

The Use of Microwave Technology in a Zersetzen

Persecution Roderick Russell

May 10, 2016 10:37 AM

About 2 years ago I began to get attacked in bed when I am asleep by some form of electro-magnetic radiation, probably microwaves. Altogether these attacks have happened about 30 times. 17 of these "microwave" assaults are documented in this Report (see section "Cause and Effect", below)

Until recently, Zersetzen had been for us a very nasty campaign of conventional threats, harassment and intimidation, combined with professionally spread slanders designed to blacklist me. These more conventional threats are documented and listed in "Chapter 2. Zersetzen Report" which is, by itself, a blueprint on the illegal use of Zersetzen by our own security services.

It is only in the last 2 years that these more conventional persecutory tactics were augmented by the use of NLW technology - probably microwaves; though the Stasi killed Jürgen Fuchs with X-rays.

Microwave technology is not new and its use in Zersetzen is well documented. Where these attacks are coming from, I don't know. Probably one of the apartments that are near to me, or a van in the street as reportedly happened in Germany.

Microwaves are electromagnetic waves as are radio waves and light. Like radio waves microwaves can penetrate walls and windows and thus can be aimed, for example, at somebody sleeping in his bed. As anybody who has a microwave oven can attest, microwaves are also capable of doing damage.

These "microwave" attacks follow a similar pattern. They happen when I am asleep in bed. The symptoms are the same. What happens is this:

1. I am clearly having some sort of an induced nightmare. My wife (Patricia) wakes me up with difficulty as I am **awling and shouting (loudly but unclearly – just gibberish)** and tossing in bed.
2. My face and neck are completely **beetroot red**.
3. I have a **headache** that can last a day and is accompanied by a general **groggy feeling**.

On occasion there have been other symptoms which have included loud bangs in my ears (sonic attacks) possibly using the "Frey Effect", clogging in my ears, and in my wife's case possibly some balance issues which cannot otherwise be medically explained.

There is nothing sophisticated in basic microwave attacks. 20 years ago Dr. Reinhardt Munzert in an article "**The Misuse of Microwave Weapons by Criminals and Terrorists**" wrote that such devices could be built by criminals and terrorists with only "a basic knowledge of electronics".

Indeed in 1999, the URSI (International Union of Radio Sciences) passed a resolution to make people aware of "**the existence of criminal activities using electromagnetic tools**". They went on to say that these electromagnetic tools operate covertly through "physical boundaries such as fences and walls."

What Proof do I offer

1. All of these "microwave" attacks have happened in front of Patricia (my wife) who can

corroborate. Indeed my wife can attest to all the major incidents since she is woken up by my shouting in my sleep, and in turn wakes me up.

2. **I can also point to the cause** of these microwave / NLW attacks. There is clear circumstantial evidence linking critical written comments I have made and the "microwave" attacks that follow. It seems that the microwave attacks are done in revenge for comments of mine that are critical of the security services or of the failure of their political oversight. Make such a comment and an NLW assault (often as a part of a series of other Zersetzen attacks) follows closely behind. There is a clear correlation between cause and the related NLW assault. I can even trigger an attack by commenting adversely about the security agencies on a blog.
3. These "microwave" attacks don't happen when I have stayed elsewhere (i.e. Zurich, Whitefish Montana, Germany, Toronto, etc.) which suggests a targeted attack on a specific location (i.e. where I am sleeping at home)

Cause and Effect: 17 Incidents leading to NLW assaults

From Feb 2016 to May 2017, I documented the 17 major "Microwave" Attacks / NLW assaults that happened. They are presented below

Note the "cause and effect" that is well documented. It seems that the microwave attacks are done in revenge for comments of mine that are critical either of the security services, or critical of the failure (or absence) of honest political oversight. Make such a comment and an NLW assault follows almost immediately (often as a part of a series of other Zersetzen incidents).

One should note that the incidents themselves are (1) corroborated by my wife Patricia as they occur at night and she is sleeping in the same bed, and (2) their raison d'etre is also verifiable since they can be proven to relate to things I have done that are critical of our Spy Agencies (such making critical comments on a blog).

In total 12 of the 17 "**Incidents**" summarized below were "**Caused**" by remarks of mine that questioned the integrity of the security / intelligence services of the UK and Canada on a blog; 2 of the "Incidents" relate to critical remarks that I made in writing to journalists who report on security and intelligence matters; and 3 relate to my recent written complaint about abuse by CSIS to Canadian **MP and Cabinet Minister Kent Hehr**

There is a clear correlation between cause and the related attacks (i.e. Incidents) that follow on. Here are the 17 incidents referred to - in chronological order:

1. Feb 3rd / 4th 2016: Shouting in Sleep; Headache

These incidents would seem to be a revenge attack for comments I made on a blog that are justifiably critical of the security services.

The Cause:

- I published the following critical comment on Craig Murray's blog on Feb 3rd 2016 at 6:30 pm (GMT not MST) which is 11:23 AM MST. Here is a selected extract from my comment on CM's blog:

"The Iowa Caucuses certainly seems to have confirmed that there is a huge desire for democratic change in America and a growing distaste for their increasingly undemocratic political establishments. Though their policies are very different indeed, it seemed to me that candidates like Sanders on the left or Cruz and Trump on the right all had one thing in common – they campaigned against their own political establishments.

I find this move towards democracy very healthy and hope that it continues. Whether we like it or not: what happens in America today, happens in Britain tomorrow. Is it possible to dream of a democratic UK where the press is free, our oligarchs obey the law without special favors, and our security organizations fight real terrorists and not innocent citizens"

The above published comments of mine resulted in the following NLW (Microwave) attack:

The Incidents that followed on:

NLW Assault - I (RR) was woken up by Patricia (my wife) at 4:30 AM (MST) in the early morning of Thursday Feb 4th – *I was shouting very loudly in a garbled fashion in my sleep. My head and neck were beetroot red, and I had a sore head (headache) that lasted all day Thursday*

2. April 21 / April 22 2016 - Headache; Nightmare; Loud shouting in sleep

This incident would seem to be a revenge attack for comments I made on a blog that are justifiably critical of the security services.

The Cause:

Posted following comment on CM blog

[Roderick Russell April 17, 2016 at 00:11](#)

Re Craig's comment – "The surveillance state has fundamentally changed society".

The surveillance state is about control; it is about subverting the democracy from within. It has changed society from being more or less a democracy into that very dangerous thing – a totalitarian state disguised as a democracy. Continuous snooping means that these secret police agencies (MI5, MI6, GCHQ, etc.) end up knowing everybody's secrets, and this information can be used to control us – MPs, Ministers, Judges, Journalists, or those who appoint them. Literally anybody of political influence.

There are very few people (and even fewer politicians) who don't have some cobweb in their closet that they can be blackmailed on. And if blackmail isn't sufficient, then, as I write about, they can be subjected to a Stasi-style persecution designed, in the words of GCHQ, to achieve "Physiological", "Cognitive" and "Affective Stress" in their target victims using methods designed, again in GCHQ's own words, to "Disrupt", "Destroy", "Diffuse" and "Discredit" their victims.

Yes, the Spy agencies have fundamentally changed society. They have taken our democracy away from us.

The Incidents:

- NLW Assault - Patricia (my wife) awoke at c 4.15 AM early morning Thursday April 21st (i.e. wed/Thursday night) with a "splitting headache". She changed bed/bedroom and her headache disappeared at 8:00 am on Thursday morning
- NLW Assault - Next evening at 4:15 AM on Friday 22st April (i.e. the Thursday Night), Patricia (my wife) awoke me up with difficulty as I was having a nightmare with "loud shouting in my sleep"

3. 1 :30 AM May 11 2016 - Loud shouting in my sleep & other incidents, after contacting Lobster Magazine.

The Cause:

This incident would seem to be a revenge attack for comments I made to Lobster Magazine (May 8 2016) suggesting that the security services and the Guardian newspaper are too close.

Here is an extract from my covering email. Some of these comments were published in that edition of Lobster

A segment of the email is as follows:



Roderick Russell
2016-05-08 1:04 PM

You comment re The Guardian

To: robin@lobster-magazine.co.uk; Robin Ramsay



The
Guardian ...

<http://www.indybay.org/newsitems/2013/02/08/18731673.php>

Robin

I read your comment on the Guardian in the section "The view from the bridge" with great interest, particularly in light of my own experiences with them.

While I am not certain that in dealings with the secret services one will ever get more than circumstantial evidence, I do think there is enough of that to make a very strong case that the security/intelligence agencies see the Guardian as one of their assets.

The Incidents:

- **Unwanted calls to my house** on both May 7th and May 9th at 4:30 AM that woke us up in the middle of the night (NB - I drafted my comments to Lobster c. 6th and 7th May and, as my computer is spied on by them, the Spy agencies would likely have seen the draft of my

email from May 6th).

- I wrote about the "unwanted calls" (above) later on Monday May 9 intending to post them on a blog. "By remote" the security services then took over my computer and eliminated these new comments of mine right in front of me. I ignored the implied threat (i.e. breaking into my computer and changing some of my data right in front of me) and re-wrote my comments.
- **NLW Assault** - 1.30 AM May 10 2016 (i.e. Tuesday – it was Monday/Tuesday night) **Patricia woke me up as I was shouting loudly in my sleep**

4. 4:AM May 21 2016 – Headache, flushed red face

The Cause:

Fri May 20 2016 circa 4:30 PM (late afternoon). I significantly improved and adjusted my web sites in an internet café.

The Incident:

NLW Assault - 4:AM May 21 2016 – Headache, flushed red/beetroot face despite unusually cold temp in room. Trisha also complained of **headache** at same time.

5. Monday July 11th to 13th. 2016 - Whimpering in sleep / face beetroot / computers malfunction / telephone harassment

The Cause:

Monday, July 11 AM - An earlier draft of my document (Electronic Harassment) was posted on OneNote in my computer for the first time. This may have caused some concerns as the draft was related to abuses from the security services and on articles (by others) on the resultant abuse of democracy (see 8 below re inverted totalitarianism).

The Incidents:

Monday / Tuesday Night; Tuesday / Wednesday night & Wed. morning

- **NLW Assault - Whimpering in sleep** according to PMR (Patricia) who woke me up on early Tuesday morning (middle of night around 3:00 AM- July 12, 2016). I woke up with a **Headache** & noticed that my **face was flushed beetroot**.
- When I started up my computer (surface 32) early Tuesday morning (5 or 6 AM), the computer malfunctioned. It was not connected to the internet. I had to turn the Telus box off for a few minutes and then on again to make a new connection. This was very unusual.
- **The gang contacted me by phone (214-838-2465)** on **July 13, 2016** @ 7:59 AM. See Phone screen. Usual type of false contact – “Adrian from windows technical department”. Phoned back and told that you have “dialled a number that isn’t in use”.
- When I started up the Toshiba Satellite on Wednesday morning (**July 13**), the **OneNote files** (where evidence of Electronic Harassment is] **would not open** and I had to go through the error procedures to get them to work – unusual, hasn’t happened before).

(Above - Computer malfunctions, phone contacts, etc. - are just to ensure I know that the microwave (?) attacks are part of the Zersetzen)

6. Comments CM Blog Sept 18th and 19th 2016

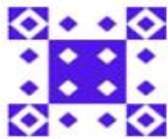
See A & B attached for cause. I was in Zurich, Switzerland - So there was no electronic harassment as it requires some form of setup. Instead I was noticeably under surveillance. One blond woman I saw in downtown Zurich that I was pretty sure was surveying us (as we were meant to see), turned up at the Zoo when we went there later in the day, and then turned up on the paddle steamer on our way back to Meillen and sat beside us. A few minutes after we moved to the chilly bow (we were the only people there as it was chilly) she came up to the bow and sat down beside us again.

7. Shouting in sleep / headache /beetroot face. Fri Oct 28 2016 & Sun / Mon Oct 30-31 & Mon / Tues Night Oct 31, Nov 1 2016

The Cause:

Comments I made on the Craig Murray Blog that are critical of the security / intelligence services, their control of the press, punishment of dissident journalists, and criticism of hearings.

For details see pages C & D attached - Example



Roderick Russell

October 24, 2016 at 19:44

Re Tom Welsh's comment – "I simply cannot understand the hatred and contempt that are piled on Assange's head".

Most people form their opinions based on what they read or see in the Media. So, if the MSM is consistently negative on Mr. Assange, it is hardly surprising if some people are too. The real question is not why are some contemptuous of Mr. Assange, but why is the MSM so full of one sided propoganda against him.

The answer, I am sorry to say, is that we don't have a free press. On matters that are important to the establishment, the media speaks with one voice. The establishment, and their security services, whom he is very critical of, see Mr. Assange's disclosures as a major threat and that is why there is a continuous propoganda campaign against him.

The Incidents

Fri Oct 28th 2016 circa 1.30 to 1.50 PM re walking to A's to collect her and her car and take them to the to airport.

1. A woman stood on sidewalk appearing to wait for us to catch up. (my wife and I were walking on the backroad after the crossing and about 50 yards before Western Canada High). She was stopped in front of us, standing still, doing nothing until we passed her when she repassed us and walked c. 25 yards in front of us all the way on the circuitous route we normally take to my daughter's place. I speeded up and slowed down and yet she maintained the distance accordingly. There was the usual drawing attention to herself by the way she walked. This odd behaviour is a CSIS technique to let their victims know that they are under surveillance (i.e. it's a form of stalking / intimidation).

NLW Assault -Around 4 AM Mon morning Oct 31, 2016 **PMR awoke** with **headache**, changed beds and OK

NLW Assault -12 midnight Tuesday morning Nov 1, **RR had headache, changed beds and early morning 6 AM awoke by PMR from other room, shouting loudly in sleep repeatedly with beetroot face and headache.**

1. Late Tuesday Nov 15th 2016 / Sunday early morning Nov 20th / Shouting / beetroot complexion / telephone harassment

The Cause:

Evening Tuesday Nov 15th - Comments on CM blog on inverted-totalitarianism & democracy critical of the establishment and intelligence services. See Nov 15 2016 addendum (E attached) for details.



Roderick Russell

November 15, 2016 at 16:25

Craig Murray – “Those who believe either Brexit or Trump presage a break from neo-liberalism will be sore disappointed

We have not had a properly functioning liberal democracy for many years. What we have had is a form of “inverted totalitarianism” or “managed democracy” where the establishment “guides” political decision making on matters that are important to it.

I am one of those who does see both brexit and the Sanders / Trump election results as a major protest vote against the establishment, and I hope that I am not sore disappointed.

The establishment clearly interfered on behalf of their candidate (Ms. Clinton), not just with Trump on the right, but in the primaries with Sanders on the left – the only thing these two candidates had in common was that they were both opposed by the establishment. Nothing could be more politically cynical than the establishment candidate (Hillary Clinton), as reported by Wikileaks, stating to Goldman Sachs that “you need both a public and a private position” on the issues.

In the case of Trump, the establishment threw all their assets into the ring against him. Not just money, but the vast bulk of the Main Stream Media did everything they could to throw honest journalism to the wind and rig the election with a barrage of one sided propaganda. And then, of course, there was the Republican establishment neocons who, showing their true colours, put loyalty to their establishment before their party and voted for Ms. Clinton.

Brexit in the UK and Sanders / Trump in the US were a strong anti-establishment message. These issues are a bit rough around the edges (I actual support remain) but they are also a protest vote against the establishment and the lack of real democracy. I know there is a small core who are racist, and that it is very unpleasant for their victims, but a free society is less likely to be racist than the inverted totalitarianism we have today. Fully informed democratic societies do not convert discontent into racism or other persecutory practices, but inverted-totalitarian one's do.

The Incidents that followed on:

- Fri Nov 18th - 10:16 AM - No answer call from Texas Number
- Early Sunday Nov 20th 2016 C 4:00 AM - Woke up with **Beetroot red complexion**, etc.. Trisha and I **moved into spare room**.
- NLW Assault - 6:45 AM - 7:00 AM **Shouting in sleep** - Patricia woke me up.

9. Shouting / beetroot complexion / headache - Wed Dec 14th to Thursday Dec 29th 2016 / Monday Jan 2nd 2017

The Cause:

Likely cause is

EITHER

Wed Dec 14th, Friends of ours (who are the next door neighbours of former Canadian Prime Minister Harper at his private home in the Tuscany area of Calgary) came to dinner at our apartment. I am aware that the apartment is likely bugged on occasion, so that conversations could be overheard. Discussed Love / Barry's comments which had compared my quest for justice to Watergate, and my intent to approach the Liberal government asking for justice.

OR

Fri Dec 16th PM Evening- Sent another email re electronic harassment (in general) to Lobster Magazine.

The Incident:

NLW Assault - Tuesday Dec 27 4:30 AM - Beetroot red face, hot to touch (Trisha observed) , headache lasted all day.

NLW Assault - Jan 2, 2017 2:30 AM - I was making a load noise in sleep, but apparently in early stages; Trisha woke me up.

10. Shouting. Face beetroot red / headache / Jan 11, 2017 late evening/ morning Jan 13th

The Cause:

Critique of MI6 et al re their smears on Trump late Jan 11 on CM bloc (see F attached for details of cause)



Roderick Russell

Reply ↓

January 11, 2017 at 21:09

It seems that a "former" MI6 Operative and a "former" British Ambassador are being blamed (or praised, depending on whom you are) for providing this information, that seriously threatens to damage the integrity of the US President elect, to US intelligence and other sources. Presumably this is a part of the "special relationship" which I am sure that President Trump will greatly appreciate – all this just when, what with Brexit et al, the UK desperately needed a friend in the White House



lysias

Reply ↓

January 11, 2017 at 21:19

The cooperative arrangement between U.S. and UK intelligence agencies has been perhaps the most important part of the "special relationship", which is much more important to the ruling class in the UK than it is to its U.S. counterpart. So any threat to the CIA in particular is regarded as a mortal threat to UK's status as at least a middle-ranking power and thus to the self-esteem of its ruling class.



Roderick Russell

Reply ↓

January 11, 2017 at 21:30

Lysias, Could it be that the interests of the UK's ruling class and its people sharply diverge on this issue? Following this story on American media (from Canada where I live) I notice that – while smearing Trump every way they can – Trump's opponents in the US are very careful to stress that the story has not been verified, but relies on the integrity of its British sources.

The Incident:

NLW Assault - 5:00 AM Fri Morning Jan 13 - woken up by Patricia; shouting in sleep, faced flushed beetroot red with tidemark, headache. Trisha observed face. Got up and no further problem.

11. 4:30 AM Feb 21 2017 - Shouting (incoherently) in sleep, Beetroot red face.

The Cause:

Feb 20th 6:58 PM (GMT)

RR's comment on Craig Murray's Blog under Caption "Irish Union on European Agendas"

Reading Lysias's comment about the American Civil War (Feb 20 @ 15.46), I thought to bring to your attention a radio interview yesterday that suggested that America is in as big a crisis today as she was then.

It is no secret that Donald Trump and the CIA are at loggerheads. Yesterday the Canadian broadcasting Corporation (CBC) interviewed a retired but very senior former CIA operative, Glenn Carle, who made no secret of the disagreement between the CIA and President Trump. Among other comments Mr. Carle thought that CIA operatives in this case were "justified in leaking classified information" and went on to state that America was facing its "biggest crisis since 1861, that was our civil war". Indeed he apparently thinks that the "crisis" is bigger than the 2nd world war and bigger than Vietnam. The CBC Radio interview starts 50 seconds into the 5

minute long interview which be found on the following URL:

<http://www.cbc.ca/player/play/878670403989>

This is well worth listening to. I have no comment on it except to say that I was absolutely shocked. See if you are.

The Incident

NLW Assault - 4:30 AM Feb 21 2017 - **PMR woke me up; Shouting (incoherently) in sleep, Beetroot red face.**

12. 5.00 AM Wed March 22 2017 - Shouting (incoherently) in sleep; beetroot red face,

And again on:

13. 6:25 AM Thurs. March 23 2017 - Shouting (incoherently) in sleep, beetroot red face.

Both these incidents would seem to be a revenge attack for reporting CSIS to a Canadian Cabinet **Minister Kent Hehr** by letter, and in person. Their purpose: To terrorize me into stopping any further reporting.

The Cause:

One event (filing a letter at the Hon. Kent Hehr MP's offices asking for an honest investigation of my complaint and an end to the cover-up) probably caused two related incidents on consecutive nights

On Wednesday March 15 circa 2:PM Patricia and I visited Canadian Cabinet Minister Kent Hehr's (our MP) offices in Calgary, met with his assistant and made a formal complaint about the persecution by CSIS and continued government cover-up. We handed in a letter (See letter to Hon Kent Hehr MP referred to on Chapter "Zersetzen - Threatens our Democracy") together with detailed enclosures on a memory stick and a DVD.

It is unlikely that CSIS (??) was aware of my filing at Mr. Hehr's office until the PC on which the letter was typed was put online by me on **Sunday March 19th.**

The Incidents:

NLW Assault On Monday night (5:00 AM Tuesday morning - **March 21**) and **again (2nd NLW Assault)** on Tuesday/Wednesday night (6:25 AM Wednesday morning **March 22**), PMR woke me up as I was **shouting** incoherently in my sleep and had the usual **beetroot red face** and a lingering **headache**

I would also note that on Tuesday afternoon (March 21) I was **noticeably under surveillance** particularly by a "hoody" while walking through Lougheed Park) on way back from Sheldon Shamir & following lunch.

14. 1:30 AM Tuesday March 28th 2017 (i.e. Monday night) shouting in sleep; beetroot red face.

The Cause:

On Sunday morning (March 26) I moved a copy of the letter to Kent Hehr MP (see items 12 and 13 above) onto One Drive, thus facilitating its placement and publication on the internet.

The Incidents:.

NLW Assault - 1:30 AM Tuesday March 28th (i.e. Monday night), **woken up by Trisha: shouting in sleep; beetroot red face, etc.**

15. 5:50 AM Fri 7th April 2017 (i.e. early Fri morning) shouting in sleep; beetroot red face.

The Cause

Received an e-survey from "the Intercept" and filed it in with comments (referring to Zersetzen) on Thursday April 6th. Intercept is e-magazine involving Glen Greenwood, the Snowden revelations original journalist. Obviously CSIS don't want me making any contact with such magazines.

The Incidents that follow on

NLW Assault - Early Friday morning (5:50 AM) April 7th shouting in sleep; PMR woke up; Beetroot red face; headache lasted all day till Fri evening. Moved.

16. Saturday 8th April 2017 - 4:00 AM (early Sat morning) shouting in sleep; beetroot red face on one side only; PMR woke up.

The Cause:

Same as 15 above.

The Incidents that follow on:

NLW Assault - Early Saturday morning (4:00 AM) April 8th shouting in sleep but less than in 15 above; PMR woke up; Beetroot red face but only on one side; no headache. Moved. It seemed to be similar to 15, but with less intensity or I awoke earlier.

17. Wed May 17 2017 - 2:30 AM. Telus/Hospital Series Incidents

The Cause:

PMR being hospitalized for 3rd time in 2017. Probably due to ongoing anxieties caused by Zersetzen - after all GCHQ has admitted that a purpose of Zersetzen is to cause Cognitive and Physiological stress in their targeted victims. They might be concerned that I would make a big issue of it.

The Effect:

NLW Assault - Early Wednesday morning (2:30 AM) - Mumbling loudly and incoherently in sleep - face beetroot. Woken up by PMR and changed beds. **This attack was part of a series of 5 incidents - see "G: TELUS Series Incidents" for details.**

- Telephone out twice (Monday 15 May 2017 / 2nd outage after repair 16 May)
- East India Crime gang involved (Fri 19 May)
- Flooding Dishwasher - Tuesday 16 May 2017
- Wed May 17, 2017 2:30 AM (i.e. Tues/Wed night) microwave incident

(5 incidents in this series - see section G "Telus series incidents" for details)

Newspaper Articles on NLW/Microwave

Technology

The above reported NLW attacks are frequent and well documented. There are other variations of NLW assault that are less frequent and not described above. For example, on occasion I have woken up in the morning with my ears completely clogged. This is consistent with NLW attacks involving infrasound as other victims have reported. I have no prior history of ear issues.

The technology behind the use of Non-Lethal Weapons (NLWs) is not new. Indeed there are numerous published articles on the use of microwave technology as a NLW (non-lethal weapon) by criminals. Here are just a few of these articles from quality sources:

Selected Newspaper Articles on recent NLW attacks:

Canadian officials were calling incidents "attacks" as far back as April 26 -- months before U.S. officials did

<https://www.cbsnews.com/news/havana-cuba-acoustic-attacks-new-documents-canada-us-state-department/>

Attacks similar to the ones in Cuba happened during the Cold War

<https://hotair.com/archives/2017/11/13/attacks-similar-ones-cuba-happened-moscow-cold-war/>

POLITICO Article

<https://www.politico.com/story/2017/11/12/cuba-attacks-cold-war-technology-244787>

The Frey Affect: How microwaves of a specific frequency and carefully targeted can ape sonic effects that damage one's hearing.

<https://hearinghealthmatters.org/hearingnewswatch/2018/microwave-frey-effect-sonic-attack-diplomats-cuba/>

Beck on the use of microwave technology against a sleeping victim.

<https://gosint.wordpress.com/2017/12/14/nsa-spys-disease-caused-by-secret-microwave-weapon/>

<https://www.dailymail.co.uk/health/article-5153943/Ex-NSA-spy-believes-microwave-attack-gave-Parkinsons.html>

Further explanatory Information on the misuse of microwave weapons by criminals

Nearly **20 years ago**, Dr. Reinhard Munzert wrote about and warned of: "The misuse of microwave weapons by criminals and terrorists"

<http://www.mikrowellenterror.de/english/>

<http://www.mikrowellenterror.de/english/mw-weapon.htm>

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- **From the symptomatic evidence it is clear that some form of electro-magnetic radiation (probably microwaves) is being used. There are three forms of use:**
 - 1. Directly focusing microwaves on the victim; often at night when he is asleep**
 - 2. Bathing the victim's living quarters with microwaves**
 - 3. Using the Frey Affect to cause sonic/hearing related issues.**

- **These NLW attacks are designed to cause physical harm.**
- **Bombarding a person with microwaves constitutes a clear aggravated physical assault – each time it happens.**

Roderick Russell

May 2016 as Revised

<https://www.roderickrussell.ca>