

Defenses

BE BRAVE AND PATIENT, ALWAYS.

Use painters tape to (1) tape and "move" orbicularis oculi insertion points outward and upward; (2) lightly cover upper orbitals of eyes (underneath the eyebrows) with painters tape. To remove after sleeping: GENTLY and continually apply small amount of water along glue line to deactivate adhesive and pull GENTLY off.

Suspend metal foil from anything above (vertically) you in long and dense arrays of sheets.

Put thick (folded over) foil on shoulders to obfuscate your levator scapulae muscles. If you're a targeted individual who suddenly finds him/herself shrugging violently and uncontrollably, your *levator scapulae* are being attacked with this PEP weapon.

Cover your nose (but of course not your nostrils)—especially where the nose joins the face—with metal foil or actually steel. You may need to tape it on with painters tape.

Create a COMPOSITE foil face mask (see photos). Why composite and not solid? Because composite lets the heat out in convenient places, causing obfuscation. With solid, the heat has nowhere to go and so comes out THRU the foil in the normal places = no obfuscation. Each Individ. Piece should be fitted LOOSELY. Do NOT make the mask form fitting or it will not obfuscate (it'll also be more uncomfortable).

Stretch aluminum foil. Buy more heavy duty alum foil. Put vertically above you. Buy steel foil and do the same.

"steel service centers" are companies that process steel to make what you want. They do the welding, forging, etc. Also see under blacksmiths, forging companies.

Wear a steel army helmet (in addition to foil over eyebrows, or face, etc., or other defenses)

Get a roll of Reflectix. It's still metal; it's just very flexible. Orient it ****vertically**** over your head; pinch the top closed with tape. Can also just try sleeping inside a roll of it.

Obfuscation-wise, you're best off when your skin temp and room temp are relatively close. If room temp is much colder, your body heat stands out and they can see your heat signature easily and in detail. If room temp is much hotter, your skin will heat up to match it (again easy to see heat signature and target you) and if too hot your body will overheat. You want skin temp and room temp to be *relatively* close. (You basically want a comfortable room temperature).

Sleep inside a roll of Reflectix.

Get a foot square 2" thick block of wood. Buy many foot long, 4" wide, 12 gauge pieces of hot roll. Cut a groove into the bottom of wood for each piece to stand up in. Orient pieces and grooves at random angles, all close together. When all steel is propped up in grooves, secure with steel wire, wood or additional steel, used as bracing between the pieces on the top. Sleep under this.

I think they can only see the **juxtapositions** between my body's heat and colder substances, such as the cold air. It's the EDGES of your body that they're seeing, so obscure those. But for sure they see juxtaposition between nose and cheeks right next to it, because when exhaling through your nose, your nose is hotter than is surrounding cheek skin..

Get a 2nd pair of full glasses to build a backup pair of protective glasses. Guide sheet steel from glasses frame right into orbi ins. pts = protection all day long. Thus a LATERAL plane. Use origami/craft foil to prettify. Done. Works. Use masking tape, not blue tape, and strap glasses before taping, and let tape go around glasses frame, steel AND strap. POSITION the steel first, THEN tape. Use wooden craft stick or steel key as a splint. addendum: use a CORNER of steel legos to prevent attacks from both outside eye to outer corner of eye, AND from inner corner of eye to outer corner of eye.

If necessary can try to get sleep in public place with head on a table.

Can try to sleep during the day instead of at night; by dark of night they can hover a closer distance above

Rent and sleep in a shipping container.

Make time your ally. Time is precious. Never rush, but never waste time. Don't do in 30 minutes what can be done in 10.

Line a hat with steel pieces and wear it all the time. You must have head protection at all times. I'd say wear a helmet but it would attract too many problems from ppl who don't understand.

Can put head face down while sleeping. Most basic defense. While sleeping, put head face down and steel sheet guarding sides to prevent orbi ins. point attacks. While awake nut not sleeping (eg walking) tilting head BACKWARDS actually works better and looks better.

Redirect airflow when awake

Sleep on moving bus or train

Learn to weld

In an emergency, a key ring full of keys is a source of steel you can use for protection of key facial areas.

Thick plate steel layered in V formation is always helpful (but you need space--not portable)

Have upward sloping sheet steel underneath your "bottom" eye when sleeping. Can use for blocking or both blocking and (using it's weight) pinning the insertion point (use EXTREME caution if trying to do the pin—I recommend against it and may have a better solution soon). And all this can be done in V formation.

Big tall thick steel suspended above upper eye. Because of the enormous setup requirements for the SAFE doing of this, a V formation (though less protective) is what I would generally recommend instead.

To stop them from suffocating you while you're sleeping, you should try to obfuscate or protect all of the following places:

- both sides of your nose, including especially where nose meets cheek skin
- both orbicularis oculi insertion points
- both upper orbitals of the eye (the upper bony ridges that surround each eye)
- both levator scapulae muscles

Wear lead jackets (x-ray jackets)

Tracheotomy as absolute worst-case last resort (I have never tried this and can't verify that it's helpful, but it would remove the "clog your sinuses" method of suffocation because the nose becomes uninvolved with breathing).