



TargetedHumans, Inc.

May 17, 2026 Newsletter

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Targeted Humans Conference Call

Sunday 8:00 p.m. EST

FreeConferenceCall: 605-475-4779

Access Code: 607080

CALL ID: electricrose222

We are making progress. On May 25, 2026 we hit 5,000 visitors to our website. On May 27, 2026 we hit over the 100 visitors per day on our website. The redefining of Targeted Individuals is well on its way.

You can make a difference too. Please make a donation on our website to support this work.



HOW A FIREMAN IS USING FLOOD LIGHTS TO TORTURE A TARGETED PERSON

The picture above is an AI illustration.

A TI has all neighbors who are Masons, fire fighters or similar. Her closest neighbor, a fireman, decided to install three clusters of flood lights which overwhelm her home with light and microwave. She went to the second hand store and bought some old real mirrors, not the cheap Walmart variety, and installed them in her yard to reflect the microwave and heat and light back to her neighbor. He turned the lights down or off.

Motion detector flood lights utilize microwave motion sensors. They can be adjusted where the heat is more or less intense. When they are being used to torture someone they are left on continuously at the highest setting. The sensitivity of these sensors can be adjusted, allowing users to customize their settings based on the specific needs of their environment, whether it be a quiet residential area or a bustling commercial space. Our example is a residential neighborhood.

Microwave sensors can detect movement through walls and other obstacles, making them particularly useful in situations where a broader detection range is required.

Some models allow users to control the lights remotely via smartphone apps. Microwave sensors offer a more sophisticated approach to motion detection. By emitting microwaves that bounce off surrounding objects and return to the sensor, these devices can detect motion even through obstacles, providing a comprehensive coverage area.

Typically, these lights consist of the following parts but can include cameras:

- **Light Source:** Usually equipped with LED or halogen bulbs, providing brightness and energy efficiency.
- **Motion Sensor:** The key component that detects movement and controls the light activation.
- **Power Supply:** Supplies energy to the light, which can be hardwired or battery-operated. **The power may be engineered for high power sending of microwaves. A person in the range may feel heating by microwave.**
- **Adjustable Settings:** **Many flood lights allow users to adjust sensitivity, light duration, and the range of motion detection. Adjustable settings have been used to turn the microwave up to the max for torturing a TI neighbor.**

[QUORA: What's the one thing with gang stalking that helped you the most when you found out?](#)

[Lorraine Valente](#), Psychologist, Certified Hypnotist, Reiki Master Teacher

Well, there were many things as follows:


1. They are all in on it.
2. YOU and I are not crazy. we are being stonewalled, gaslight, and tortured.
3. The Police are #1 perpetrators of falsifying reports, setting people up, harassment and violating your rights and the Constitution. They are engaged in fascist, Stasi-like hate crimes, for profit. Do not report all of your crimes to them. They are involved and do not care.
4. Collect evidence and post it online to disprove any defamation campaign against you.
5. There are million of us with the same experiences so you are NOT alone.
6. The people stalking you are mostly PAID to harass you.
7. Lastly, the people stalking you are certifiably “nuts”, crazy”, psychopaths, addicts, sociopaths, narcissists, and are addicted to voyeurism of you. Many are the sadistic personality type. They are mostly Satanists and engage in witchcraft. Their god is Lucifer. Targeted people are their ritual devices. Satanic ritual Abuse (SRA) and Trauma based mind control (COINTELPRO) and MK Ultra tactics are used on targeted “test subjects”.

One of the answers is a very perceptive experience by another Targeted person. It is too long to include here.

Please read here:

<https://www.quora.com/Whats-the-one-thing-with-gang-stalking-that-helped-you-the->

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Brain Boost

DIGITAL EDITION

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Here are 10 science-based recommendations to help you build a better brain. Your brain is a marvelously complex organ that manages every aspect of your life. In fact, what's more amazing is that some studies have shown that a small number of people who did not express any impairments during their lives, actually had advanced Dementia pathologies that were seen at autopsy after death. Why?

It's thought by some leading scientists, that having diseased brain tissue, but not showing signs of Dementia in life, may point to the importance of two brain attributes: increased brain plasticity and greater cognitive reserve. The 10 building blocks outlined here are geared toward achieving both. The more you learn new ways to do things, together with increasing your reservoir of knowledge, the more likely you are to put yourself in a position for the best possible brain health. Why not focus on one or two brain boosters today?

1. Breathing, Focus & Mindfulness
Oftentimes, remembering something first requires our attention. Taking a deep, slow "belly" breath can focus our minds, lower stress and enrich our brain's blood oxygen levels.

2. Exercise & Build Strength
With your doctor's approval, regularly increase your heart rate, keep your joints moving and lift weights or use resistance bands. Brisk walks as well as dancing have been shown to improve one's mood and cognition.

3. Watch Food, Beverages & More
We are what we eat, drink and inhale. Consider adapting the Mediterranean or MIND diet to your lifestyle. Lower consumption of sugary foods and drinks, processed meals and carbohydrates, i.e., white bread and white pasta. Diabetes and smoking are top risk factors for cognitive decline. Factoid: if you're okay with caffeine, a cup of black coffee daily might be protective for your brain.

4. Ensure Better Sleep
Rest in a cool, dark room. Reduce reading and eating in bed. Limit electronic distractions and blue-light emitting devices.

5. Understand Your Chemistry
Have your pharmacist check for any possible medication interactions. Consider using genetic counseling to inform how certain drugs might work in your body and reveal little known aspects about your health and family medical history.


6. Protect Your Head
Traumatic brain injuries and concussions are problematic. Wear a seatbelt, get help with climbing ladders, watch for trips and falls and avoid full-contact sports and/or wear protective head gear.

7. Aid Your Senses
What you don't hear or see is hard to remember! Plus, straining to listen or see forces the brain to allocate resources away from cognitive tasks. Look up, listen up! Test your hearing and vision.


8. Stay Socially Active
Engaging in conversation works diverse regions of the brain to respond and remember. Gather with others through your faith, work, hobby or other common interests.

9. Challenge Yourself
Do new activities. Try different foods, travel to different destinations, practice other languages and take up a new hobby.

10. Be Curious
Ask questions. Why? Learning is your #1 brain health building block!



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This may or may not be true or helpful. It is presented as information only for your review:

Please get ready for the 08/12/26 Solar Eclipse. La Quinta Columna at Almeria University in Spain believes that a forced transhumanism hybridization event will be performed by Starlink during the Eclipse. Starlink will blast the Earth with 26.5 Gigahertz to activate the toxic graphene now in our bodies (from the chemtrails, the C19 injection, food and consumer products). Why? To connect our minds to an AI presence for global mind control. So, detox the Graphene out of your body and stay indoors before, during and after the Solar Eclipse. Learn about Immunocal glutathione precursors, oral glutathione, NAC - and anything else you find to get rid of graphene. Graphene is also black goo. If LQC is wrong, we'll celebrate, but if they are right, and you are hooked to a digital twin in the US DoD/DARPA's Sentient World Simulation... you would no longer be just you."



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