

# ***A Lethal Combination - Microwaves, "Mental Illness" labels and Pharmaceuticals***

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(Revised on evening of Feb 8, 2015)

In my first edition of "Embracing Feelings" I strongly encouraged people to work out personal issues through embracing/releasing suppressed feelings, instead of taking harmful medications. The first edition of this book was completed in 1999 and was followed by severe rounds of targeting which ended in the loss of 3 pets, loved ones and a suspicious fire that raged through my New Hampshire home...etc.

I am not sure if this round of targeting happened solely because of my book. It does appear to be due to other things also. But, the final manuscript, along with most of my other writings, were lost in the fire. And due to how much interference I had while reconstructing it, it was obviously part of the reason for vamp ups in the targeting. But who would want my work destroyed? And why?

My work, was not offensive or threatening - it was all about healing the heart of humanity and bringing more Love into our troubled world. The only types of people, whom I've thought could be apposed to it, had to be some sort of dark occult. But could it have been a threat to some other sort of organization?

My drive to encourage healing instead of medicating, grew from my own experiences with personal growth and things I'd witnessed in a mental health facility, which I'd worked at. I found that through embracing our feelings we can heal from past trauma and that medicating our issues prevents resolution and stalls or prevents personal growth.

I have never taken psychiatric medications but I know people who have and I've witnessed the stagnation, and sometimes even harm, that they can inflict, especially on people who are not really "mentally ill."

Even without meds, the "mental illness" labeling can destroy a person's life. I believe that there are many children and adults who were being labeled although they are perfectly healthy and just needed to be encouraged to allow a healthy grieving process or an outlet for their frustration...etc. I'd not mentioned this in the book, but its time to.

**People who are labeled as mentally ill can lose their rights to take care of themselves and make decisions for themselves. Their work and/or homes can be taken over by relatives. In the worst of situations they can be forced into institutions and medicated against their will. This form of destruction of healthy human beings is probably the worst kind of crime that humanity has ever been faced with, because most victims are not aware and the full scope of the crimes are not yet openly exposed and recognized by the general public.**

I'm not a doctor. But, when I wrote the book, I had a lot of experience with the embracing of feelings, in order to heal from past trauma, instead of suppressing it with medications. I personally trust the wisdom of experience and instincts above scientific text book knowledge, when it comes to personal growth, because every individual's circumstances are different. But, for those who need a Dr. label, in order to believe that we have a serious problem here, I've compiled statements from doctors and other scientific experts.

I feel that the crisis humanity is faced with has multiple dimensions which are summed up in the following paragraph. Some are so obvious that investigations are probably already taking place. And some may be difficult for you to believe, especially if you are not aware of the capabilities of microwave and psychotronic weapons. Please become aware. And please ask yourself the following question and look hard for the honest answer.

**Is it a coincidence that the field of psychiatry is suspected, in Bernard Schreiber's research, to be involved in a continuation of holocaustal crimes against humanity since Hitler's holocaust. . .that, according to General Barrie Trower, microwave weapons began perfecting their ability to remotely inflict symptoms that mimic "mental illness" in targeted individuals in the 1950s. . .that the field of psychiatry was making shifts from Freudian methods to medicatable "mental illness" diagnosis in the 1950s. . .and then (thank God) along came people like Dr Thomas Stephen Szasz, Dr. Paula Caplan, Dr.Peter Breggin and Dr. Colin Ross to stand up for humanity against false "mental illness" labels?**

The following doctors have waged a war against the psychiatric label of "mental illness" and the harmful pharmaceuticals that are either prescribed for or forced upon victims of the label, which comes from the DSM - the book which defines criteria for the diagnosis of "mental illness." **Some psychiatrists are even concerned that the labels and psychiatric drugs are so unethical that it could destroy the credibility of the whole psychiatric profession.**

In the video below Dr. Paula Caplan explains that, ***"the whole process of mental illness diagnosis is unregulated. . . there are categories in the DSM that have scientifically proven not to exist and they're in there anyway."*** Normal ***"things that everybody goes through. . . get diagnosed as "mental illness" for example; if someone close to you dies and your still depressed two weeks later, now, according to the DSM you have minor depressive disorder"*** And she expresses a VERY justifiable concern that normal feelings and social behaviors, especially those of natural grieving or anger, are listed in the DSM as cause to label a person with "mental illness." I like her approach and was glad to find her as a back up for what I have been writing for so long. I feel that the false labels and harmful medications soar beyond unethical and into what can be called the destruction of our natural process of personal and spiritual growth. (Dr. Paula Caplan wrote a book entitled, "They Say Your Crazy.")

**Dr. Paula Caplan on how psychiatrists decide who's normal**  
**<https://www.youtube.com/watch?v=nKbybLM12yc>**

Dr Thomas Stephen Szasz appears to be the pioneer in the movement to save the field of psychiatry from the shame of unethical "mental illness" labels and harmful medications that they justify. On the battle to save humanity from harmful pharmaceuticals Szasz says, ***"The task we set ourselves to combat psychiatric coercion is important. I think its important. . .not enough people think its important. Its a noble task - a task in the pursuit of which we must, regardless of abstacles, persevere. Our conscience commands that we do no less."***

Dr. Szasz wrote a book called "On the Myth of Mental Illness" and says that ***"there is no such thing as mental illness."*** Szasz says that ***"Labeling a child as 'mentally ill' is a stigmatization, not a diagnosis. Giving the child a psychiatric drug is poisoning, not treatment."*** His web site; **[www.szasz.com](http://www.szasz.com)**

An interesting paper on this site is entitled, "On Being Sane in an Insane Place". . . by Michael Fontaine  
**[www.szasz.com/beingsaneepidamnus.pdf](http://www.szasz.com/beingsaneepidamnus.pdf)**

Dr. Colin Ross has extensively studied scientific data which disproves the validity of "mental illness" labels and renders most of the prescribed drugs harmful or ineffective in most patients. He and other ethical psychiatrists strongly feel that the DSM's false labels, need to be exposed and stopped. He says, ***"Its not going to stop until psychiatry takes responsibility for what its doing and the public gets educated and says wait a minute I'm not buying this anymore."***(Dr. Colin Ross wrote a book entitled, "The Great Psychiatry Scam.")

**Is Psychiatry A Scam? Truth About Mental Disorders,  
Psychiatrists Colin Ross and Corrina on Psychetruth**  
**<https://www.youtube.com/watch?v=AG1VHpSgUcY>**

**How a Mental Health Disorder is Discovered:  
DSM Truth, Psychiatrist Colin Ross and Corrina on Psychetruth**  
**<https://www.youtube.com/watch?v=2jFdBIZLwqU>**

Dr. Peter Breggin makes a strong stand against the psychiatric labeling and pharmaceuticals on an interview with FOX News in the videos below. Breggin calls the psychiatric drugging ***"medication spell binding"*** and that they do ***"more harm than good."*** His focus is more on the violence that drugs can instigate in victims.

There is, however, a danger that those, who are not aware of the technological part of the targeting, can easily blame psychiatric pharmaceuticals for severe cases of technological targeting like in the Navy yard shooting, which Breggin blames on a pharmaceuticals. I feel that it was both. The shooter was obviously being targeted.

**FOX News ; Peter Breggin MD Psychiatric Drugs Part I to III**  
**<https://www.youtube.com/watch?v=3lXUOnn5PiQ>**  
**<https://www.youtube.com/watch?v=WJNMBR2zRX8>**  
**<https://www.youtube.com/watch?v=HaPFmgLNwYs>**

Dr Jeffery Schaler went so far as to say, **"The diagnosis of mental illness is always a weapon."**

<https://www.youtube.com/watch?v=BhC6hUZJIJ0>

## Surprising Research into Psychiatry and Eugenics

Bernard Schreiber, wrote a book entitled "Men Behind Hitler - A German Warning to the World." In this book, (which is freely downloadable on the web as a gift for humanity) his research exposes the profession of psychiatry being involved in a covert continuation of the eugenics movement.

Schreiber's book is **"Humbly dedicated to the memory of countless ordinary people who's lives were taken because they were considered less than perfect, and therefore, unworthy to live."**

<http://www.goodreads.com/book/show/6011376-the-men-behind-hitler>

Find free download link here; [www.targetedinamerica.com/menhitler.html](http://www.targetedinamerica.com/menhitler.html)

## And Here's the Most Dangerous Part of the Puzzle

Microwave expert, General Barrie Trower describes **microwave weapons** , and their use on human beings since the 1950s. On the subject of the use of **microwave weapons** on human beings Trower says, **"By changing the pulse frequency... of the microwaves going into the brain and interfering with the brain. . . you could induce psychiatric illnesses to the point where a psychiatrist could not tell if it is a genuine psychiatric illness or an induced psychiatric illness."**

He describes these weapons as technologies which shoot beams of microwaves into space to bounce off of the ionosphere and be redirected to the target, which can be virtually anywhere in the world. His description fits technologies like the Russian SURA and the American HAARP. (At least six of these types of technologies are reported to exist around the globe.) This sort of targeting would also have to be done in conjunction with satellite surveillance systems. So, there are many technologies used.

<https://www.youtube.com/watch?v=kvn-8ITy0oc>

**According to experts the mind control parts of Microwave Weapons are most successful on people who are taking mood altering drugs, like anti-depressants.**

Aside from the book I wrote in 1999, there is one more thing I did before hell broke loose around me. I'd had a prophetic dream, which showed criminal contamination of a public water supply and had shared my concern about it with a few people, including the water department. But many difficult years passed, as I struggled to survive the targeting, before I found the following information and realized that this is probably what my dream was warning of.

**In 2008, news reports stated that pharmaceutical drugs, including antidepressants, were being found in around 24 major public water supplies throughout the USA.**

### Drugs found in 24 public water supplies

<https://www.youtube.com/watch?v=LYD-qf9pZAg>

In 2013 a secretary at a New Hampshire Environmental Protection Agency told me that these drugs are STILL being found in our public water supplies! Reports say that its from the "run off" of pharmaceuticals that are improperly disposed of. Perhaps those who are coming to this conclusion are not aware of the microwave and pharmaceutical targeting of humanity?

Because of the dream I had about criminals putting toxins in public water, and the fact that I had this dream while I was focused on writing a book to help steer humanity toward healing, instead of medicating. . .I believe that the drugs are being placed into the water by groups of criminals who are involved in a covert continuation of the eugenics movement, which includes efforts to control human beings with microwave technologies, which are aided by mood altering drugs. **Whether the drugs are from "run off" or intentional contamination the resulting problem remains the same and something needs to be done to stop it.**

I understand how unreal this all sounds. But PLEASE think about this and DO NOT STOP thinking about it until you feel/know the absolute Truth. Too much is at stake for it to be washed away with blind disbelief.

Even when we put aside the unpublicized technological part of these crimes against humanity, the process of falsely labeling, and inflicting healthy human beings with harmful pharmaceuticals, are still holocaustal crimes against humanity, especially when those human beings are rendered too numb to freely live their lives or when they lose their credibility and right to make their own choices with their own lives.

**But please do not push aside the technological part, because it is the worst of it - it is what makes the rest succeed - it is what makes it all so difficult to face - it is the part that is inflicting humanity with brainwashings and more severe levels of mind control as well as other lethal types of targeting. Criminal use of microwave weapons is the a critical problem that must be faced and stopped as quickly as possible.**

Why would people be targeted in ways that could make them go see a doctor and get labeled as "mentally ill," and either prescribed or forced to take, harmful pharmaceuticals? Who would put drugs in our water? Who benefits from this destruction of lives? I believe that the roots causes are greed and evil. And **we ALL need to do what we can to stop these crimes and save humanity from further destruction.**

***Lets face this  
With determination to preserve humanity,  
With gentle hands reaching out to those in need,  
With peaceful non-acceptance of the evil seed.***

**Please print and share this information with everyone you know.**

This is a work in progress and may be added to soon. Please check back later. Until then **please let your heart be touched on [www.heartbud.com](http://www.heartbud.com) because. . .ITS OK TO FEEL SAD, ANGRY OR SCARED. THESE ARE NATURAL HUMAN FEELINGS THAT WE NEED TO EMBRACE AND WORK THROUGH, IN ORDER TO GROW INTO ALL THAT WE ARE MEANT TO BE. [www.poeticpublications.com](http://www.poeticpublications.com)**

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P.S. Uncountable numbers of people have reported being shot with microwave and laser weapons. These people are commonly known as "Targeted Individuals." Many of these victims have been forcefully labeled as "mental ill" instead of being protected from further abuse. The destructive and discrediting "mental illness" labels are just part of the horrible crimes that are being committed against us. (Dr. John Hall, author of "New Breed - Satellite Terrorism in America," brought a group of Targeted Individuals to a congressional hearing in 2011, but it appears that nothing was openly done about it.)

I am a victim of technological targeting and have had to fight against the label which I have not been inflicted with, but certainly not out of their lack of trying to shove me in that direction. I am fighting to not become another labeled pharmaceutical victim on top of all the other parts of the targeting, which are more than any human being should have to live with for ANY length of time. **It is Truly insane that any human being would have to fight to not be falsely labeled as "mentally ill" and force medicated by criminals who are also targeting us with microwave weapons! The hell that we are going through soars beyond inhumane. We are suffering indescribably.**

Its taken me a while to pull this article together! I have been being heavily targeted since the 1990s. I was shot with painful doses of microwaves when I first found Dr. Szasz on the web. (People like him can give credibility to the story I've been sharing for decades.) I have been being remotely tortured as I write about my experiences. As I pull this article together my neck is being lasered to a very painful degree and threats appear to be being delivered through members of the covert harassment program that is used to help target me. I am in deep need of honest non-covert protection from further targeting and financial help. Can you help me?

**Find more information on  
[www.targetedinamerica.com](http://www.targetedinamerica.com)**