TIMELINE (condensed)

2023

November - Midmonth, for the first time I vaguely remember hearing minor noise harassment, signal tones in unison or varying in duration. The noise campaign subsided and in disbelief I thought nothing of it until next month. I was anticipating a trip abroad and thought upon returning everything would be ok.

December - After nearly a month abroad, around Christmas time in a party with family, some relatives began acting strange. One intentionally hid my phone while another took a drunken snapshot of me. Lastly my cousin in an odd manner requested a voicemail. It was around this time that the noise harassment was reasserted.

2024

In the upcoming months I continued to hear the same noise patterns, repeated nonstop at first to prevent sleep. It varied in high or low pitched tones or pace at times and always served its intent of disruption and confusion. It progressed to being sporadic during the day and nonstop at night and when I would sleep was uncertain. An artificial tinnitus also developed during the early months without pressure, also varying in pitch. I began hearing noises at home as well, banging, tapping, sometimes in odd hours of the night with voices of people outside while trying to sleep. Whether it's attested to gangstalking or just BCI was unknown at the time. I'm now aware that neural monitoring was used because I had different induced emotions. The entire year I couldn't muster up the courage to inform anyone for fear of being made to sound delusional and even maintained the ignorant notion that my situation might somehow improve and it would end on its own. I also naively believed I could tolerate the forced psychological trauma and different emotions as long as there was no physical pain.

Doubt, fear, anxiety and anger were noted mostly at night due to sleep deprivation from the constant, repetitious signals or beats. When it became extreme I resorted to earplugs, a white noise machine followed by earbuds, finally bone conduction and over ear headphones. The former headphones I use while exercising. At first I combined the earplugs with the noise machine in the background and then progressed to tossing and turning with over ear noise cancellation headphones and continuous non ad background music.

Midway through, while trying or being forced to sleep a continuous, slow paced vibration or head nodding in the same motion whichever way I turned became noted. It's due to the electromagnetic frequency transmission that allows for vibrations or mini convulsions and it has happened many times while trying to sleep.

The fear or intimidation spectrum mostly brought on this year was due to a neural hypnotic suggestion where I was made to believe my behind neighbor was consistently observing me and was in some way a threat. Minor installations of gangstalking was noted.

The noise tones persisted for months and I did my best to ignore it transmitted at home by going out with family and friends, playing chess and walking in parks. More importantly, since there were no directed energy attacks to inflict physical pain in spite of psychological, my documention for this year was sparse. There was no pressurized tinnitus or a piercing, sharp, stabbing anywhere and again I naively thought my situation would get better.

2025

January - At the end of the month I was overseas in Spain where the neural monitoring and psychological trauma was at its worst. Hypnotic suggestion, gangstalking and the espionage became so intense I became paranoid. Day and night with little to no sleep, constant implied thought processes and intimidation by the neural monitoring led me to catch an early flight home. In retrospect all of these experiences were intended to make me appear delusional disturbed.

February - Upon landing I began to feel the effects of vertigo and a paranoia of people watching, which leads me to believe the neural monitoring was still present. For example, near landing the neural network intentionally made me hear a stewardess say, “We spiked the drink.” I spent time with family immediately upon returning and made the colossal mistake of stating what had happened with the noise campaign at home, not mentioning what I came back from. It was then insisted that I seek treatment at a hospital and again stupidly, I reluctantly agreed out of ignorance and false hope that the sound harassment would be acknowledged. At the hospital I was placed in psych observation and the neural monitoring was definitely used which became another factor in their decision to place me into in patient rehab. Close to three weeks in, without any electronic devices or smoking, simply meeting new people and reading was in itself a kind of rehab for the better. However, a low dosage, minor antipsychotic was prescribed of which I took for two months. There are no after effects to date. Surprisingly the psychologist’s diagnosis was general anxiety disorder (GAD), not pertaining to my mostly fixed reality. Upon finally going home I felt relief and noticed a reduction in the effects of the using neighbors trying to intimidate me via some BCI.

March, April - Out patient rehab began, group therapy, coping mechanisms and discussion in where was able to meet some wonderful people with real psychological disorders as opposed to what has been brought upon me through a program. April was more or less the same consistent sleep disruption with emotions entailing.

May - Out patient rehab ended and I intentionally skipped elective one on one rehab to save and focus my attention on renovating and improving my physical health. As always the noise projected to my mind brought on mostly anger and was consistent at night.

June - I was scammed through an elaborate crypto market fraud scheme which in retrospect, was part of this whole program and the RNM was used. Again, noise harassment and emotional distress happened all month. Lethargy, apathy and fixed cravings for fast food all contributed to procrastination and a bad diet.

July - Mid month the noise campaign finally stopped and was replaced with V2K as well as increased gangstalking. The V2K began as a silent voice in the mind, synthetic telepathy and in time the audible voice presented itself in my left ear via transmission to the cochlea using pulsed microwave energy much to my discontent. Along with neural monitoring present there became nonstop implied vile sentiments that continue to this day.

August - The combined trauma gets difficult and I was looking for outlets and awareness. It was around this time I researched via youtube and started looking for accounts of people in similar situations. I knew I was not alone, that I am no special case and it gave great relief to find out that this is widespread and there are many with similar experiences.

September October - I had relatives watch over my place while I spent a month and a half abroad to visit distant family in the Philippines. Before going, the night before there was no sleep and the morning of the V2K was rampant. Few instances abroad pertaining to my situation and no real pain was inflicted. I was naive again to think that this could end when I returned.

November - Around Thanksgiving in a family party for the first time I felt a sharp, painful piercing sensation in my eardrum. It was traumatic to say the least this was also when everything merged to what it is now. The addition of the directed energy attacks at first instilled a real fear and anxiety that was not previously noted because I was never in any physical pain. The campaign abroad with complete with BCI or neural monitoring was the worst psychological extreme. Back home, I've a decent amount difficult nights, nearly all due to physical pain to the point where I had to yell or curse out these culprits perpetrating these acts, sometimes for hours. And since the onset of the microwave energy attacks I have had three nights which have nearly brought me to the brink of collapse. One of the nights happened late this month. Precautions were noted, water pillows, noise machine, auditory distractions and proper diet that's accustomed to what this program brings, etc. Websites, references and those in a similar situations were researched more and I wanted to bring a certain awareness to myself.

December - The worst night as far as imbued anger came timed before a chess tournament I decided to play in. Near Christmas Eve, the network kept incessantly interfering, trying to alter my thoughts and would not stop making me angry until the early hours of the morning. This timeframe had pressure, raised temperature and varying intensities of minute shocks or piercing stabs to my skull and extremities which corresponded to the anger. Due to this regime the whole tournament in itself was a mistake.

2026

January - V2K starts introducing pressure to eardrums in pattern with speech projected. Despite being aware to some degree of what this technonology is capable of, there's been a pattern of new methods of torture revealed incrementally, mostly months at a time.

February - It was around mid month that my second difficult night emerged. On the couch, induced tiredness, I tried to sleep and felt the severe, prolonged pressure which lasted for

hours. The most difficult attacks for me, are always consequential of a series of thoughts or actions displeasing or offensive to the psychopathic cowards that perpetrate, and has never happened without this intent.

March April - With the attacks and psych manipulation making itself fixated into my lifestyle, it's slowly getting worse. The lethargy makes me unproductive and the induced cravings are an indication of mental and physical degradation. The neural monitoring belittles or provokes me with induced thoughts or taunts of anger and then uses that notion to attack. The program uses anything as a reason or excuse to emphasize its notions on any topic, race, politics, your dinner, that movie etc. And in conclusion from my targeting so far, none of these matters determine the consistency and severity of the torture. It's only when you do something interpreted as offensive that a rare extreme attack can take place or a prolonged tiredness can happen which can last from minutes to days. With less severity, the attacks can be random and the V2K can bring alarm in anticipation of an attack that might not happen. I'm certain from the start of my V2K that it can't be trusted in anything it transmits. I believe every targeted, innocent person differs in its program and mine is a slow, mental and physical decay. Finally I began to look into grounding measures this month.

May June - Nothing outstanding in the same redundant, sadistic routine. I am slowly beginning to understand more of my situation, thanks to YouTube videos, organizations, platforms and websites. It was around this time I realized that immediate decisions and short term memory can be influenced. And so in these months there were more bouts of confusion and indecision.

July - present Electronic interference and gangstalking at the beginning of the month, the former of which was fixed somehow. For the most part since the start of DEWs in Nov. of 2025, I have nearly everyday recorded in a journal and ssd the attacks and notable events with timestamps. I hope this general timeline will serve as backup. It's the same redundancy now and sharing my experiences has brought on more lethargy, unproductive days to weeks, diet tampering and pressure to different areas of my skull and piercings with the attacks. I'm going to take a short break from stating my experiences in order to focus on having my place rented and maybe moving, while also somehow trying to raise awareness. I hope this inhumane program on us will soon end. Thank you Targeted Justice for all you do! Take care and regards.