lasering my brain and blocking me...etc, but also through rumors. Today I remembered a rumor that I was told about in the 1970s, which I now feel certain was part of the targeting.

I had loved horses when I was a child. The fact that I was sort of a "horse whisper" was becoming known and one of my mother's friends had brought her stubborn horse to me for training. And people used to get a kick out of how I often rode my horse bare backed with only a lead line...etc. Then it all started being sabotaged, though I did not realize it at the time. One of the sabotages included someone telling me that they heard a rumor that the reason why I enjoyed riding horses without a saddle was due to getting sexual pleasure from it. This was not true, but it definitely put a damper on my joy of horse back riding. Its one of those things that I wish I had never heard. At the time I was around 15 years old and was disgusted and deeply shamed by such a rumor. . .and I couldn't understand how anyone could turn horseback riding into something dirty. How could I feel comfortable riding in front of people after being told that they were thinking that? Can you imagine how this sort of rumor could effect a young, innocent, teenager? It was horrible. It still feels horrible. This was in the 1970s and is just one small example of the dark interference with my life.

P.S. Since February 8th I have experienced a vamp up in threats to disable my vehicle and have it towed away. I hope they do not succeed with this. Torture of my brain has vamped up as well. Last night I had a dream about a man (like J. S.) wanting to get into my storage devices that I have my old writings on. I have also recently received threats that they will wipe out all of my past writings if I do not erase certain things...etc. I pray they do not succeed.

Tuesday, February 21, 2017 Will the Truth Set Us Free?

Who was it who said, "*The truth shall set you free*"? I believe it will, especially in situations where dark manipulations aim to make the innocent look bad or guilty. We just need more people telling it.

Tuesday, February 21, 2017 Second in a Series of Technological Holocaust Drawings

This is my second rough sketch for the Technological Holocaust series of paintings, which I hope to complete someday. This one portrays Targeted Individual's grope for help. Its called Technological Holocaust - Crippled Grope for Help.



Technological Holocaust - Crippled Grope for Help by Sharon R. Poet

First Drawing

More may be coming soon.

Doing these drawings is helping me, in a small degree, to preserve my sanity and express a bit of the pain I feel.

Sunday, February 19, 2017 First of a Series of Technological Holocaust Drawings

This is a rough sketch of the first, in a series of at least four paintings, which I hope to complete someday. This is the darkest one and it portrays the sadistic targeting of the Heart of humanity. It is called, Technological Holocaust - Trapped.



Technological Holocaust - Trapped by Sharon R. Poet

[Second Drawing](#)

More may be coming soon

My brain is being painfully tortured since I talked about feelings this morning.

Friday, February 17, 2017 I'm Sorry for the Confusion

The covert harassment part of the targeting has been very confusing to me. I am deeply sorry if there are people whom I have unfairly named or blamed on this blog and its books. Hopefully it will all someday become more clear and I can set records straight in the final book of this blog. Hopefully time will soon show the Truths and I will be able to better explain everything. Until then, please forgive me – please forgive the confusion and mistakes.

I have learned a lot since my early days of blogging while I figure out things. Though I have made many mistakes, my intentions with all of my writings about the targeting have been to expose and stop it so that our freedom can be regained. . .especially freedom from the [technological and pharmaceutical mind control](#), which I now feel will fix most of the other problems that can not be resolved under its constrictions and manipulations and wars. Some of my posts have also been a desperate fight for my life and that of others who have been being heavily targeted. . .and some have been desperate attempts to stop painful tortures or torments...etc.,. . .and some of these probably should not have been written, especially at times when I was being heavily microwaved, which warps perceptions. But some of my posts have

been altered or erased by those who target me and this ads to the confusion. I'm sorry. I want my writings to reflect more of my heart than they do. But I feel trapped and can only hope to someday have the freedom and understanding that I'd need in order to fix it all and make it more presentable.

May Truth and Heart Stand Up for Freedom

Friday, February 17, 2017 Technological and Pharmaceutical Targeting is Not a "Theory"

**This is not a "theory" - its a fight for our lives.
Its not a matter of if you believe it or not -
Its a matter of if you are aware and if you
Can care to help regain our freedom.**



This phrase has been on my website and in a poem on this blog

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Wednesday, February 15, 2017 The Sly Covert Rescue Into Enslavement Depicted in a Music Video

I had found this video a year or two ago and have actually been scared to post it. But I now feel a need to use it to help prove what has been happening in the process of people being targeted and then approached for a covert rescue that is falsely depicted as a good thing. I feel certain that the covert rescue is really a sly abduction into complete enslavement by the same people who target us. I had a dream about the false covert rescue in 2006 and I have experienced a lot of what is depicted in this video. I have tried to objectively look at it from different directions, but my heart still cries, "*Genuine good openly stands in the Light and does not keep the dark targeting secret....*"

I strongly feel that this type of covert rescue is a candy coated satanic abduction that wants to be able to say that it was the VICTIM'S CHOICE to go. . . and this is just too horribly sad for all who have been enslaved and those of us who are being tortured and surrounded by messages that call for us to leave our lives and join them in their "home," in order to get the painful technological tortures and harassment and threats of slanders or framings or false "mental illness" labels...etc., to stop.

This Kelly Clark video of "People Like Us" is a blatant depiction of the targeting or monitoring and experimentation on a little girl and the covert rescue being portrayed as a wonderful thing. Don't blame Kelly Clark, because she most likely does not even realize what is happening. But notice the words in this song as well as the video. I have experienced these

sorts of messages from the covert program that surrounds me with round after round of tortures followed by aims to make me feel like they are on my side as they attempt covert rescues, which sometimes even use estranged loved ones who are already enslaved and think that they are helping...etc.; "***Wake up into this world unknown, but know that we are not alone. . . They try to knock us down, but change is coming. . . Don't let it get the best of you. You'll make it out alive. . . People like us we've gotta stick together. . . Hey, this is not a funeral. Its a revolution after all your tears have turned to rage. . . This is the life that we choose. . . Come out. Come out if you dare. Tonight we're gonna change forever...***"

https://youtu.be/yWbMz_aBIMU?list=PLQONgELhN0SW5P7uk5N8ZA_wODSNtSFAR

This video also shows government officials as being the bad guys. This happens in the targeting - it tries to pit us against "the government." I'm not saying that every part of the government is totally innocent. I just strongly feel that there is also good there and that government officials, and their families, have also been being targeted. I feel that a covert aim to take over America has been happening through aims to take over all levels of government as well as businesses and common citizens. And, like I have been saying, I feel that this has been happening through [technological and pharmaceutical mind control](#) and possibly filters, which block detection of radio wave frequencies used for mind control, as well as some modes of "protection" being a sly enslavement. (I still feel that there is far more corruption in all aspects of the field of medicine, than there is in our government, and that they have been getting away with far too much.) **In the bigger picture, the targeting and enslavement has been happening to people from all walks of life. Its dangerous as hell. AND I FEEL THAT THE ONLY WAY TO GET COMPLETELY OUT OF IT IS TO OPENLY STAND UP IN THE LIGHT - TO HONESTLY EXPOSE IT ALL SO THAT IT CAN BE STOPPED AND WE CAN ALL PULL TOGETHER AND SUPPORT EACH OTHER INSTEAD OF FIGHTING AGAINST EACH OTHER. GOD HELP US ALL TO BE TOTALLY SET FREE AND HAVE A CHANCE TO RECOVER.**

Please Stand Up. Please Help Set Humanity Free.

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Monday, February 13, 2017 The Worse Kind of Terrorism

I'm having a hard time understanding the sudden border issues, connected with concerns about terrorism entering America, while we experience holocaustal levels of terrorism through space based radio wave technologies...etc., which may even be the root cause of most other types of terrorism around the globe as well as here.

I feel that the worst kind of terrorism, which America and the rest of humanity has already been suffering from, is the [technological and pharmaceutical mind control](#) and its enslavement of human beings from all walks of life; the technological targetings that create a variety of physical illnesses and immeasurable suffering in unaware victims; the torturous targetings followed by aims to covertly rescue victims, which is actually abductions into enslavement performed under the guise of help; the staged deaths of victims who are permanently enslaved into the covert program that targets us; the inhumane tortures, false "mental illness" labels, and threats to kill,

frame, slander...etc., that have been being inflicted upon [heavily Targeted Individuals](#) who start figuring out, refuse to join and aim to expose, what is happening.

I beg the Heart of America (and other countries) to peacefully stand up, help restore our Freedom - help prevent criminal use of ground and space based radio wave technologies, pharmaceuticals, parasites...etc.; please help expose this technological holocaust and end the horrible suffering and confusion and destruction of people's minds, hearts, health, lives. .and let recovery begin.

**God help America and the rest of
humanity to regain its Freedom**

www.targetedinamerica.com

P.S. I have altered this a bit, since its first posting several days ago, in order to not include my opinions of Trump's actions. . .which is all just too discouraging and seems too distracting during a time when too many are suffering in a horribly destructive [technological holocaust](#) and its covert wars. **God, help us all to be completely set free and have a chance to recover.**

P.S.S. These storms and cold temps have been difficult, but I'm hanging in here. The heater in my car worked for a short while today - during the hour or so that my car had already been warmed by a rare bit of sunshine.

Saturday, February 4, 2017 Please do not Misjudge and Abandon Us

I decided to post this again, because it is important; I wish that all aware government officials would follow their Hearts into standing up for America and especially for those of us who are being technologically tortured, harassed...etc., no matter what our fear or anger or confusion writes or says. **Please do not misjudge and/or abandon those of us who are being heavily targeted.** We need you to understand and care that we are often too hurt or too overwhelmed or too scared or are being too tormented and tortured to be doing all the right things in all the right directions and in all the right ways, in order to report the targeting and get help. Most of the time its all we can do just to survive the hell we are trapped in. We need you to stand up for us no matter what obstacles and manipulations surround us. **I wish that every level of government officials could compassionately pull together and honestly stand up for us, for each other, for America and ultimately for all of humanity as quickly as they can.**

Thursday, February 2, 2017 Radio Wave Blockers in a Hospital Parking Garage?

I have tried hard to figure out who is doing the sadistic technological targeting, but can not completely do so while still being targeted. But there are obviously many people, from all walks of life, who have been being sadistically targeted and enslaved and used to help target and enslave other people. Its a horrible covert war that has been raging under a technological holocaust, which utilizes [mind control technologies](#) and their aiding pharmaceuticals. In the bigger picture, if anyone wants to point a finger at fully responsible parties, instead of blaming other victims, it would probably help to look deep into the history and backing of every branch

of our medical field and people like [Nicola Tesla](#).

I have had many experiences that prove to me the link between the targeting and various parts of the medical field. A few years ago I was going through a round of technological torture of my brain. (The source, as usual, seemed to be coming from a satellite.) I drove under the parking garage at the Concord, New Hampshire Hospital, in order to park in a shady spot for a while, and the targeting instantaneously stopped. Then a security guard vehicle zoomed in and a man jumped out and rushed into, and then back out of, a utility shed inside of the garage. The torture suddenly started up again after he went into the utility shed. It seemed like he probably flipped a switch. I do not think that this was a coincidence.

There have been many times when I've wondered why a place like the Concord Hospital has radio wave blockers in their parking garage and who, connected to them, was so keen on not letting me have a break from being tortured. . .and if they know about the technological targeting why are tortured victims continuing to be called "mentally ill"...etc. Why are they not on our side – the side of harmless and defenseless people who are being hurt?

More may be added later

Thursday, February 2, 2017 Sadistic Targeting Patterns Are More Evident in Famous People

The sadistic type of targetings have been happening to good, decent people from all walks of life, but are more evident in those who are famous, because so much of their lives are publicly recorded. (Having been being targeted myself I recognize the patterns.) **It appears that some famous people have been targeted and careers ruined; some have been targeted and then "rescued" - enslaved in the covert program that is called "home"; some have been targeted and killed; some have experienced more than one of these methods; and all should be set free and have a chance to recover through realizing what has been happening to them. (The rest of us too.)**

Of the famous people, whom I have noticed the sadistic targeting patterns around, are the [Dixie Chicks](#), [Micheal Jackson](#), [Sugarland](#), [Sarah McLachlan](#) and [Kris Kristofferson](#).

With artists like Micheal Jackson and Sarah McLachlan its more obvious - they obviously brought heart into their music, which touched other people's Hearts. Then the "accident" or chains of losses or slanders. . .and then things are not the same as they were before. In Micheal Jackson's case his change became noticeable in his videos as well as in the sad surgical mutilation of his own facial features, which had to have been done with [technological and pharmaceutical mind control](#) affecting his perception of his looks. He was adorable before he did that to himself! The Dixie Chicks were VERY blatantly targeted - their career ruined. And was that stage collapse on August 13, 2011, just before a Sugarland concert, a true "accident" or was it caused by microwave weapons - weather modification technologies...etc? [One USA news report stated that "Kristian Bush thought a bomb had detonated."](#) **The news reports speak for themselves. It can not all be coincidences, though some may be.**

This list of people, famous or otherwise, being inflicted with sudden disasters or unusual chains of losses or slanderings...etc., as their lives (as they lived them) crumble, could go on and on and on and include me and also many people whom I personally knew. **I hope that all**

enslaved individuals and groups and organizations will soon realize the enslavement. I hope that those of us who are still being tortured for resisting soon get the protection we need. I hope that humanity will be quickly set free from all levels of the targeting and enslavement - the Heart of humanity saved.

The **Sugarland** video below has a powerful message. Its has a great beat with awesome lyrics. We all do indeed need to peacefully "stand up," not just children. But the "home" part, at the beginning of the video, disturbs me, because that is what those who target us call their covert enslavement program - they call it going "home," in order to make it sound good to victims whom they are deceiving. Many victims seem to think that the "rescue" into the enslavement "home" is protection, but its not. Does **Sugarland** know this? Obviously not. But I hope they find out soon, if that is what the "home" in this video is about. [UPDATE: But sadly, they split up after the fatal stage collapse and the confusion and chaos that followed it.]

Sugarland: "Stand Up" [live]

<https://www.youtube.com/watch?v=gwdOUW2abqI>

God help us all to be totally set free

I pray for God to help us all to be totally set free and NOT enslaved in that dark "home," which too many have been convinced is a good place to be. I still strongly believe that the covert "rescue" into what they call "home" is actually enslavement.

Wednesday, February 1, 2017 I Dedicate this Song to My Daughters

Thinking of my daughters and I, as I listen to this song, tears at my heart. Before the targeting finished tearing us apart, and before I realized that we were being targeted, (around the year 2005) I had launched into putting most of my focus into [my work](#), while the targeting slowly and inconspicuously tore us apart. As I realized the technological part of the targeting it quickly vamped up, and convinced them that I was just "mentally ill," because I tried to convince them of what was happening and to join me in trying to get FBI help with it. They tried to have me institutionalized and I was forced to completely pull away from them. This was in the fall of 2011 and was the most painful day of my life. As I drove away I called them, and, in more pain than I have ever felt, said, *"That was the worse thing you could have done! You just lost me."* This was the day that they became a danger to me and I felt that I had lost them. But I'm sure that they didn't understand and were deeply hurt too. There was no one in their lives who could help them understand that the targeting was real and they were surrounded by too many who had been doing the opposite. We didn't stand a chance. They lost me and I lost them and this has surely left a painful wound in all of our hearts, because we had been close and our love for each other had ran deep.

We were all deeply hurt as the targeting cruelly tore us apart. At first I stayed away from them, in order to save myself from being institutionalized and force medicated. And then I stayed away, in order to save all three of us from those types of vamp ups against me.

Before I realized the scope of the [mind control](#) part of the targeting I had felt disappointed in them for not letting their Hearts bypass messages from those who had been convincing them that the targeting was all in my head and that I should go to an institution. But I now realize how impossible it has been for them to realize and face the reality of the targeting. I know now that none of it was their fault. They were also targeted and hurt in many ways. **I still believe in their Hearts. I still believe in them - in who they were born to be.** I was blessed with two absolutely awesome people for daughters. And I am not just saying that because I am their mother. Its really True. And the pains that have been inflicted upon them has hurt me too.

I have tried not to think of them very much during this time of forced separation and my fight to survive, because it hurts too much and there is nothing I can do to bridge the gap or stop the targeting or save them (or myself) until we have other people openly acknowledging the targeting and protecting us from it. My excruciating wait for that has already felt like more than one forever and it does not look like it will be able to happen. I miss them so much - I deeply miss what could have been if we had not been targeted. My heart aches for all that has been lost in the decades of the hell that we have been surviving. **Not being able to freely be together and love and trust each other has hurt indescribably.**

I still periodically send them little "I love you" messages, because I can not bear them feeling unloved or blamed by me. But words are not the real thing, especially when delivered through technologies. I wish we were all free and recovering from the hell we have been put through. My written fight for freedom has often been fueled by my hope for our hearts to reunite and recover and make up for too many lost decades.

Though our separation was forced by the targeting, I still often feel guilty. I wish I'd realized the full nature of the targeting sooner. I wish I'd known. I wish I could have protected them from the pain of thinking that their mom is crazy as well as from the other targetings that have been performed against them. I wish I could take away their pain and free their beautiful Hearts.

Dear Girls, I am so sorry that their has been too little that I could do. I still believe in us - I believe that our hearts will eventually re-unite even if this can not happen in this lifetime. I still believe in you - I still believe in the beauty of your Hearts and Souls. I love you both so much.

Vince Gill - I Still Believe In You

<https://youtu.be/baOz601--b0?list=PLQONgELhN0SUeKCbx3QdgdZBlAqNQXTA>

This post is not asking my daughters to stand with me. I know that this is impossible without outside help. I just want them to know that they have not lost my love and that I do not blame them. They are victims too.

I still believe in me too.

Wednesday, February 1, 2017 Sarah McLachlan Targeted?

I had intuitively felt that Sarah McLachlan had been targeted and that it was probably due to her deep heart and strong sense of independence. Then I saw a few videos of hers and felt more sure of it. There seems to be many similarities in her character and mine, although she got a lot further than I did, and even made a come back, with her work. The targeting also seems to have followed some similar patterns in our situations. One of the patterns has been a process of bringing us to our knees through instigating deaths of loved ones or broken relationships or loss of business or all of these...etc., and then repeatedly putting out the message to "[*think positive*](#)" as we feel and express the pain. . . And through it all they try to force us into the enslavement "home." It appears that Sarah went through this. I have too.

My heart keeps saying **"Its more positive to be real, especially in a world where the demand for "*positive thinking*" merely aims to push us away from our feelings - away from our Hearts and away from being real."** And my soul cries, **"I don't belong in that dark "home." I don't want to go! I want to be free until my REAL Home calls for me."**

I love most of Sarah McLachlan's first songs, especially the "[*Arms of the Angel*](#)." I like the part of the song, in the video below, which says, **"I won't break. I won't bend. It'll all be worth it - worth it in the end. . . In the burning of uncertainty I will be your solid ground. . . Cast me gently into morning for the night has been unkind. Take me to a place so holy that I can wash this from my mind..."**

Sarah McLachlan plays "Answer" - LIVE

https://youtu.be/1V33Na_N7Q?list=PLQONgELhN0SUeKCbx3QdgdZBlAqNQXTA

I can relate to much of this song as well as many others that Sarah McLachlan has written. As I suffer through the targeting my heart often cries, *I don't want to break!* As I am surrounded by rude demands for blind obedience, my soul cries, *I don't want to bend!* I desperately need a safe and *solid ground* and wish I had it. And my hope used to think, *it will all be worth it in the end.* But lately I am not so sure. I guess time will tell. I'm scared for America and the rest of the world. I'm scared for those of us who have been being heavily targeted. And I am scared for me. **May our Freedom be quickly restored no matter what obstacles sit in its path.**

**Give us STRENGTH, God...to find our way through bullets hidden in microwaves,
and COURAGE, God...to make a STAND that saves our lives and FREES our land.**

P.S. It appears that I am getting some flack for posting this. But I feel that it is important for us to stand up for each other. I also feel that Micheal Jackson and Sugarland have been being targeted. And God knows how many others who do not realize it. I notice the patterns in these people because they are public figures and play music that I like and watch. I do not notice most people.

Tuesday, January 31, 2017 Yesterday Was a Warm Day

Yesterday was the first day, in about two weeks, that the sun shone so bright I did not need the heater in my car to function, in order to stay warm. But the heater did suddenly start working around 10:30am and then stopped in late afternoon as it started getting cold enough to need it. (My car heater has not worked since around the 18th and only worked off and on

prior to that - since this cold spell began.)

I now feel even more sure that it is most likely being controlled by those who target me, in order to make me suffer and perhaps to try to force me into libraries or restaurants or a room or a shelter or... - places where I would be more vulnerable to some parts of the targeting, especially the covert abduction/rescue into enslavement part.

I'm often cold, but I'm hanging in here. Its safer to live in my car until the targeting is stopped and/or I am safe and protected from all parts of it. Its no picnic, and I'm about as sick of it as I can be, but there are far worse things than living in a car and I have already experienced too many of them.

P.S. I erased the post about my song being stolen and made into a hit and then thrown into my face, by those who target me, because the singer is not the thief and I don't want people to think he is...and so much happened that its too much to explain right now...and I am afraid...etc. There is nothing I can do about it, at this point, anyway.

Tuesday, January 31, 2017 A Wish for Peaceful Regaining of Our Freedom

I wish that all aware government officials would follow their Hearts into standing up for America and especially for those of us who are being technologically tortured, harassed...etc., no matter what our fear or anger or confusion writes or says. We are often too hurt or too overwhelmed or too scared or are being too tormented and tortured to be doing all the right things in all the right directions and in all the right ways, in order to report the targeting. Most of the time its all we can do just to survive the hell we are trapped in. We need you to stand up for us no matter what obstacles and manipulations surround us. **I wish that every level of government officials could compassionately pull together and honestly stand up for us, for each other, for America and ultimately for all of humanity as quickly as they can.**

P.S. I moved the Sarah McLachlan video, that was, because it was not really related to this post. Find it on; <http://sharonpoet-ti.blogspot.com/2017/02/sarah-mclachlan-targeted.html> Please watch it. I believe that she has been being targeted in similar ways that I have.It was also posted on my Yearn for Freedom blog; <http://yearnforfreedom.blogspot.com/2017/02/sarah-mclachlan-targeted.html>

Sunday, January 29, 2017 Technological Holocaust Song

I wrote this song yesterday. I dedicate it to all who are aware and can help restore our freedom, all who are not aware and need to be. . .and all who are being hurt by the targeting and need to be set free. Its for all of humanity. . .

Technological Holocaust

copyright Sharon R. Poet

***It took me a while to realize. I searched real hard for the Truth
And know its not just my bad luck. I've been targeted since my youth.***

***Its a horrid covert battle. I've been shot for feeling the pain.
Those God forsaken microwaves have been messing with my brain.***

*(CHORUS 1) I keep begging for my freedom. I want it back.
I need it back. Please give me back my freedom.
Please give it back to me. I need to be set free.*

***I have stepped outside myself and looked all around me.
Broken souls and broken hearts are all my pain can see.
Ya, I've read the news reports that say we're "mentally ill."
For us tortured victims that's yet another painful hill.
There are mountains all around us that loved ones can't believe.
We've been dieing in the silence of those who've been deceived.***

*(CHORUS 2) We keep begging for our freedom. We want it back.
We need it back. Please give us back our freedom.
Please give it back to us. Let us feel their love.*

***I've searched the world beyond us, even peaked into some graves
And it hurts beyond description - humanity being enslaved.
I no longer wonder why they can not see or grieve
As wounded victims crumble while groping for relief.***

*(CHORUS 3) I'm begging for their freedom. They want it back.
They need it back. Please give them back their freedom.
Please give it back to them. Let them love again.*

*(Ending) Please give them back their freedom.
Please give it back to them. Let them love again.
Please give us back our freedom.
Please give it back to us. Don't let us turn to dust.
Please give me back my freedom.
Please give it back to me. Don't leave me here to bleed.
God, please set us free - all of humanity.*

P.S. Targetors, I want it back; all that you stole from me, all that you sabotaged and did not let be. Please give it back to me. My life, my love, [my song](#), my freedom and that for humanity...etc.

Saturday, January 28, 2017 Vision of a World With Heart

I had posted this a few other times. But here it is again with the hope for God's Light to reach the Hearts that can help it become a reality for us and America and ultimately all of humanity;

Vision of a World With Heart in "Heights of Wisdom" Story

<http://heightsofwisdom.blogspot.com/2016/06/chapter-four-sunrise-for-humanity.html>



An Earlier Version on the Heart Bud Sight; www.heartbud.com/worldwithheart.html

Wednesday, January 25, 2017 Surviving the Cold

Lately there has been more rounds of what appears to be aims to force me out of my car and into a more solid living arrangement or shelter where I could be more vulnerable to some parts of the targeting. Recent rounds also appear to include the usual aims to torture, terrorize and make me suffer just before swarming me with the false covert rescue stuff that I believe leads to complete enslavement. I hope they do not succeed with any of it.

On the coldest night in the past couple weeks my car heater started malfunctioning, at strategic times. Then I said something about it and had a mechanic check it out. . . and then it completely stopped working. Since then it also appears that they are microwaving me into feeling and appearing physically ill with flu type symptoms. I do not feel that I am really sick. It feels more like they are microwaving my sinuses and lungs...etc., in the same way that they have many times before.

It is cold at night and during the cloudy days, but I am surviving it. I have three very warm blankets - one that is alpaca, which I bought on a trip to Peru before they finished shoving me into destitution. Not that this trip really has anything to do with the targeting...although I was seriously targeted in Peru in 2001 as well. But I didn't know that I was being targeted back then and it sometimes helps me to remember days when I thought I was free. I miss the Freedom I didn't have.

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P.S. It appears that posting this made things worse for me. Those who target me seem to think I should remain silent about what they do to me. Its sometimes hard to keep up the posts when they make me suffer more for speaking up. Two days after this post I was hit with what seemed to be another attempt to inflict a heart attack, dead animals left in roads, demands to erase my writings, interference with my car...etc. This was a typical round of the worse types of terroristic stuff. I survived again. But I am scared and I hope it stops soon and I hope for my car to not be disabled or interfered with anymore. "OK. OK," they say as I write this PS, which seems to be a threat to vamp it up again due to my writing about what they are doing to me.

Tuesday, January 17, 2017 My Favorite MLK Quote



"I believe that unarmed truth and unconditional Love will have the final word." ~ mlk

I really love this saying and I believe that "unarmed truth and unconditional Love" must "have the final word," in order for us to regain our freedom and heal from the Technological Holocaust.

~ ~ ~

Previous update page
www.targetedinamerica.com/bookramupdates2016.pdf

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A Few Updates for Older Posts That Are in Editions One Thru Fourteen

The older editions of my Ramblings of a Targeted Individual books need a lot more than these few updates, which I my foggy and overwhelmed brain stumbled through. I have wanted to comb through it all and fix things that have been altered by those who target me and fix my own mistakes, but this has proved to be impossible while I am still being targeted and forced to work on infiltrated computers. Hopefully I will someday have the freedom to follow my heart into better edits and updates that help explain things better. This book, its disarray and all of its multitudes of editions, is a reflection of what a Targeted Individual can go through in the process of trying to figure it all out while still being targeted – brain function interfered with, writings invaded and sometimes even altered or erased...etc.

Tuesday, December 27, 2016 [The Mutilation of Character](#)

[VIP UPDATE; as I aim to update this post I realize that it was erased from this date, in my "Introduction" book, and the dates on the posts around it appear to have been changed and

are different from what is on the blog! I wish they'd stop messing with my writings. This is just too frustrating.]

It appears that lines or wrinkles in the skin can be remotely inflicted with lasers. Around the time when those who target me started the "aging" threat thing, which I wrote about in a recent post, I had started feeling itching and tingling around the base of my nose - between my eyes. The tissue under my skin began to harden and my skin started flaking. Then odd, unnatural lines/wrinkles across the top of my nose began to appear. This has also happened with unnatural vertical lines on my upper lip and downward angled lines at both ends of my mouth...etc.

Natural wrinkles do not bother me and are not an issue of mine. I have not had the common concerns about aging, which I feel have become destructive to much of humanity. HOWEVER, what they have done to me bothers me, because **it is very important to me to age naturally.** What they have been doing to my skin and face, AFTER threatening to, is not natural and is changing the way I look. I want to age naturally and I should be allowed to.

I have always felt that the types of wrinkles, which a person naturally accumulates as they age, reflects our character. . . .**and that surgical alterations of the natural process of facial aging defaces a person's character. And when it is done without permission it is a intrusive mutilation of character that just should not be happening to anyone.**

Friday, February 17, 2017 I'm Sorry for the Confusion

The covert harassment part of the targeting has been very confusing to me. I am deeply sorry if there are people whom I have unfairly named or blamed. Hopefully it will all someday become more clear and I can set records straight in the final book of this blog. Hopefully time will soon show the Truths and I will be able to better explain everything. Until then, please forgive me – please forgive the confusion and mistakes.

I have learned a lot since my early days of blogging while I figure out things. Though I have made many mistakes, my intentions with all of my writings about the targeting have been to expose and stop it so that our freedom can be regained. . . especially freedom from the [technological and pharmaceutical mind control](#), which I now feel will fix most of the other problems that can not be resolved under its constrictions and manipulations and wars.

May Truth and Heart Stand Up for Freedom

Sunday, January 10, 2016; God help America. I'm afraid that we have completely lost all that she used to stand for.

[VIP Update September 2016; This post is a revised version of my reaction to those who target me and appeared to have orchestrated a situation to make me believe that I had been hit with lethal chemicals in the lobby of a building where an FBI office is, which was described in the previous post. It appears that this whole situation was to terrorize me. It definitely was effective with terrorizing me.

In my heart I feel that there is a lot of good in our government, that their struggle with the infiltration must be immense, and that they will be here for us when they can be. But I sometimes lose sight of this, especially when I am being heavily hit with technological attacks to my brain and other body parts as well as covert threats. . .and have no safe place to run to...where there could be acknowledgment of the technological and covert targeting and protection from further harm.

FYI; I had put the original post into the thirteenth edition of the book of this blog, which then immediately sold a copy, while I was still being too heavily targeted to figure things out and let my heart reassure me. This all seems to have been intentionally orchestrated. Since my only recent hard copy of the book of this blog was stolen from my car in 2016 I am concerned about, not only what manipulations that they have orchestrated through my writing about what they do, but also what they may be doing to alter my writings. And I am still deeply concerned about how infiltrated America may be. I guess time will tell. I hope it tells something good.]

Tuesday, February 24, 2015 Letter Revoking Investigations Through Senator Jeanne Shaheen

[Update; On February 7 of 2017 I sent an apology and request for help after gettingm a conference call from Shaheen, and things have gotten worse again since then. I am not sure if this is a coincidence, but more covert harassment or covert messaging was what I absolutely did not want or need. And I am still not sure of what was going on at the time of this post. Hopefully it will someday all be clear.

In the past couple years I have been learning that it is best to not judge or assume anything connected to the covert stuff that goes on around me, because I am being targeted in ways that effect my perceptions and am surrounded by multitudes of covert manipulations.

I pray that, someday soon, government officials, in all positions of power, will be able to let their Hearts peacefully and openly stand up for us and each other and America. . .especially against the technological and pharmaceutical mind control that is harming and controlling so many. God help us all to be totally set free and have a chance to recover.]

Wednesday, May 4, 2016 The Donald Trump Dilemma

I am deeply concerned that [technological mind control](#) may be preventing honest voting...etc.



Update; This is the original post which appears to have been erased from my Ramblings of a Targeted Individual blog but can still be found on

<http://yearnforfreedom.blogspot.com/2016/05/the-donald-trump-dilemma.html> ; I find the fact that Trump has had so much support from the media and the general public really disturbing. How can a man like Trump be winning over the integrity that people like John Kasich has displayed? And has Kasich really been forced out of the race? It just doesn't make sense to me. . .unless, aside from Trumps rude intimidation tactics. . ., [technological mind control](#) or false vote counts are helping him win.

I am sorry if this offends anyone. (I am being lasered in the back of my neck as I write it!) But

I truly am deeply concerned about what could happen to America, and the rest of humanity, if a man like Trump were to actually become our president during this critical point in time. I have not followed much of the debates, but the little that I have seen has left me feeling shocked that a man like Trump is running for presidency and appears to actually have a chance of winning. How on earth can this be happening to America? How??? Please search for the honest answer until you find it.

We desperately need our next president to have the Heart to truly care about the safety and welfare of all people, the Wisdom of experience, the integrity to treat people with kindness and respect, good communication skills, and the courage to publicly stand up against things like the technological and covert targeting of humanity. But how can that happen under the constraints of technological mind control and who knows what other types of covert manipulations?

[Technological Mind control](#) can interfere with a lot of things; It can brainwash masses of people and interfere with our natural process of thinking and feeling and growing into all that we were meant to be.

[Update; This is what it turned into;] No matter what is or isn't happening, we desperately need our next president to have the Heart to truly care about the safety and freedom of all people, the wisdom of experience, the integrity to treat people with kindness and respect, good communication skills, and the courage to publicly expose, and peacefully stand up against, things like the technological and pharmaceutical targeting and enslavement of humanity. But how can that happen under the constraints of technological mind control and who knows what other types of covert manipulations?

[Technological Mind control](#) can interfere with a lot of things; It can brainwash masses of people and interfere with our natural process of thinking and feeling and growing into all that we were meant to be. Please help set America Free. And the same for the rest of humanity.

God help America

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The picture of Trump is from; https://www.google.com/?gws_rd=ssl#q=Donald+Trump

Picture of Kasich is from; <https://www.yahoo.com/news/john-kasich-suspends-presidential-campaign-161615255.html>

**Give us STRENGTH, God...to find our way through bullets hidden in microwaves,
and COURAGE, God...to make a STAND that saves our lives and FREEs our land.**

God help America

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**Give us STRENGTH, God...to find our way through bullets hidden in microwaves,
and COURAGE, God...to make a STAND that saves our lives and FREES our land.**

Tuesday, August 25, 2015; An Email From Obama?

[VIP UPDATE 2016; Some odd things have happened around my receiving and posting about the email I received from Obama. I had completely forgotten about even getting an email from Obama for about a year and I feel that this was technologically generated memory loss, although the trauma I experienced in the days and weeks after receiving it had put me into a state of overwhelm.

Another odd thing is that I actually think I had posted it on the 16th or early on the 17th and it appears to have been erased from that date and added in here. But I cannot find physical proof of this. When I tried to look it up in the printed book of this blog I found that the book had been stolen from my car. This book was my only solid recording of this blog since 2013. And the web PDFs of my book also record it being posted on the 25th.

I received the email on the 15th of August 2015. Through the 14th, 15th and 16th I experienced debilitating levels of radio waves shot into my brain. On the 17th my car suddenly stopped functioning, which is serious for me due to it being my home. In short, this was a time of heavy targeting and I am a bit confused as to what is happening. But I am sure that the next post is NOT a response to President Obama, it was a response to the targeting I was experiencing.

All these manipulations around this email, (which also include the altering of the content of this post) and my posting of it leads me to believe that it was probably authentic. And I now feel really bad that I doubted it and forgot about it - that this has all transpired the way it has. I pray that government officials do not wrongly judge those of us who are being heavily targeted and surrounded by manipulations.]

Monday, September 29, 2014; Keep Thy Heart. . .

I have transferred most of this post to the updated [eugenics](#) page, because there is more than that happening in my situation and I did not want it misunderstood. My writings remain a desperate (sometimes fumbling) attempt to bring awareness and honest help for those of who are being harmed.

I recently heard someone say that this is heading toward a holocaust and I completely disagree. I believe that it ALREADY IS a holocaust and that the [mind control](#) and [eugenics](#) based microwavings are in desperate need of exposure and investigation.

THE MEN BEHIND HITLER - A German Warning to the World

<http://www.toolan.com/hitler/index.html>

"This book is humbly dedicated to the memory of countless ordinary people - those men, women, children and babies of many races and beliefs, whose lives were taken because they were considered less than perfect and, therefore, unworthy to live."

Tuesday, August 25, 2015; Sorry, I Can't

[VIP UPDATE 1016; Many of my posts, like this one, were written with desperation. I may have misperceived some of the things I share in the beginning of this post. I am still trying to figure it all out, but cannot completely do so while still being targeted and too distressed and too desperate for help and too concerned about offending good officials who can help us. My hearts says that good people will understand that I am being targeted too heavily to do a good job with my writings, but I have not met them yet. GOD HELP US ALL TO BE TOTALLY SET

FREE.]

Saturday, August 23, 2014; Update on My Situation

[VIP Update 2016; This, like many of my posts, are a desperate (literally) fight for our lives. . .that did not have time for contemplation of what is or is not politically correct. Please understand and excuse my mistakes. There may be things that were not clear to me during the time when I wrote them. I will fix any misperceptions when total clarity arrives. Until then please excuse my mistakes, which often rise from my pain and concern for us all.

In my heart I feel that there is a lot of good in our government, that their struggle with the infiltration must be immense, and that they will be here for us when they can be. But I sometimes lose sight of this, especially when I am being heavily hit with technological attacks to my brain and other body parts as well as covert threats. . .and have no safe place to run to...where there could be acknowledgment of the technological and covert targeting and protection from further harm.]

Saturday, May 31, 2014 People NEED to Know

[Update; I lightly edited this post, softening it up a bit, because I had written it at a time when I was feeling too upset.]

Thursday, May 30, 2013; "After Turning up the Thermostats"

Update 2016; This post has been erased by those who target me. Its location may have been moved too. I have not yet been able to retrieve it. It contained a couple of dreams I had in 2004 or 2005 - dreams that forewarned of a disaster happening "after turning up the thermostats," which may be about the "global warming" that is probably being done with microwave weapons that could perform armageddon. This post had also contained the dream I had about a darkness moving in after the geese or "with the geese", which may be about good parts of the UN being used for the enslavement with protection technological targeting that is really an enslavement and/or the taking over of America with Agenda 21. I do not want to blame the UN. I feel that there is good there. But there seems to be a pattern of the bad using the unaware good to open doors for it to later move in and take control. And the dangers in this are immense. The same pattern seems to exist in many other arenas and situations as well. I hope those doors are closed and the enslavement is stopped.

**I feel that armageddon can be prevented through preventing criminal use of all sorts of microwave weapons.
Please help stop criminal use of all ground and spaced based laser and microwave weapons.**

P.S. The original location, of the above mentioned post, may have been changed as well. These sorts of things appear to be happening to my blog. Why? I am not sure.

**Prophetic Dreams Can Help Prevent Disasters.
Please let them.**

Friday, January 3, 2014; Under the Guise of "Help"

[VIP 2016 UPDATE; During the time referenced in this post I was experiencing a confusing array of covert rescue attempts. Most of them appeared to be being performed by those who target me or those who were unwittingly lead by them - the usual torture and false "rescue" stuff. One group appeared to be a rouge, gun slinging type of freedom fighting group. Another one appeared to be satanic.

I believe that, during this time some good officials had tried to help me, but those attempts were sabotaged by heavy weapon attacks that interfered with the function of my brain, heart and elimination system during strategic times. I am still not fully clear on all that was happening. But hope that I someday will be.]

Wednesday, May 22, 2013 Again. . .Back to the Heart Bud

[UPDATE; I have erased the PS that was on this post, because it was a venting of my anger, which was probably mostly technologically induced and should have been done in private. Sometimes I forget how public this blog is

and vent in it as if it were my personal journal. Those who are being tortured can understand. But I guess all I can ask is that the rest of you try to and excuse and ignore my angry outbursts. I am actually a calm and patient person who is not prone to anger. . .when my brain is not being lasered and I am not being harassed and tortured.

I am sorry if this post had offended anyone. In my worst fits of microwaved anger I perceived puppets who stalked me as cowards who are a disgrace to this country, like I had posted here. In between heavy rounds of technological targeting of my brain, I see them for what many of them seem to be....enslaved mind control victims who think they are fighting for freedom while being used to help destroy harmless people like me. Its all just too sad. God help us all to be totally set free.

Wednesday, May 22, 2013 Leaving Doors Open in my Heart. . .

[Update; This post appears to have been altered since I posted it. Part of it appeared to have been plugged in from an earlier testimony. I have not had the chance to research this, but I have erased all but the important and most accurate statements and edited them a little bit.

During the time of this post I was being heavily targeted and was extremely concerned about my youngest daughter being technologically tortured before, during and after she gave birth to her son. . .and that her son would also be targeted. I have posted a statement about this post on the link below.]

<http://sharonpoet-ti.blogspot.com/2016/11/love-for-my-daughters.html>

Quotes from original post;

I am realizing that a lot of what is happening to me may also be about distracting me from her, because she is being covertly targeted more than I had wanted to realize, since around 1999 and especially since 2006. I believe that I had been brainwashed into forgetting some of the things she has gone through.

The core of the targeting of my children and I appears to be done by a satanic occult that has access to surveillance and microwave technologies.

And if any of you think this can not be happening in our world. . .you have surely been brainwashed. There truly are satanic occults. . .and they truly do covertly target people in the most deceitful and evil ways. . .and those who are being destroyed need the right kinds of help from family members and honest, law enforcement NOW! Instead of assuming it is not happening to us. . .I dare you to prove it. Tests for radiation, microchips, cell structure damage, brain damage...etc., CAN be run by honest law enforcement and medical professionals. Is anyone out there who has a heart that can help in the ways that are needed?

3+- pm. It appears that I was just drugged again! A water faucet was left on at the Bedford, NH graveyard near the library and after I turned it off I am feeling weird. Dry mouth, cold feeling - not feeling right at all. Am fighting it. It may be from microwaves - am not sure. It feels different from microwaves, though. Later: There had also been a couple of puppets hovering near my car when I'd gone to shut the water off. . .so something may have been sprayed into my car also. I recovered after about an hour. . .but had nearly gone unconscious. It took a lot of strength and praying to fight it.

**The doors in my heart remain open for
my daughters, not matter what. I love them.**

Monday, May 20, 2013 Closing a Door

[UPDATE; I have erased most of this post. There are times when my pain has come out in dysfunctional ways, like it had in this post, especially before I realized the scope of the mind control targeting and the enslavement of those who are used against us.

The jist of it is that my youngest daughter's husband was the primary person that was used to convince my

daughters that I am just "mentally ill" and that I should be institutionalized...etc., - the primary one used to pounded a wedge between both my daughters and I. In my family of origin, the youngest of my two sisters was that person - the one used in the targeting against me.]

Did I foolishly fantasize that all the cruel targeting would go away and let me be a part of my grandson's life? For a few hours I did. But reality struck again today. And now its time to let my heart close a door that I'd not completely closed before. But my love for my daughters remains. . .and runs as deep as my pain.

Monday, May 20, 2013 Please Help Protect Little Babies from Sadistic Microwave Targeting

[UPDATE: I have softened this post up a bit. I know that a lot of people care to help. The ones who do just either can't or don't know what is happening. During times when I am being too traumatized, or have been drugged, it is difficult for me to bypass the negative mind control. I am actually more functional and am not prone to anger when my brain is not being lasered and I am not being tortured. Please excuse me.]

Tuesday, May 7, 2013 Hints of Hope Through Veteran Awareness

[Update; I lightly edited this post to bring it up to date with what I have learned since then. The quotes help to prove that the mind control is indeed happening. Please realize it and help to stop it.]

Thursday, January 30, 2014 Justified Anger - Rachael Orbin

[Update; This post had been interfered with and the videos were no longer functional. The most informative of the two I had posted, appears to have been removed. - The one where she wore a hat for the video) But Rachael Orbin's first video can be found on the new address below.

Later; It appears that both videos are gone and Racheal may be also! Another TI vanishing without a trace of existing?]

Wednesday, April 11, 2012 A Good Cry

[In the initial stages of trying to figure things out, those of us who are being heavily targeted often desperately grope for answers and validation, from anyone and anywhere, so that hope for the hell to be acknowledged and stopped. These statement gave me validation. . .a feeling that said, "OK. so maybe I am not crazy. This is really happening. And then comes the pain of that realization. A good hard cry helps to release some of that pain. Its OK to cry.]

Sunday, April 1, 2012 HAARP Earthquake - Evidence

[UPDATE; I have erased the core of this post. During this time I was being convinced that all the targeting was being done by HAARP. BUT Russia also has the comparable SURA. There are sure to be other similar technologies in other parts of the world. And the Tesla technologies were something that the medical field was VERY interested in....etc. And we can not be sure which one is responsible or who is doing it.]

VIP Note; In the initial years of my figuring things out, and blogging about them, I had shared things like names and plate numbers with the hope of shaming the "perps" into stopping and with the hope of leaving a log of the targeting in case they killed me. In my fear, and lack of understanding of many things, I shared things that I perhaps that I shouldn't have. I erased them, but the damage may have already been done and I am not sure if erasing them would make it more dangerous for them. Would they be targeted if I posted them. . .or could they be targeted if I did not post them and they are also witnesses that can be eliminated without a trace????? I hope that officials will investigate the names I shared and see what happened to them.



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*Give us STRENGTH, God...to find our way through bullets hidden in microwaves, and
COURAGE, God...to make a STAND that saves our lives and FREES our land.*

Heart over Mind for Human Kind

