

Guide to Defeating...

Mind Control Systems

- The Gear You NEED! -

by Tim Rifat
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Tim Rifat is Brighton's leading Mind Control Expert. Now, Tim shares his knowledge with the general public about Mind Control systems, and excitingly, how to defeat them!

Electric Field Damping with Carbon Materials

Carbon by nature is a non-conductor, and as such is a very good [E-field](#) absorber.

At [RVScience.com](#), I am pleased to offer this improved version of my very low cost microwave absorber sheet which is one of the first stops a target electronic harassment victim should take in order to secure their home while they locate the perpetrators and report them to the authorities.

Now for the good news, due to the way that radio "mind control" systems work, they are bound to the science that lies behind them.

AND THAT'S WHERE I COME IN, WITH IDEAS THAT "WORK"!

My radio based mind-control systems use amplitude modulated radio waves which silently interfere with British Telecom (BT) telephone systems and the power supply units in people's homes (where the electric and magnetic fields build up and are then re-transmitted back at the targets home).

With a little practice it is easy to both listen to people using cavity resonance techniques, as well as sensitize them to their own homes magnetic fields causing them stress, fatigue, nausea and even mental health problems!

While indoors and outdoors after two or three weeks of being targeted with my system or a system like it, people become sensitized to the electro-magnetic fields in their home after which they can also hear a spoken voice via my radio system "ANYWHERE" outside. This type of electronic harassment can be labeled mind control with some caveats, but that is a topic for another article that I will publish in the near future.

Now, back to the e-field damping sheet of choice, my very own product, the now infamous carbon e-field sheet!

By using my carbon-fibre sheet, you can protect yourself in your home from such radio-based attacks easily by installing the sheeting in key locations.

The list below is partially prioritized:

1. Line the insides of your BT phone sockets (NT5E master sockets and secondary/extension sockets as well) with carbon fibre sheeting as tightly as possible, converting the entire internal box area, and overlapping the internal edges as well as you can to prevent any electric and magnetic field escaping.

This is not approved by BT, but if you are a target, then you really need to do as it wipes out any mind-control system quite easily. Lining the inside of a BT socket is not very hard at all. Remove the screws, check the locations of the cables and their connectors, remove the cables, and then line the inside of the BT box as well as you can.

Just use a pair of mid-size scissors and trim it as well as you can to line the inside of the box. The more time you take with it the better, I usually allow 20 minutes per box and I can get an almost perfect seal.

The gains you will see far outweigh the time you will spend installing my carbon sheeting, I can absolutely promise you that!

2. The same again applies to domestic power supplies. Line the internal power supply area using the sheeting ensuring that the internals of the power supply are completely sealed.

You may be able to do this with the help of a qualified electrician, ask first and see how you get on. Explain you wish to shield the box. If you can't find someone to help, remember to ISOLATE your power supply and test that the power line circuits are off.

Check your power points, lighting circuit, boiler circuit BEFORE doing ANYTHING to your power supply. Safety first! The rewards here are just massive, and overlapping using double or triple width carbon sheet pays big dividends.

3. If you have a power strip connected to your television set, or perhaps a PC plugged into it, place a 3 inch wide strip of the material underneath the power strip and use some tape or suitable adhesive to stick it on to the base of the strip.

This will break up the e-field significantly and can be done in just a few minutes with huge gains to your wellbeing.

4. Transformers are really a separate issue but VERY important. The radio signal is "tuned in" by the mind control systems operator to oscillate the coils or transformers if you prefer which assists in sensitizing targeted individuals hearing.

The pain can be terrible and causes inner and middle ear closure which results in heightened sensitivity. Priority-wise, dealing with transformers are equally important as attending to BT phone sockets. However adding shielding to transformers can be much harder to do, but it is sometimes possible.

For smaller transformers such as those found in alarm control panels, the transformer can be safely surrounded with carbon film, to dampen both the electric field generated from the mind controllers radio system as well as reduce the sub-audible oscillations caused by the transformer itself.

Transformers are, and always will be harder to "treat" than other items around the home, but the results are astonishing and well worth placing at the top of the list of things to do.

My personal mind-control system (amplitude modulated based, or longwave if you prefer you old-school types!), depends almost entirely on transformers and they can be found in many household items including; PC power supplies, alarms systems, hoovers, hair-dryers, fans, cooker hoods, telephones, computer routers and so forth. In these cases you will need to use a different solution, I will cover that in much greater detail in a future article!

If you are unable to shield the transformer in your household item, the easiest way is to follow the steps in my next guide, it is a great work-around until you furnish yourself with RFI chokes or filters.

5. Telephone handsets. Again, like transformers they are tricky to deal with but are just as important.

These things create a real racket when RF is pumped through the target individuals telephone circuit, and are capable of contributing towards the closure of the inner/middle ear as well as sensitization.

The carbon sheet in this instance can be used to line the inner casing of the telephone, just make sure that it is disconnected from the mains first. All telephone designs are different and it may not be possible to remove the handset or base unit to make the shielding modifications required, but in many cases it is possible, though a slightly more time consuming exercise.

There are several workarounds, as with transformers that I will explain in a dedicated guide later in the series, though as short-term measure, if lining the internals of the handset and base unit is not possible, then placing a triple-thickness strip over the mouthpiece and listening holes on the handset is a worthwhile and quick job to do.

You can just place a piece of the material over it and stick it on with another non-conductor that is easy to remove. Blue or white tack are ideal for this (as well as many other things as you will see in due course..)

6. Alarm systems. These things are easy to deal with relatively speaking.

Within the alarm main control panel unit will be a transformer, and as described above, shielding the transformer inside is simply a case of adding double thickness pieces around the edges of the transformer as best as you can. Remember that most alarm transformers get hot and need to breathe, so don't block the airflow out completely.

I usually shield the entire inner casing of the alarm panel unit, double-thickness with overlaps, as per BT telephone sockets above.

There are many more applications for the sheeting including one very important one.

If you are struggling to sleep and getting up in the small hours of the morning thanks to the magnetic-pulsing effect felt in the neck and ears caused by a mind control system operator, then your system is "weak" somewhere and needs attending to.

One way you can overcome this to get your beauty sleep is to buy plenty of sheeting to cover the upper half of your body, from a few inches above your head, the width of your body plus 12", and to the top of your legs. This will prevent the magnetic field from pushing and pulling your vital organs causing your blood pressure to rise which eventually closes your inner and middle ear due to the sound pressure building up in your lungs and sinuses.

Make sure that you use as much sheeting as possible and lie it under your mattress, the closer to your body the better, though don't place it directly under your body as it will obviously be uncomfortable. For the brave though, try it, you will notice an incredible difference.

For additional performance, lay a pillow-sized sheet directly under your pillow.

This will reduce your sensitization greatly during the most important time of all, your much needed sleep cycles!

So why is E-field so important anyway?

Quite simply [E-field](#) is the easiest part of the mind-control system to tackle .. I will explain why.

A radio wave is made up of two components, an electric field (the e-field) and a magnetic field. Both work together, if either the e-field or magnetic field properties are disrupted in some way the mind control system will fail massively and the mind control's system operators life will be made a complete misery.

Their hopes and dreams will truly fall apart in their hands giving you the first-mover advantage.

Yes, you "could" fit RFI filters everywhere and you would no doubt see a valuable improvement, and you will indeed "need" some, but the easiest and quickest way to get results for little expenditure is with my carbon sheeting. It can be fitted anywhere quickly and easily with no safety issues at all or special skills. Toroids, filters and special equipment will be explained in a future publishing.

Once the e-field has been damped, the magnetic properties of the system cannot operate properly and the system fails. It is as simple as that. The hard part is locating the right equipment to do the job, and then install it correctly in the right place.

It seems impossible at first, but trust me, it is as easy as pie if you follow my guides on defeating mind control.

Without wanting to go off-track too far discussing the benefits of using the right equipment, my "mind control" sheeting material comes with a durable plastic coating for easier handling and best of all it will not interfere with installation into tight spaces.

The carbon sheet is non-woven and made entirely of 99% pure carbon fibers, which achieves both high E-field shielding & personal protection in a cost effective package.

Finally, here are the specs of the sheet, available per linear foot x 48 inches.

- Width: 48 inch
- Weight: 34 g/m²
- Thickness: 26 mil (0.64 mm)
- Carbon Resistivity: ~3 Ohms/sq

The sheeting is non-conductive as it is completely inert and safe to use in complete safety in any electrical environment.

Tim Rifat's mind control carbon fiber sheeting is yours to buy today. Protect yourself from any type of radio-based mind control and surveillance system using my unique in-house developed products. Accept nothing less, but don't buy my necklaces and jewelry, they are meant for spiritually inclined seeking enlightenment and have no value at all in real-world terms.

In part two, I will cover the evaluation, selection of products and installation of RFI (EMI) equipment on critical household equipment which will defeat any radio-based "mind control" system... as well as previously unrevealed insider secrets of my own!

Additional Notes

Carbon by nature is a non-conductor, and as such is a very good E-field absorber.

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In above part I touched on the basics of e-field and what you can do if you are targeted by a radio based "mind control system" using carbon sheeting. As the subject is so large there were a few additional useful points that I thought would be handy for you to know, so here they are!

We touched on the use of carbon sheeting, well let's talk about making carbon sheeting work in other places.

Places that kill e-field completely, making the radio mind control systems ability to RESONATE objects in your home very difficult indeed. What does this mean to you?

Massive reductions in sensitivity, meaning that you can carry on easily in your life while you PROTECT yourself and your family from this form of electronic harassment while you find out WHERE they operate from and call the authorities.

APPLYING CARBON SHEETING OR CARBON FILTERS TO MAINS SUPPLY LINES

The first port of call as per part 1 of my guide, is to attend to the power supply unit itself and line out the entire internals of the supply, with overlaps as well as you can.

In addition to this you should also cut out small pieces, doubled or tripled over and form small "glands" where the power cables enter the power supply unit.

Now for the best part!

Take a carbon cooker hood filter, available from almost anywhere for a few pounds or dollars, and cut out 3 or 4 inch wide strips around 4 to 6 inches long, and wrap it very tightly around each power line cable and seal it in place with some electrical PVC tape.

Pick locations that are as close to the power supply as possible, but are OUTSIDE of the power supply unit itself. Do each cable individually and you will notice huge reductions in RESONANCE and NOISE in your ears/head meaning that you will not have to keep blowing your nose to open your ear canals (more on this also in a future guide).

WHY USE CARBON/CHARCOAL COOKER HOOD FILTERS?

They are inexpensive, easy to obtain and easy to cut and form into any shape you like, making it perfect for installation in places where my high-end Carbon Sheet cannot be used.

A note to remember about the charcoal filters, they do come in different grades. The best type to choose is the ones that are 2-3mm thick, and are of a FELT-LIKE texture. This type is so easy to work with you will love it.

The material properties are virtually the same, charcoal is electrically inert and completely safe to use around electrical items, it really is a FREE RIDE this material and use it as often as you can .. I will show you how!

PLUG SOCKETS

Radio based "Mind Control" systems, or electronic harassment systems as they are also know, rely almost completely on being able to listen to people, and objects, within the victims home.

Cavity resonance is one technique that is used, and this is very easily done. You can find out more about "cavity resonance surveillance" on Google. Simply put, a radio wave is directed towards a plug socket box most of which are sunk into the walls with a faceplate, and the radio operator creates a resonance within the box which can then be listened to. You may be able to find some videos on YouTube which will give you the general idea.

Plug sockets are a MAJOR component that need to be treated, and this can be done in many ways, some of which are remarkably inexpensive and some of which are not.

So lets take a look at the cheaper options first as these modifications are both safe, easy to do (possibly with the help of an electrician if you are unsure about safety), and inexpensive.

DELTA FILTERS

These are specialist radio filters which are designed to eliminate RF, and have a 3 wire configuration and are perfect if your sockets have grounds connected to them.

The levels of attenuation that are required depend entirely on your situation, but having one in the socket is far better than nothing at all.

Search for ones that have the highest levels of attenuation, ensuring that it will fit within the plug socket prior to purchasing, switch off the power supply, test the socket with an electricians screwdriver, and install the filter. Done! You now have a very inexpensive RF filtered socket fitted in just a few minutes.

This will not inhibit the surveillance side of things, other methods that I will show you in other articles will assist with that.

What the delta filters will help to do is reduce the resonance that YOU feel and help to desensitize you to the radio operators RF signal. It is well worth doing and as I said earlier, very inexpensive.

ELECTRIC FIELDS WITHIN PLUG SOCKETS

This is again easy to do, and I picked up this little trick quite by accident.

While you have your plug socket open, BEFORE you install your delta filter, take your carbon sheeting or cooker hood material and cut triple thickness pieces and completely line the inside of the socket with it. DO NOT apply the material directly to the wire connectors inside the box.

Also, take a small strip of the material and WRAP it around the cable about an inch prior to the wires entering the back of the socket. Around 3 or 4 complete turns will do. Use PVC tape to secure it tightly to the cable and you are done.

What this does is reduce the common-mode RF that travels around the outside of the cabling and hammers the electric field BEFORE it gets a chance to propagate and RESONATE the socket (and items within your home, including you!). This again will assist in reducing your sensitization to the effects of the radio operators "mind control" system.

If you have the means, if you have any unpopulated plug sockets you can perform the following little trick.

Take one good quality rough-duty plug (rubber type), install 2 x delta filters and then pack out the entire inside of the plug with carbon sheeting, taking care to get a good snug fit, the tighter the better.

Now. What you have here is a virtual RF proof and e-field proof single or double socket for less than \$30.

If you choose to go down this route rather than have a professionally installed mains RF filter or two fitted to your domestic power supply, then there are a few tips I have to offer.

Install these closest to the boiler, fridge, television and HI-FI (an absolute must), microwave, telephone, washing machine and any other large equipment such as this which houses a transformer or radio-tuner of some sort. All of these household electronic items are used to create resonance which not only sensitizes you to the effects of the radio operators mind control system, it also allows them to speak to you in your home (as well as outside .. more on this later).

Resonance is the be-all and end-all of the system. If you cannot feel anything, then you are not being sensitized, and of course that is a GOOD THING!

Once you start and notice a difference you will find yourself taking some pride in where and how you install your anti-mind control system fittings to get the best results. Take your time, use common sense and use good quality materials, the materials of which do not have to cost the earth!

Make sure your bedroom and rooms adjacent to it (above and below) are treated first. Most of

the sensitization takes place at night time when you are asleep, and the radio operator can leave his radio system pointing at you in bed so he can get some sleep to work on you the following day.

Do a GOOD job in your bedroom and you will be rewarded with the kind of sleep you used to get!

Bedside clocks, TV, HI-FI's, telephone extensions all have to be treated for the best results, all of which you can do yourself using my guides.

YOUR BED

A really inexpensive way of treating your bed area is to take my carbon sheeting, say 3 x 4 foot in size, line it with cotton and place the flat sheet from a few inches above your head while you are lying down, to below your waistline. If you can manage do cover the whole underside of your bed then go for it, your results will be amazing.

Another trick is to line a bandana with a thin strip of carbon sheet 2 or so inches wide around the full circumference of the skull above the eyebrows around the back to just below the base of your skull. If you can line a decent quality polyester bandana, or wrap in this fashion properly, you can sleep with it without any detriment to the quality of your sleep and BENEFIT MASSIVELY from the improvements to your sensitization.

The head, feet, and waistline are targeted while you are in bed to sensitize your entire body to the radio operators system, the more you do and the better you do it the better the results!

If you have any electronics in your room that you can do without, then place them in your garage (but your garage will need treating too, just remember it reduces the effects a little more than having the equipment close to your sleeping space, and that is better than nothing).

BED FRAMES

If you have a bed on rollers on a planked floor, resonance from copper heating pipes and radiators can cause havoc, generating a great deal of noise that assists in your sensitization while asleep.

It is also relevant during the day, when the same radio frequencies will be used to create sensitizing noise that your ears and mind are familiar with. This is no good!

There are a few tricks you can employ to help ensure a better nights sleep as well as a quieter home.

Place 4-5mm medium hard neoprene rubber under any castor wheels should your bed have them. If you bed has feet of some sort, apply 4-5mm thick squares directly between the feet and the floor, this helps a great deal.

If your bed has a metal frame, this is unfortunate, so the best thing to do here is employ neoprene feet as per non-metal bed frames and use carbon sheeting beneath your bed-sheet, above the mattresses metal springs, to assist your sleep as much as possible.

The carbon sheeting is a godsend, and should be used anyway to help your de-sensitization during your sleep.

PROTECTING YOUR HEAD

How many times have you heard on the net about the old "tin foil hat" routine?!

These radio mind control nerds are the exact same people who propagated this ridiculous notion. No! It does not protect you at all from radio waves in fact it turns you into a conductor

and you may as well be standing directly in front of their radio transmitter!

If you do want to try protecting your head in bed (the most important part), then use a bandana or silk/fine cotton piece of fabric, then wrap in a 2 or so inch width of carbon/charcoal sheeting in, ensuring a snug but not tight fit to your head.

This will definitely de-sensitize you during the night while the "Mind Control" radio operators target you in your sleep.

Lights Out!

Ensure that before bed that you turn every possible plug off before bed. Some items such as fridges etc. will need to remain on, but turn off everything else, you will sleep better because of it.

It also means that there is less to "play with" as far as the radio operator is concerned and your sleep, once again, will be improved.

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