



## Tips for Targeted Individuals

*Thank you for reaching out to us. Our organization is run by volunteers, and it is challenging to promptly reply to your email. However, much of the support we can provide you is contained in our website and newsletter. We have compiled a list of suggestions to assist you in coping, educating, and protecting yourself against the crimes being committed against countless individuals in our country and worldwide. Our commitment, alongside our board members and officers, is to expose these crimes, provide support to targeted individuals, and advocate for policies and investigations that promote freedom for all.*

## Follow us on social media:

Web: <http://targetedjustice.com>

X: <https://x.com/TargetedJustice>

Instagram: <https://www.instagram.com/realtargetedjustice/>

Substack: <http://targetedjustice.substack.com>

Rumble: <https://rumble.com/user/RealTargetedJustice>

YouTube: <https://www.youtube.com/@TargetedJustice>

Locals: <http://targetedjustice.locals.com>

LinkedIn: <https://www.linkedin.com/in/targeted-justice-8513172b2/>

TruthSocial: <https://truthsocial.com/@TargetedJustice>

Facebook: <https://www.facebook.com/profile.php?id=61555981116703>

**Subscribe to the Targeted Justice Newsletter.** Accurate information is essential for you to manage the various forms of attacks this program perpetrates on its victims. Essential invaluable teaching tools on understanding these crimes by clicking the link to register @ <https://targetedjustice.substack.com/>.

**Become a member of Targeted Justice.** Please note, registering for the TSDB Search and becoming a member are two separate things. When you register for the lawsuit, you are giving us permission to submit your name in court. Becoming a member, simply means that you support our efforts. Members do not have to be Targeted Individuals, they can also be family members and loved ones. Go to our Membership page here: <https://targetedjustice.com/membership-application>

We do not charge for membership, but donations are always welcome and appreciated:  
<https://pay.cornerstone.cc/targetedjustice>

Help us advocate for your rights! Fill out a questionnaire to become a member of Targeted Justice here: <https://forms.office.com/r/gam0R4J4jb>

**Participate in conference calls** held four times a week to connect with other victims in your same situation. These calls are a safe space where we can share, listen, and help one another.

**Mondays (every other week): Victory through V2K\*\***

Host: Lindsay | 9:30-10:30 pm EST | ☎: [\(605\) 313-5489](tel:(605)313-5489) Code: **3237775#**

Online: <https://www.freeconferencecall.com/wall/victorythroughv2k>

**Wednesdays: TI HELP NOW**

Hosted by: Chief & Pastor Daymond Jones, with Co-host Rev. Dr. & Paralegal Andrea Walters

Time: 9:00 PM EST / 8:00 PM CST / 6:00 PM PST

Dial-In: [\(605\) 313-5111](tel:(605)313-5111)

Access Code: 712679#

**Join Online:** <https://www.freeconferencecall.com/wall/daymond40408>

**Please Note:** Discover additional TI Conference Calls and Events at <https://tievents.org/>

**Connect with Local TI Support:** Reach out to a Targeted Justice state support contact in your area. Find your state's contact by clicking the following link: <https://tievents.org/ti-state-international-contacts/>

**PODCASTS:**

**WEDNESDAY:** The Gavel, a podcast with attorney Ana L. Toledo. Watch in Rumble, X and YouTube.

Wednesdays at 8:00 pm EST/7:00 pm CST

**Tune in on Rumble to check out the show:**

<https://rumble.com/c/c-7713973>

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**SUNDAY:** The Chosen Heroes, a podcast with Melissa Miller

Podcast Start Times: 4 PM EST / 3 PM CST / 1 PM PST

Join The Chosen Heroes podcast as host Melissa Miller shares insights on healing, empowerment, and overcoming targeting.

**Tune in on Rumble to check out the show:**

<https://rumble.com/c/c-6927785>

## **TI Tips: Information is power**

– **Read our new Tis tab for advice on protecting your property, shielding, and more:**

<https://targetedjustice.com/new-tis> and <https://targetedjustice.com/shielding>

Shielding does work!!!

**-STOP LISTENING AND REACTING TO AND REPEATING YOUR V2K!** Every time you do, the criminals map your brain further, enabling greater mind control. Read about it here:

<https://targetedjustice.com/v2k>

**-Build a Water Shielding Box** to protect against Directed Energy Weapons (DEW). TJ conceived of this water

box to shield TIs heads from some of the microwave attacks since water absorbs microwaves. Learn how to make your own box @ <https://targetedjustice.com/shielding>

**- Tried and validated devices such as the Silent Knight that can help you block some of the electronic harassment can be bought through:** <https://www.targetsourcecellc.com/> Targeted Justice is not affiliated with this business and recommends its products due to the enthusiastic endorsement by many of its customers.

**-Bone Conduction Headsets** like AfterShokz can be used to minimize V2K harassment. Most Tis find relief pairing these with Binaural Beats. Purchase a pair @ <https://shokz.com/> . You can play in a loop your homemade white noise that you can record

**-Tensor Rings** are twisted copper wires that act as super conductors and neutralize magnetic fields. Learn how to make one @ <https://www.dancingwithwater.com/rings-and-tensor-fields/> .

**-Strengthen Your Mindset** - Use the affirmation 'I will only react to constructive suggestions' from [Richard Lighthouse's e-book](#) to boost mental resilience. Repeat it at bedtime or when feeling fearful. Find many of Richard's free ebooks at the bottom of these pages: <https://targetedjustice.com/shielding> and <https://targetedjustice.com/gangstalking>

## Privacy & Security Tips

Please note that the following tips provide only a glimpse into the protective measures for targeted individuals.

For a more extensive list of recommendations, we encourage you to visit the Targeted Justice website at

<https://targetedjustice.com/new-tis>

**-Consider taping cameras on your devices** to make visual surveillance more difficult and removing the battery from your cell phone when it's not in use.

**-Purchase Faraday bags for your phones and key fobs**—a smart choice to protect your devices from unwanted electronic access and potential security breaches. As much as possible, maintain your phones off when around a lot of people. Try to maintain your phone off and away from you as much as possible. If you have nanotechnology, the phones serves to recharge and manipulate it.

**-Choose wired internet connections over Wi-Fi and unplug your smart TVs when not in use. Remove the WiFi chips from your router. Cover the camera on your TV and phone with tape.**

**-Encrypted Email:** Enhance your email security by opting for services like Tutanota, ProtonMail, StartMail, or others that offer robust encryption, including PGP (Pretty Good Privacy), to safeguard your messages and data."

**-Secure Your Windows & Doors Properly** - see the tips at <https://targetedjustice.com/new-tis>

## Education

### Helpful Information To Know:

- What is a Targeted Individual? Read here: <https://targetedjustice.com/whatisatargetedindividual>
- Key Evidence : <https://targetedjustice.com/key-evidence>
- List of CIA Mind Control Patents : read in bottom of this tab: <https://targetedjustice.com/v2k>
- Timeline of the weapons: <https://targetedjustice.com/timeline>

**Educational Videos - Hundreds of hours of videos that contain the answers to most of your questions. Many of them –such as the attorneys and medical doctors symposiums– are useful to explain to your family about your situation.**

- Securing doors and windows: <https://targetedjustice.com/new-tis>
- The Gavel Podcast on Rumble: <https://rumble.com/c/c-7713973>
- Targeted Justice on [Rumble](#) and [YouTube](#)

**Here's a curated list of books** for Targeted Individuals to understand and navigate their experiences:

- **Guinea Pigs: Technologies of Control** by Dr. John Hall, M.D.
- **Diary of an Angry Targeted Individual: Mind Invasive Technology (Mind Control Technology Book Series)** by Renee Pittman
- **Victim, Survivor, Warrior** by Jason Lee

## Activism

**TI Activism Spotlight:** Discover ongoing TI activism initiatives and unite with passionate individuals to make a significant positive impact! Become a Digital Warrior! View our presentations on this initiative [HERE](#).

**The Cell Tower Movement:** The weaponized cell towers are harming Targeted Individuals, help us expose them by sending cease and desist letters, read more @ [https://open.substack.com/pub/targetedjustice/p/the-cell-tower-movement?r=10495m&utm\\_campaign=post&utm\\_medium=web](https://open.substack.com/pub/targetedjustice/p/the-cell-tower-movement?r=10495m&utm_campaign=post&utm_medium=web) .

**Pass out handouts and flyers** in your local area to raise awareness @

**Write your own ebook:** <https://targetedjustice.substack.com/p/publish-your-ti-story>

**Request your private records** and send in FOIA requests to the DOJ, DHS and FBI.

See this article: <https://x.com/AnaToledoDavila/status/1972455880592355813>

**View other recommendations we have on how to fight back @** [https://open.substack.com/pub/targetedjustice/p/how-to-fight-back?r=10495m&utm\\_campaign=post&utm\\_medium=web](https://open.substack.com/pub/targetedjustice/p/how-to-fight-back?r=10495m&utm_campaign=post&utm_medium=web) .

## Documentation

**Signal Analyzers** can be used to detect frequencies being directed at you. See the videos on how to use them here: <https://rumble.com/c/c-7229435>

**Document, Document, Document!** Quality journaling is crucial as it provides essential evidence for when we have our day in court, as noted by Attorney Ana Toledo, making it the strongest mechanism for evidence.

*We hope this list of resources has been able to provide valuable insights and knowledge to empower you.*

**\*\*Disclaimer:** Targeted Justice is not a legal or medical firm. Please consult a lawyer or doctor for appropriate advice. Please read our disclaimers at the bottom of our Home Page – [TargetedJustice.com](https://targetedjustice.com). All of our communications - email, phone, website, interviews, etc. are opinions and protected as Free Speech. See Brandenburg v. Ohio. We cannot guarantee any outcome for a lawsuit. If you are considering suicide, please dial 9-8-8.\*\*

**If we have helped you, please consider making a donation:**

<https://pay.cornerstone.cc/targetedjustice>