

# Blood Pressure

**5/21/22**

Woke up feeling heart pressure and difficulty breathing due to dosing (a familiar sensation). Took my blood pressure: 160/101. Then I went for a walk and took it again. Multiple times, with a low of 87/53. Also, returning from my walk and entering the stair way, a young woman with a small white dog came out and made a fake surprise sound at seeing me. Felt to me like she knew I was coming. You know. GPS?

129/81 - 09:17 nothing

141/88 - 11:12 rockstar, pizza, writing

140/83 - 16:47 after lots of writing

152/94 - 17:26

**5/22/22**

136/92 - 07:43 after waking up later than usual after a day of pizza and two rockstars and new dosing with mechanical grease smell and my mouth open and dry

138/90/50 - 07:51

115/71/72 - 10:30 after walk and rest (also, some sort of dosing that makes me mentally sluggish and tired)

121/76/63 - 12:37 after waking up from a nap I had to take and a shower

120/78/76 - 13:38 with a belly full of pasta

Later had hard alcohol

**5/23/22**

128/77/54 - 08:15 after waking up

Had Dr. Pepper for lunch

**5/24/22**

144/93/61 - 05:20 after restless night feeling jittery and having a clammy mouth  
- more dosing

125/72/?? - 06:40 after walk and shower and stressful encounters and strange smell of dosing while taking my blood pressure

148/88/59 - 10:15 after much-needed nap and waking up to dosing and stress

## **5/25/22**

125/84/57 - 08:17 after a morning nap after a walk and a shower - no noticeable dosing

## **5/26/22**

131/73/68 - 07:03 after waking up

## **5/27/22**

127/76/65 - @ 05:00 after waking up with too much energy due to dosing (this reading took time to get as low as recorded)

129/80/74 - 07:12 after brisk walk again with too much energy, followed by likely dosing as well as stressful paperwork (this reading also took time to get as low as recorded) - 12:00 (?) took one Buspar

128/80/70 - 14:15 after a nap

116/73/72 - 16:30 after dusting and vacuuming my apartment. Then I closed all the windows and turned off all the fans and air purifiers too. Will see how the air quality maintains after this. 15:15 - 15:25 noticing scratchiness in my throat and difficulty breathing due to inhaled particulate - drinking decaf coffee with chocolate almond milk - cooking fish and some pasta - OYO exercising - breathing okay during exercise but after constrained

121/72/63 - 18:14 - after 17:30 noticing a smell in the air that may be associated with making it difficult for me to concentrate. I have been writing for some time, so either this is psychosomatic, or my friendly neighborhood dosers are attempting to interfere with my writing process. Also after taking my bp medication at 18:05 (probably negligible effect in only 10 minutes)

- 18:34 turning on air purifiers - 20:08 noticing tension "twitch" in my feet and calves - 20:13 opening windows because dosing - after that, the twitching abated and I slept longer than normal

## **5/28/22**

- @ 07:30 woke up gradually with stressful thinking possibly due to mostly undetectable dosing - took a shower - wasted time



112/70/67 - 11:27 after a strenuous walk and coming home to shower and feeling almost a little dizzy

- 13:13 heard tapping noises probably up in the attic near the wall adjoining my neighbor and then smelled a slight scent that may or may not be dosing. Also, on the floor above me there is a ladder leading to a door that grants access into the crawlspace above my apartment. This is where these criminals do this shit. Granted, I am not 100% sure it is happening at this time, but it would not surprise me, as I am positive it has happened in the past.
- 15:20 very clear sound of someone up in the attic, and it's a Saturday.

148/80/?? - @ 19:00 after taking bp meds and sleeping pills but also noticing foot twitching and also hearing a knock in the attic above me while taking my bp  
- later night was miserable with gummy mouth

### **5/29/22**

135/76/69 - 18:18 after eating sugar and drinking an energy drink and a really stressful day and 20 minutes after taking bp meds

### **5/30/22**

125/74/73 - 06:47 after a walk and a shower

- Today was dosed with psychotropics of some kind, even with my windows open and fans blowing. Will take a picture of my eyes now.

### **5/31/2022**

125/70/67 - 08:28 after waking up and taking a shower after a long night of sleep. took a long time to be willing to wake up. seems as if there was no dosing?

- A little before 08:50 while I was working on IB4 notes, there was a knock on the wall, followed by dosing that makes me feel a little slow to think. it is disorienting. After I open windows wide there is the smell of cigarette smoke.
- BTW - I'm ready to lose this apartment and my life, so maybe you should lay off the knocking and the dosing?

131/79/66 - 12:25 a few minutes into a Neuvana session

132/77/71 - 12:31 lower Neuvana and noticeable particulate, possibly from outside as it is high in .10 right now, maybe - no, it's dosing, and it is affecting my fine motor skills, which is a dosing favorite of these ass hats.

## **6/1/22**

107/68/83 - 08:45 after a solid night of likely no dosing, a good walk, a shower, and sitting down with a foot bath

109/69/81 - 08:51 and possible dosing just before taking these last too bps. not likely. only possible

- @ 11:00 more dosing, this time causing dehydration and also impacting my fine motor skills somewhat

139/83/65 - 17:52

## **6/2/22**

132/82/?? - 08:18

143/78/73 - 17:30

## **6/3/22**

127/83/62 - 14:35 lots of walking earlier today - no noticeable chemical dosing, although the particulate in the air does seem thicker than it ought to be, especially considering it has been rain some for a lot of the day - also difficulty breathing and noticeable dehydration as well as a slight increase in my energy and levels of aggression - my concern here is that it has been randomly suggested by \*\*\*\* that I might be doing cocaine, which is a scary lie of a suggestion - I like energy drinks not stimulants like that - and as I type this extra bit on my phone, I noticed my finger motor skills to be somewhat compromised - pretty sure most of the dosing now is coming through the place where the hanging light is attached to the ceiling - it is very high up and pretty much impossible to seal - additional sidenote: often when I wet my hands with water from the kitchen sink, they feel sticky right after - not sure what to make of it - 17:10 after closing up and turning on both purifiers and my high fan, the air is gradually improving in terms of particulate, so maybe outside was bad this afternoon

18:00 - 3

**6/4/22**

112/64/78 - 06:44 after a strenuous climb followed by a walk and a shower - when I got back I opened the windows and noticed my lips going dry and feeling more tense than I should - I suspect dosing, especially because my weather app (Apple) says the air quality is at 17, which is unusually good - also, if the dosing is not in the air alone, it is also in the shower water, as this time I noticed a musty (?) smell I've never noticed before

08:48 - noticed a gas like smell so I closed up and turned on the lower purifier - outdoor air quality a 20 - will see how things are when I return in roughly 40 minutes

09:39 - air seemed decent - stuffy with raised CO2 and Chemicals, but that's nothing new and therefore not a sign of anything necessarily wrong - now opening windows a bit and running the big fan on the floor

10:40 - around this time, there have been infrequent yet repeated knocks from 307 on my wall - this person is an ass

13:06 - just got home from the pharmacy on Mercer and a man politely followed me into the apartment building where I live - technically, I am not supposed to do this - I do it anyway because I have already been set up in this regard - after going to the cannabis store near the Safeway I frequent, where people were clearly watching me with bad intention - it's also worth noting that my neighbor in 307 at least likes to smoke something on a fairly regular basis also - and outside in the parking lot near Duke's a man said within earshot something like "he (maybe me?) needs to take a shower and wear a dress." - I cannot defend myself from all of this, and I'm not going to sweat it - plus, a rental woman showing to other women the apartments here was entering the building as I was exiting - I could clearly read that they were legit, so I let them in and the woman said thanks in a way that expressed her displeasure - I hope this stuff helps protect me, but considering how I have been hacked over the years, I'm not counting on it - other notes: a few days ago, after reinstalling the OS on my new MacBook Pro (and having lost access to my compromised Time Machine backup disk), I lost all my emails not on the Cloud, and also threw my Time Machine in the garbage. It is a slow and steady whittling I do not respect

153/84/71 - 15:27 more than five hours after drinking a energy coffee and likely dosing this afternoon as well - I fell fatigued and yet my blood pressure is quite high

138/83/72 - 15:31 sitting still and trying to calm myself

133/79/73 - 15:34 more of the same

129/81/71 - 15:36 and again

18:00 - 2

### **6/5/22**

128/75/64 - 09:50 after long walk and light house work

127/76/66 - 09:52

133/82/60 - 15:50

128/79/60 - 15:59

18:00 - 2

### **6/6/22**

128/78/66 - 9:05 after decent enough sleep, minimal if any dosing, shorter walk - while taking my reading, dipshit 307 knocked on the wall (the second time he knocked this morning)

140/82/71 - 12:59 after drinking yerba mate and grocery shopping

134/83/67 - 13:04

133/77/67 - 13:07

18:00 - 2

### **6/7/22**

130/72/?? - 7:29

126/72/69 - 16:42 after walk back from Fisher Pavilion

18:00 - 2

### **6/8/22**

136/78/69 - 09:34 after a walk, no shower, and then psychotropic dosing with a smell like menthol or spearmint or something, followed by a knock on my wall from 307, just to let me know they are in control - also on the walk there was a woman likely pretending to be homeless carrying cardboard and books and when she dropped a book she stared at me aggressively - plus there was a sticker that read DEANTON \* MOR. Annoying.

135/78/67 - 09:37

157/95/60 - 12:55 three yerba mate drinks and way too much stress from my mom and Grady and porn and knocking, etc.

159/94/59 - 13:00

18:00 - 3

## **6/9/22**

141/93/61 - 05:37 morning after open mic (where some random young stoner guy showed up when I was reading Blood of the World and recorded me without asking my permission ahead of time - he told me what he'd done to irritate me - I just told him it was fine - like I could make him erase it anyway... Der - and possible overnight dosing

134/82/57 - 05:41

140/89/58 - 05:45

12:24 - 2 knocks within the last 10 minutes

142/82/80 - 13:14 beer, chips, and salsa

138/84/78 - 13:19

18:00 - 3

## **6/10/22**

126/79/70 - 7:27 after a good night's sleep with no noticeable dosing and a walk, although maybe 15 minutes before taking my pressure, I noticed some mental distortion that may be due to dosing (also drank some BodyArmor Lyte, but how I feel now is not how I usually feel after drinking such).

14:30 approximately, more knocking from 307 - followed maybe by dosing making me feel cold with and dry-mouth

17:00 2

**6/11/22**

04:00 - smell of dosing, like model glue

130/81/69 - 12:27 walk early morning, shower, 2 yerba mates and general stress after that

19:30 - a little before this time, likely dosing causing cramping of the hands - possibly stress - more likely dosing or a combination of the two

19:45 - 3

**6/12/22**

6:35 - knock while watching ATK video following cigarette prompt from last night, which prompt may have been sub-supra-conscious (you know, reality stuff) - also video I did not watch bbc called I Want to Buttfuck Your Firstborn - threat/promise re: Caroline who turns 12 next month - 12 insisted on as the age of the young drugged woman living above me in Upland, CA, Mountain View apartments - so much programming through porn and others means - so much code language being used - also, I woke up with morning wood (then went back to sleep) - that rarely happens with me and I wonder why it happened... particularly because I have noticed that and loose balls at different times that seem to be the result of dosing as well - after all, Dr. Smallwood in AZ did test my genes - oh, and one of the ATK videos listed Mesa, AZ

139/85/64 - 9:25 after shower, one yerba mate, and obvious stress - der

138/86/66 - 9:32

13:02 - two knocks from 307 followed by two lighter ones etc. when I open FB on my computer

14:30 - around this time my mom calls and tells me the price may go up where she is living and then Mike Mendez calls (I asked him to yesterday) and I talk about 307 and Danny, Jason, and Jim (when the call breaks up and Mike has to call back), and then about Suzzanna's pregnancy with Caroline... it's all (intentionally) draining, and a little after we hang up, 307 knocks.

15:00 - more knocking as I post about gangstalking and human trafficking on FB.

16:30 - soapy dosing of some kind, after talking about knocking and dosing with my mom on the phone before she was called in for dinner and had to hang up

22:31 - loud thump like maybe someone is up in the attic above me - not directly above, but opening the access door on the fourth floor and moving stuff around, possibly dosing canisters or whatever it is they use

## **6/13/22**

132/88/58 - 01:03 After waking up needing to pee and some stress, both generalized and [see above]

126/78/58 - 1:07

02:00 - yerba mate

12:00 to 4:00 and past - seems to be higher than normal and very fine particulate in the air, noticeable on my hands and in my eyes - might be what was set in the attic late last night based on the thumping I heard - possibly outdoor air quality registering as ozone

121/78/67 - 7:00 after walk shower and errands

07:52 - dipshit 307 - ps, if you are trying to get me to learn to react in certain ways to your knocking, I'm not planning on honoring that in any way shape or form - I will do what I choose to do - you will do whatever the fuck you do - I'd like you to leave me in peace - I don't particularly (as of yet) wish you ill - if you want to change that, that's your choice - just in case you're spying on my computer... and monitoring my apartment... and whatever...

09:30 - some mental distortion - likely dosing - not certain, but likely

11:30 - about this time, I got home from Jack in the Box and accidentally lightly scraped a parked car - went back to me apartment, heard a light knock as I entered, then wrote a note and took out down to the car, then returned to my apartment only to remember I wrote the wrong side down, so I went back out and crossed out left to right - note was apologetic and gave my first name and phone number - also took a pic of the damage and the car's license plate

13:25 - knock while I am viewing an article on the Flores/Smart case on my computer

16:00 - 3

## **6/14/22**

7:30 - not sure on the timing of this, but I watched Grinders, Part 3 fully clothed and not sexually aroused - I heard a very soft maybe triple knocking that maybe was meant to indicate approval - this shit is not something I appreciate

8:45 - around this time, as I began working on IB4, 307 knocked loudly when I wrote about THE JOHN BIRCH SOCIETY - gee, what a fucking surprise - I flipped off the wall and continued to compose. Now about 10 minutes later, I smell something not unlike pot smoke - may be dosing, may simply be one of my neighbor's smoking - I don't know. One thing I am clear on is that they are attempting to instill fear in me and make me act out - in fact, last afternoon as I was falling asleep, I felt more fearful than I should have, which again may involve dosing of some kind

12:05 - Another knock just after I signed a Crazy 8 email "wishing Trump a miserable birthday" - so, yes, the threats from 307 are right wing? Or not? I mean, SLO and AZ sure as fuck add up to that, and Eastlake seems in part similarly inclined - still, I stand for what I stand for and if they wish to continue to do whatever it is they are trying to do with me, then they will do so, and I will do my best to act in accordance with my personal values - oh, and Trump is tied to real estate, so that makes a lot of sense as well

142/89/70 - 15:10 a day (one energy drink with some alcohol)

133/82/69

130/79/66

17:30 - 3

## **6/15/22**

04:30 - knocking to wake me up? Er. Might have dreamt this - my head was to the side, so the knocking would have been coming up through the floor of my loft - probably hypnogogic dream state

115/86/68 - 07:45 after walk and shower and just now sitting down

124/68/73 - 08:14

9:50 - knock while on the phone with my mom

11:30 - knock while watching porn - plus later 12:30-ish interrupted video likely hacking - at some point while watching on Adult Empire (probably kicked off my Yhivi in Teen Supreme (?)) my Safari window to Adult Time was closed and the music from my Apple TV to my Bose speaker got transferred completely over to my iPhone and my Apple TV stopped showing a light that it was on and ignored



my remote completely - I unplugged my Apple TV to reset it - I must admit, I am concerned for Yhvi's safety

16:39 - knock just when I stopped watching movie trailers on my phone, relaxing and listening to music - twenty minutes later I notice my lips feeling extra dry and my body cold - knock was probably indicative of dosing - power moves - like the people (quite a few of them) gangstalking me on my walk this morning - won't go into details but I do have a decent enough memory

17:05 - knock

17:22 - stupidly almost annoying - might call it irritating? - and again, this is probably all being recorded against my will, so that's cute too

18:00 - 2

## **6/16/22**

112/63/71 - walk and shower and then feeling unnaturally hesitant/stressed (?)

105/64/74 - yikes

10:30 ish - light knocking, more of it - it seems like I'm supposed to tell "them" something - they should already know the answer, and they should not harm anyone, especially... - and this conversation stuff annoys me like this because I'm either "crazy" or "involved in something that can be called whatever" or some other form of a setup, right? I want to know real people who can have real conversations with me - and, again, do not expect me to write this type of thing again

129/69/73 - 10:45 after seeing doctor, eating and reading

138/9?/? - 15:43 after two yerba mates

144/88/62 - 15:46

133/88/58 - 15:48

17:04 - knock while designing tattoos

18:00 - 2

## **6/17/22**

05:00 ? - knocking

08:00 - knocking

132/80/75 - after shower and errands - feeling a little woozy again

14:00 - knocking in sync with chaturbate and after conversation with my mom - fuck these controls - also, at one point am asked my name and later my age - I answered honestly, because this situation (where I live and how I am monitored) and the laws involved interact in some pretty complicated ways, if you ask me

15:39 - knock at chaturbate likely underage (and clothed) - whatever, pricks - a court of law may or may not decide in my favor - still, what I do is right, and my abusers are wrong

15:53 - another knock - this guy is becoming an asshat

17:30 - odd smell - possible dosing - feeling somewhat agitated physically - got better after maybe 10 minutes

133/84/68 - 18:05 after watching a movie

18:10 - 1

## **6/18/22**

134/85/61 - 07:30 after walk and shower and writing

132/87/63 - 7:33

10:47 (?) - while finishing Chariots of the Gods

151/80/64 - 13:40

15:00 - 2

## **6/19/22**

129/78/57 - 05:28 after waking up

113/73/83 - 07:18 after walk and shower

07:45 ish - light knocking

10:56 - louder knock followed by softer knock - timing may be in reference to

156... and that means... der

11:28/29 - two more knocks

146/87/60 - 15:10

15:00 - 2

22:50 - knock while sending message to Dr. Szela re: hypoglycemia, which I suspect is more a result of dosing than anything else, especially on account of the knock

### **6/20/22**

150/86/59 - 11:12 stressful morning (so much shit)

150/93/57 - 15:04

15:05 - 3

17:00 - odd somewhat chemical smell (?)

17:16 - knock

136/94/59 - 23:30

### **6/21/22**

127/82/58 - 01:23

127/75/58 - 02:12

136/90/68 - 07:49

159/85/64 - 10:55 after stressful phone call

10:58 - knock (and there were some during that phone call) - also, pretty sure the type of dosing is becoming a little more creative and more difficult to detect

146/83/64 - 11:52

15:10 - possible stimulant dosing (?)

146/88/63 - 15:20

15:30 - 3

16:00 - stress response higher than seemed appropriate

133/80/55 - 18:45

**6/22/22**

125/82/57 - 04:41

102/84/76- 7:07 after walk and shower

9:48 - last of 3 or 4 text messages from "Clara Wuth" - "SLO Russian romance scam" or whatever the F it was

10:05 - knock

10:11 - I ACCIDENTALLY set off the fire alarm putting a pizza in the oven - this apartment is not conducive to easy living

10:32 - and again with that shitty fire alarm and my claustrophobic entryway right next to the kitchen

10:55 - knock

135/76/68 - 14:13

14:15 - 2

22:00 ish - very light knock followed by regular knock

22:59 - knock of der

**6/23/22**

138/86/63 - 6:40

Medication is no way to deal with dosing - or with psychological black ops - I also have nowhere to move to that would be any different, so do what you do - I can't stop you

12:00 ish - knock

12:26 - knock

17:33 - knock

Push me hard enough, I upload everything I can

**6/24/22**

???

???

I'm thinking we're just not going to get along.

### **6/25/22**

After a small test, back to recording things.

10:20 ish - knock while composing a FB post - much earlier this morning, a knock when about to climax watching porn

142/84/61 - 18:43 after lying down

152/88/61 - 18:45 knock in the middle of my reading

8:49 another knock

129/87/64 - 20:47 after finishing one IPA

### **6/26/22**

140/83/72 - 07:27 after walk

138/84/79 - 13:06 after short walk and tears (for Chelsea)

134/84/66 - 15:41

20:35 - knock just after experiencing Pierre Chevrolet online BS

### **6/27/22**

07:15 - not sure... possible dosing... slightly distorting in terms of my thinking... although I did drink a Yerba mate on an empty stomach a little while ago... still... oh, and as a "side note" by PS4 Bluetooth controls have been hacked repeatedly lately to make it impossible for me to play my games... and local "gang stalking" is taking on a slightly different flavor... possibly more aggressive I think... which it needs to be if there's gonna be any pushback

141/84/52 - 08:15 after yerba mate

08:27 - knock when reading about Russian aggression in Ukraine... connects to my history with Russia and Seattle's proximity to Russia, as well as Russian real estate ownership in the US and Seattle in particular... so many unknowns at this stage

144/84/67 - 14:56 after Rock Star, stairs, and processing stressors

### **6/28/22**

146/93/57 - 06:27 after waking up and stress

143/88/63 - 08:04 after walk

145/87/61 - 12:08

148/89/54 - 14:33

14:40 - knock

147/90/61 - 16:44

### **6/29/22**

144/87/57 - fourth reading after waking and watching Amazon Prime and experiencing stress - also, beginning last night I have noticed more noise in the space above my apartment

166/102/55 - 2 rock stars and various stressors including intrusive spying knocker living (?) in 307

148/93/58 - after open mic

### **6/30/22**

16:45 ish - woke from sleeping pill nap to dosing smell like model glue and agitated from the chemical

20:47 - multiple knocks (did you watch the clock like you watch me?)

### **7/1/22**

05:04 - knock

06:00 ish - porn and knocking, because these controllers are fucked up - later I took a bunch of bp meds in hopes of OD'ing - probably won't work on account of I never get what I want - really just wish I could disappear into nothing -

instead I get to continue to deal with this pathetic excuse of a world, a world clearly interested in abuse more than anything - I can be honest, but god forbid anyone else is - and I'm not in a position to take this cartel down, or reform it, or anything like what needs to be done to improve things, not just for myself but for others as well - unless of course I'm just a brain in a vat, in which case I just continue to "Stew" - thanks Green Day - and now I see lisinopril will not kill me - I'm just a stupid tool, as always, I guess - so now I'm just reminded that free will is an illusion - a fucking illusion? - probably, just not for me - and it's not like I want to have sex all the goddamn time - I just miss being in a relationship with a woman - and it'd be extra nice to be in a stable relationship - but instead I'm being trained by controllers who never treat me with straight forward respect - am I wrong? - so, well done, players - you got me to almost kill myself two time now in Seattle - you may just win yet - oh, and Chaturbate, while I was on Anal then going to "next cam" it kept directing me to a fair share of younger women, and one woman in particular seemed a little mannish with glasses and made me think of Pomona College's running joke of me as a woman - cute

10:00 - knock

11:45 - knock - this dude is a dick

12:36 - 158/88/65 strange f'ing day

14:03 - took pic of suspicious leak location (after sopping it up with my floor towel) from shower piping, no doubt set off intentionally like my refrigerator temp before I traveled to CA, and all the issues with my (washer and) dryer, and not to mention the dosing.







131/85/76 - 15:09 after errands and stairs and laundry

17:23 - knock after posting something on FB about esotericism and surrealism - btw, do you get summoned back to your apartment every time I maybe jack off? that's kinda creeper

18:08 - lighter knock - and I am NOT INTERESTED in decoding your knocks - only in if necessary reporting them - because I do not Give A Fuck who you represent - I am SICK of being dicked around - not that I'm about to go off or anything - just saying - and "supposedly" my notes are private

20:30 - yet another knock of der

21:30 - maybe dosing - stimulant - sleepless in Seattle - har har

## **7/2/22**

07:44 - knock after waking up after intermittent agitator and stimulant dosing

155/95/58 - 07:57

20:30 ish - dosing (model glue smell) - maybe not so bad this time

23:00 ish - talcum powder smell

23:15 ish - prick 307 came home and knocked, followed later by agitator dosing (no smell)

## **7/3/22**

155/100/60 - waking up stressed as per usual in this hellhole

11:23 - louder knock - I think maybe dickless is angry? - I know I'd be angry if I was assigned such a shit-tastic job like he seems to have monitoring and harassing me

[side note - when I called the FBI some time ago, I remember the young-sounding "gentleman" I spoke with first was a douche whose voice carried a tone of disrespect toward me the entire length of our conversation]

[oh. and I'm not about to post things on FB publicly that will make it easy for you people to kick me out of this apartment]

12:56 - knock - dickless is determined at least

13:22 - multiple knocks...

18:04 - multiple knocks after posting about Boebert and "Christian belligerence"

## **7/4/22**

10:25 - heavy monitoring today - a few knocks earlier, but one louder just now - also, had a bad reaction to the Buspar, which may or may not be the actual pills I was prescribed, considering the access my abusers have to my apartment

12:03 - off the phone with my mom whose empathy sounds empty - lay down in my infrared blanket earlier and 307 knocked lightly a few times - they win - I lose

## **7/5/22**

162/94/75 - 05:05 stressful night, better sleep, sound of movement of neighbors (not sure who) even at this early morning - yesterday there was knocking in addition to a lot of fireworks too close to my apartment building

05:12 - knock

07:37 - knock

08:31 - knock (seemed bitter)

11:00 - earlier than this very light knock after I came up to my apartment after what was likely a show of kissing in the road before I could park which then led to me accidentally scraping the car I meant to park in front of - could be coincidence - kinda doubt it - oh, and if it's intentional, a lot of people are calling my attention to the fact that they are smoking cigarettes - kissing involved black car, hispanic man, asian woman - asian woman entered my building as the hispanic man left - as I entered the building a second time, after writing a note for the driver of the car I damaged, a black haired younger man made snide eye contact with me - also earlier this morning, upon going to the front of my building to get my Amazon delivery of "Body Armor", two tall pretty people (a woman with I think long brown hair) and a man with a motorcycle helmet who thought it important to say, "How's it going?" to me in passing, to which I replied without breaking my stride, "Good." - Also, when I went to Taco Bell north of here, the woman asked if I wanted hot sauce but none was in my bag - she also asked to see my credit card a second time (not sure why), and I mention this because when I went to the other Taco Bell in downtown Seattle

some time ago, they didn't ask about hot sauce and didn't give me any either - again, hard to say why exactly people do what they do, or know what they know - and if this is confusing, gee, maybe that's because I don't like writing notes like this and it's stressful, too

166/103/68 - 15:59 after stressful day still going

16:30 - not 100% sure, but right now I am experiencing body tension that seems to me beyond stress and similar to the "insomniac" buzz I experienced the night of 7/3/22. Hopefully I'm wrong.

21:32 - knock - and likely agitant dosing

### **7/6/22**

08:33 - "distant" knock

09:42 - light but sharp knock

14:03 - light knock - think there was one an hour or two earlier - a theory I have... what if 307 is being forced to do this by others and is attempting to lessen the level of knocks for me while still fooling his overseers? - I don't say this to get him in trouble - I say this in the off chance it will help bring his controllers to justice - because I am sick of evil

14:24 - not viewed traffic on my websites is ridiculously high, and my viewed traffic only a fraction thereof - seems to me like maybe there's OMG a deep web connection? Noooooooooo shit - SMH

18:24 - light knock

22:40 - knock just after turning on and wearing my Apple Watch to keep track of sleep quality

23:16 - knock

### **7/7/22**

00:10 - probable agitant dosing

06:22 - knock

156/98/?? - 09:01

09:20 ish - likely dosing after waiting to be "allowed" to watch porn on my big screen due to hdmi hacking

09:30 - knock louder this one

15:23 - knock when I came out of the bathroom

16:36 ish - knock while beginning to reply to Liz Thomas

17:15 - knock

20:00 - knock just before coming to porn - fuck you to hell you interfering fucks - and when I say fuck I intend to forbid you that pleasure - whatever you hope to do to me

20:42 - a note: I would have let it pass, if it wasn't for the knocking - cost - except for SLO, of course - FUCK SLO

20:52 - light knock - clearly dickless wants to make me act out know that most of my cards are on the table - clueless fucks - also, I tried to do well by SLO, until they betrayed me again and again - and, BTW, hi Pomona!

21:04 to 05 - at least three knocks - turning it up - fucking idiot - seriously

21:14 - too super light knocks - gonna refrain from notating further knocks until tomorrow morning - unless the knock (or knocks) are fucking ridiculous - yippee

## **7/8/22**

Throughout this day, probable dosing causing dry mouth and need to pee - "Drink a lot of water!" - that's what someone told me once, I think in Peoria, AZ

11:40 - knock

142/86/81 - not sure the time, maybe sitting 02:00 after bringing in groceries

151/95/62 - 17:41 after reading San Luis Obispo and Me and smelling cigarette smoke coming in through the windows

18:47 - after talk with Moderate Means, heavy psychotropic dosing - even though my windows are open, fans on, and lower air purifier on as well, I feel

lightly inebriated - it's not unpleasant, except for the fact it's not with my permission, and I have zero reasons to trust anyone, especially my dosers

18:59 - three light knocks as I post on FB about the MM phone call and subsequent dosing - and more light taps because they're gonna do their best to fuck me up

## **7/9/22**

05:50 - unsealed the loft fire detector, because I do not like to "do what's wrong"

160/102/58 - 08:58 after waking up and reading

??:?? - walking to Wells Fargo this morning and crossing at the trolley tracks, I noticed a number of people aware of me, in particular a young woman (maybe 14) and a young ish dark haired man who made a point at the intersection further south of tapping her butt to cross the street - pretty sure it was intentional, especially because two men at the previous intersection made just enough eye contact with me and then one of them adjusted his sunglasses while looking at me with a smug smile on his face - because I read people well - also, two women probably in their twenties that seemed connected to the other four made noises near a (red?) car and seemed to be intentionally trying to distract me or confuse me as I encountered the pretentiously mentioned four - also, going to a bar tonight - curious how that will turn out - bussing it and also drinking no more than one beer unless I feel genuinely safe and appreciated - and even then, no more than two beers max - all of this is exhausting - other note not having to do with today regarding Couth Buzzard open mic - I am clearly known and unwanted there - last two times two different women showed up late and left early in ways that I'd say were intended to belittle me (and remember "Toxic" - Allison ? of SLO having made a special point to mention she has friends in Seattle)

## **7/10/22**

00:15 - knock

00:30 ish and on - awful lot of particulate coming down from the attic space - although outdoor air quality right now is pretty crummy - plus lid drop when I got home

01:43 - light knock of der when reading about channel bullshit - also, at drunken philosophy was a "Jim" supposedly from Boeing who mentioned himself a

Christian and an anti-abortionist and gave me lots of hateful looks - hostile eye contact - tons of hostility that night, really

02:00 - dry mouth dosing now

11:17 - knock

11:22 - knock

13:28 - very light double knock

14:07 - knock - followed immediately by fine particulate dosing from top fire sprinkler hole I have yet to cover again

15:15 ish - covered again

17:25 - knock

08:30 - knock just as I started to watch Valley Girl on Amazon Prime - and when I was at Safeway a man walked by and cheerfully asked how I was doing - I answered in an equally happy "good." - also, I walked around the bread section and probably looked like an idiot because I got hummus but they didn't have any flatbread so I kept looking for something that would work and ended up with mini bagels

09:45 - knock just as I watched a TikTok video about how difficult it is to hold police in WA State accountable - <https://www.tiktok.com/t/ZTR2Aes1U/?k=1>

## **7/11/22**

23:48 - knock

## **7/12/22**

15:10 - very light knock

17:20 - strong chemical smoky odor maybe coming in from below as I heard a thudding sound - or from out the window - I'm in my loft - also earlier a mechanical whirring above my bathroom?

18:28 - loud popping noise, sounded from my loft like it was coming in from outside through my windows - did not sound like it was through a wall - otherwise, no idea what it was

22:30 - knock

22:33 - another lighter knock after I climbed down the ladder to go into the bathroom

**7/13/22**

00:23 - knock of der (while reading HCR on Jan 6 Hearing from today)

07:39 - awake after various dosings that interrupted my sleep starting around daybreak plus a few light knocks

159/98/70 - 08:25

12:15 - two knocks

13:50 ish - noticeable hand nerve tension contraction (possible dosing) - likely dosing due to sluggish thinking

15:17 - hand trouble again - dosing or possibly computer/cell phone related? Happens usually when I am typing or swiping - psychosomatic maybe, but in my opinion unlikely (or just as likely as electronic (?) interference) - and a little later dryer lips and some mental sluggishness - maybe stress, maybe not - especially since my heart rate is stay between 72 and 75 or so - and this poisoning seems to be happening off and on this afternoon, probably until I leave to go to the Couth Buzzard Books open mic

17:26 - quite knock - been knocking a few times over the course of this afternoon of der

18:15 ish - parking cell phone hacking



**P MOBILE PAYMENT OPTIONS**

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or pay online: **PAYBYPHONE.COM**

LOCATION #  
**1676**  
or call 866-254-7272

**OR**

**CallToPark™** GET IT ON Google Play Download on the App Store  
or pay online: **CALLTOPARK.COM**

LOCATION #  
**175946**  
or call 888-767-9037

VISA **ADDITIONAL FEES WILL APPLY** SEASONS

**PAY AT THIS SIGN**

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**SCAN TO PAY**



**7/14/22**

10:12 - knock - and last night Couth Buzzard was threatening

also, over the course of this afternoon and evening I had three beers, the first half beer just before Moderate Means called me

**7/15/22**

03:03 - light knock

05:15 - hopefully innocent encounter "near" R+FV

08:39 - two knocks, the second louder

10:12 ish - chemical smell like wd-40, seemed harmless and probably from outside

143/86/68 - after nap and getting dressed

15:00 ish - came home from Safeway to find my rice cakes opened on both ends and a sliver of wood next to it - the wood slivers have followed me from SLO to Seattle at least - pretty sure that's a threat - also, I'm really curious if ya'll know what really happened at Ranch Cucamonga and what I was aware of at the time

16:30 ish - recently finished one beer (4th of my 6-pack) and am oddly feeling in my loft shortness of breath, physical agitation, and mild anxiety - dosing? maybe

**7/16/22**

09:00 ish - dosing, greasy smell, followed by diarrhea - a favorite from SLO that Steven at Hope House who also liked to talk about guns (he worked there) thought was extra funny

12:51 - multiple knocks

17:23 - dosing - has been intermittent and varied all afternoon - also, outdoors smells like good clean air, while indoors the odor of dosing is quite heavy, despite my attempts at ventilation - noticing my appetite is gone - and my need to pee seems more than blood pressure medication alone

05:15 - dosing - agitant to wake me up as it is dawning

12:00 ish - went to McDonald's, came home to see my apartment being observed - and earlier there was "trash" on the hallway floor



It's Kleenex or something like, which is a calling card I've noticed in a few places

12:45 ish - hand cramp dosing then went to Safeway for bananas and got dissed by gay attendant who broke two stems off my bananas - and that especially toxic white baldish guy who has frequently messed with me in the past was in the lane next to ours - he seemed "emboldened" even though I only heard his voice... and a very overweight white woman was running my lane then closed it out for the gay guy





13:30 - as I typed this light knocking

15:00 ish - more cramping hands and foot

15:45 - back up in loft, some smell of dosing, and as of 17:30, it seems it will continue

19:59 - knock - and more a little later... I expect it to continue ? ... it mostly stopped, so that's good

20:51 - very fine particulate but from outside so (maybe) no dosing, as I raised the two side blinds an hour or two ago - although the particulate is quite thick in terms of consistency

## **7/18/22**

00:00 - Lots of agitant dosing in my estimation, although stress alone in my toxic environment does enough

05:43 - seem to be subtle dosing and knocking cues "Q-ball" - fuck you

07:47 - possible dosing - this will be ongoing I am certain - not going to take notes on this anymore unless it's ridiculous, and even then maybe not - and this does not mean I am playing along - you have drawn this out way too long

137/83/91 - 14:30 after 12.5 bp this morning, some (not much) beer, a walk, some (ditto) sweet boba coffee, and more walk to home and not much resting (hence high heart rate) - also, I accidentally walked across an intersection and a car politely stopped even though I had no right of way - this happened because I was wearing a hoodie and did not see the traffic lights above - just in case you need to know

139/85/83 - 14:45 ? increase in pressure due to 2 stressors: Scully looking sexy :-)) and writing these notes - heart rate due to coffee will likely remain high

156/107/62 - 17:28 maybe 20 minutes after setting bp 12.5 capsule and stress

19:45 - knock - if I am only the tool I fear myself to be, then you will win - if I am granted what I desire, then you will cease

162/112/65 - 20:22 cool - I plan just to hold on until I can't anymore - everything is arbitrary anyway

20:36 - knock

**7/19/22**

141/93/75 - 08:11 after breakfast and a decent night's sleep only to wake up to stress

8:25 ish - heavy dosing

08:22 ↗



Front  
My Home



Awair  
Score



Temp



Humidity



CO<sub>2</sub>



Chemical  
s



PM2.5

Daily Average

● 391.8 ppb



Yesterday

Today



Score



Outdoor



Trend



Tips



Awair+

11:07 - first loud knock in a while, as I was composing a political post on FB

11:21 - very light knock

12:44 - cooking a steak in my oven and have noticed for a week or two (?) that when I turn on my oven it has an odd smell, like something was placed in it in my absence - I honestly have no words to describe the smell except maybe plasticity? It's a weird smell - inhaling it does seem invasive to my body, but exactly how so I have no real idea at this point

14:00 ish - Neuvana session set at F-City-25, when searching for Xen up came two devices and I chose the first (top)

14:02 ↗



Cancel

# Discovered

**Xen-F0BFC**

**Xen-F0BFC**

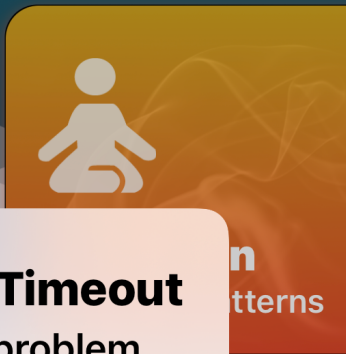
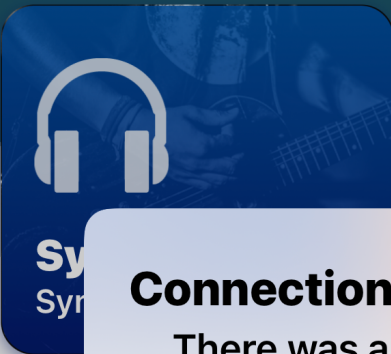


14:03



# Session Setup

This is where you can design and set up a new session, select a recent session, or pick one of your named favorite sessions.



**Connection Timeout**  
There was a problem connecting to your device, please try again.

Okay

**Sensation** Citys >

**Sensation** 6/20/2022 - 10:36 >  
Vista • Waveform D • 25:00

**Sensation** 7/30/2021 - 16:07 >  
Vista • Waveform B • 15:00

**E-City** 25:00 Remaining

Sessions Music Settings

Also, concurrent yet subtle dosing - likely - by 14:28 have noticed fine motor coordination slightly impacted two times

14:29 - received [suspect] text and followed it to this link: <https://rxinform.org/m/twnWKN/prescriptionorder/4f6ca8df-2e79-4acc-a94f-3d29f833579d>

She never indicated that she was refilling this prescription, and she knows I have not been taking this medication for some time now

14:31



64556 >

Text Message  
Today 14:29

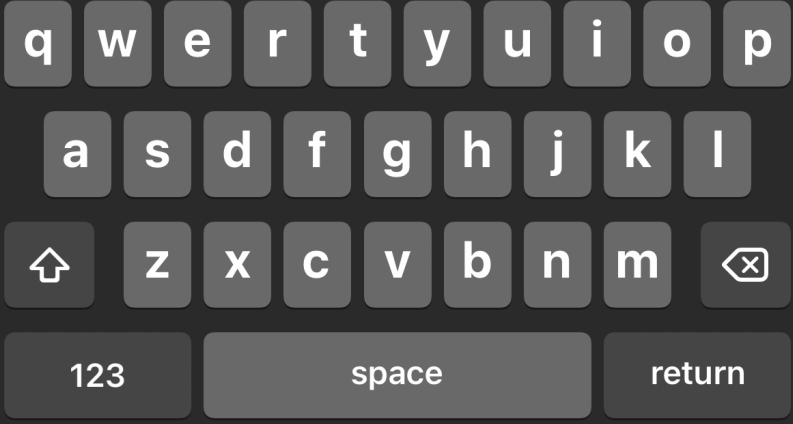
Review your  
prescription from  
Carron Cherrie now:

[https://rxinform.org/m/  
twnWKN](https://rxinform.org/m/twnWKN)

Reply stop to opt-out.



Text Message



**Kelley Ross Long Term Care**





Your Prescription

**Aripiprazole**

5mg tablet

 Watch video

 Contact Pharmacy

Was this page helpful?  

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14:55 - researching betrayal of union center pharmacy, two knocks

19:20 - likely dosing, agitant

## **7/20/22**

140/87/73 - 12:42 - walked earlier, took 2 12.5 a few hours apart

14:34 - messaged someone that I think the dosing and knocking may stop, although that definitely remains to be seen

15:06 - knock, so never mind

18:34 - lots of smoke smells intermittently coming through the windows or as a result of dosing throughout this afternoon - apparently playing with me is fun for them - and just as I wrote this, the effect became a little more pronounced - anyway, mostly only wanting to document knocks, even though there are other sounds in my environment that have lately been used to similar effect - I sure would like to graduate this shitstain of a school and get on with my life - and, yeah, I know... time... der

## **7/21/22**

03:50 ish awakened by agitant dosing and sexual stimulant - evil shits

05:06 - light knock

10:42 - solid knock after starting to watch Bob's Burgers

12:59 - just a note - today I lowered my blinds and drove to get an alcoholic beverage and to a McDonald's I did not visit because it had no drive thru - then I came home and watched Hulu (not porn), which I suspect some were expecting or told about (as a lie) - now I'm back from the local market and watching X-Files - I am really not a fan of lies - because I'm sure 307 lies, even with deepfakes, you know? - although I "could" be wrong - and as I wrote this, anxiety inducing dosing likely began - or through my decaffeinated coffee, like in SLO with my caffeinated coffee there - difficult to determine, like all this garbage - also, noticed when going to bed last evening that when I turned on my loft air purifier, it has a smell (almost perfumey) that dissipated over a number of hours, and I do recall my air purifier in SLO was similarly compromised (only the smell was different) - I think I bought a replacement unit back then, only to have it similarly compromised - they like to make me spend money

14:08 - knock

17:43 - knock

17:53 - three knocks - because I'm watching Jan. 6 and 307 is messed up - plus familiar smoke smell - not sure which window it's coming from - not gonna check - timing matches though and I'm on my couch - smell is agitating - also, doesn't necessarily have to be coming in through a window, since this apartment has lots of air access... especially in the kitchen hallway

18:47 - knock - and again after I put down the phone

22:20 - knock

## **7/22/22**

06:23 - left for walk - Amazon at downstairs door

8:25 - knock while I was in the bathroom changing

8:30 - light knock (distant?) as I put my hat on to leave for Safeway

16:14 - 154/95/74

17:35 - harder to breathe in my apartment - dry eyes - dry lips - crust develops in my eyes - this is a recurring dosing issue - even when outside air quality isn't that great, my indoor air is toxic

18:17 - knock as I was emailing OYO about a squeak with their device (a squeak I did not hear until today). Also, today, I was harassed by a person on Eastlake Ave who I'm pretty sure was only pretending to be gay and homeless. Walking home from Eastlake Bar + Grill, where I had a burger and a beer. Also, two really big flies in the apartment (coming in through where?) over the last two days.

18:45 ish - took forever to compose a FB post because of dosing (the kind that befuddles my thinking)

19:41 - lots of dosing bullshit this evening - "it's only gonna get worse" I'm sure

19:51 - knock

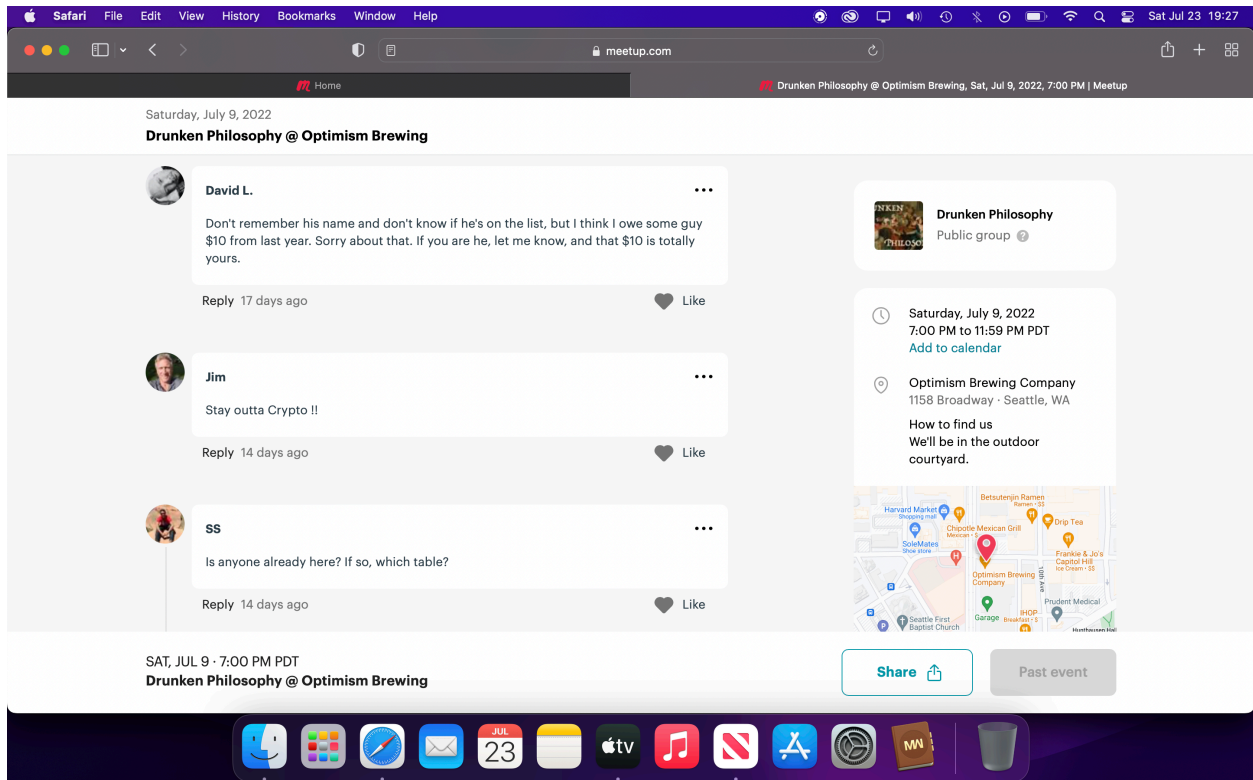
20:31 - knock

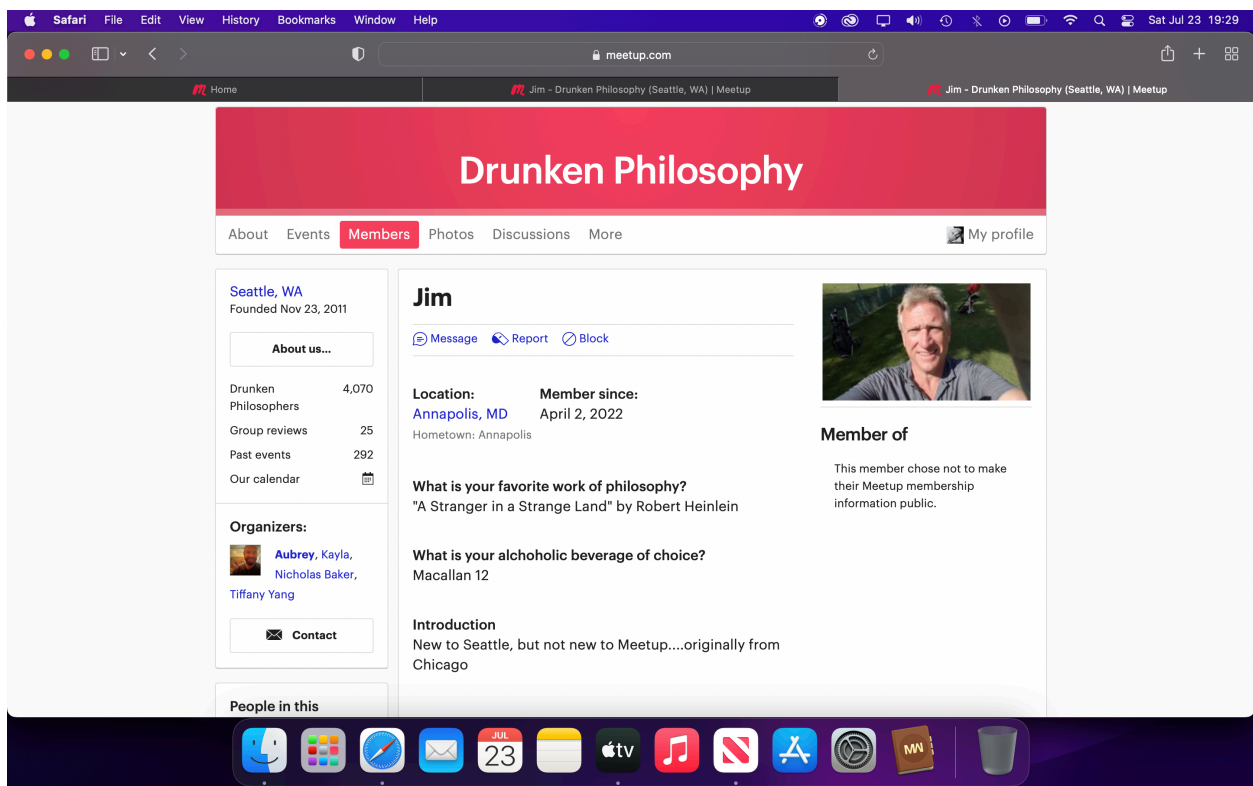
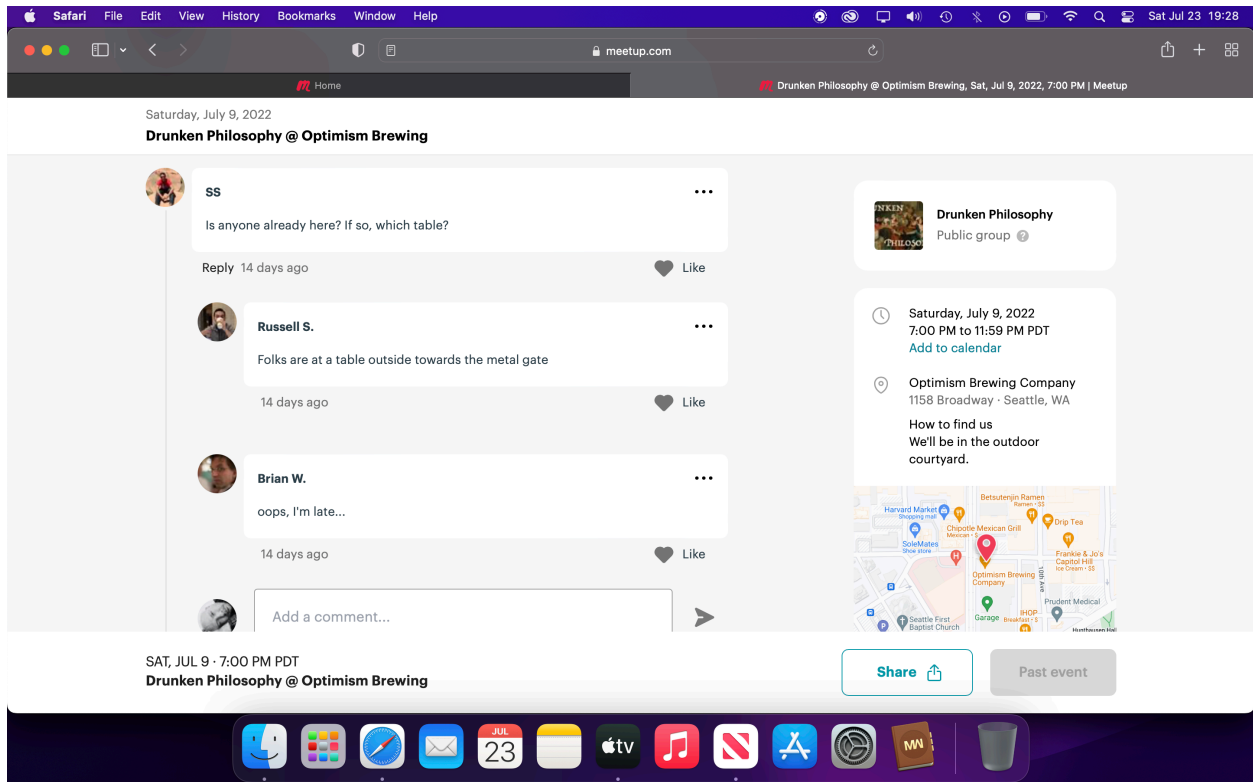
21:36 - knock

**7/23/22**

08:58 - quiet knock as I open my computer - and another quiet knock as I finish composing my FB post about yesterday's harassment

19:29 - knock as I took screenshots of Meetup comment dis and especially Jim/Boeing/threat.





He spoke of staunch anti-abortion Christian beliefs and told me about working as an engineer (?) for Boeing, and held my gaze way too fucking long



21:22 - quieter but not quiet knock just as I posted about Confederates and Republicans on FB

22:02 - knock - and I'm done recording this prick for the night

### **7/24/22**

07:48 - double knock - shortly after posting about Aaron Walls - Tukwila lawyer now?

07:55 - double knock

12:19 - knock

13:03 - knock as I composed my explanation re: my retraction of my Fall Out Boy "Uma Thurman" post, which the previous knock was likely in relation to - does this shithead wish to take credit for "guiding me?" - good luck

14:30 - two knocks (one really quiet, then one louder)

157/94/? - 15:31 stress, some alcohol, coffee, red bull

18:06 - three knocks

18:13 - possibly some dosing of disorientation - mild

157/91/67 - 18:17

19:08 - some time earlier today the third fly appeared - these games - cost

19:54 - two knocks while writing about Peoria for IB4 - gee, what a fucking surprise

21:45 ish - possible dosing

22:29 - knock when I looked up [babelbabble.blogspot.com](http://babelbabble.blogspot.com)

23:00 ish - agitant? then for hours dehydrating dosing

### **7/25/22**

03:20 ish - knock

05:05 - knock (one more maybe 45 minutes earlier)

08:22 - knock

12:02 - unfriended Regan after she accepted my friend request just a little after I complained about Jim Karitsiotis on FB - she ignored me - and Hugh Mann's profile (Danny Hitt) was suddenly front and center - I am betrayed

13:46 ish - "side note" - the wall knocking is also reinforced by occasional car beeps out in the street - which is very easily heard on account of my open windows - and these are timed similarly to the wall knocking - I am way too freaking monitored - this latest beep took place just as I posted on FB about what I might be being conditioned for due to the knocking in both San Luis Obispo and Seattle - of course not EVERY car sound outside is directed at me like that one most likely was - anyway... yuck

13:58 - Aaron Walls - Tukwila lawyer from Pomona College - 47 friends?

13:58



Aaron Walls



# Aaron Walls


 **Add Friend**


 **Message**




 **Owner/Partner at Walls Law Firm**

 **Former Deputy City Attorney at City of Federal Way**

 **Studied Law at University of Washington**

 **Studied Philosophy at Pomona College**

 **Went to Edmonds Woodway High School**

 **Married to Renee Walls**

 **See Aaron's About Info**

## Friends

47 friends



Home



Friends



Profile



Notifications



Menu

155/98/69 - 17:20

19:59 - due to the heat, the cover over the loft light fell down - too difficult to reattach without more wax from down in the kitchen - decided to remove the fire alarm cover (as I have done in the past) to see whether or not the dosing has stopped being administered - this is a test - this is only a test

20:36 - knock

**7/26/22**

08:39 - knock

08:41 - sound of movement then another knock (less loud)

08:49 - note re: small clear drops ? Sometimes stuck to my "big screen" - I have to scrape them loose with my fingernail before using a cleaning wipe - no idea how that is getting there - if Deep Fake bullshit is used to make me appear to be responsible for such - well that would be bullshit - also, a few minutes before this entry, I went to throw out trash and took this pic in the middle of my hallway because I have seen this card there for quite some time (maybe 4 days? a week? not sure)





Check these your support code for delivery  
wingz

hello



09:53 - noticed slight sound of something through the wall, that may have been a reaction to my looking up on my iPhone legal referral services in Seattle, after having placed a call with Moderate Means as followup to my case being handled by "Viv" - a woman who sounds relatively young and slightly reminiscent maybe of "New York Jew"? Just accents. - Reminds me also of "Siggy" who I still think faked an English accent when he came to my apartment re: I forget... something that made him move the washer dryer - closet doors removed - dryer vent? Yeah. Dryer vent.

16:20 ish - knock while talking on the phone with my mom about the SLO Gum Wall

18:59 - knock

## **7/27/22**

04:33 - knock

05:03 - knock - after bringing my laptop and phone down from loft - about to post a comment on FB and go for a walk

05:09 - knock as I composed the last comment to the post (screen shot below) that I then made public - this post I posted yesterday - and alterations in FB time stamps is what initially led me in 2016 to call Jim Karitsiotis out, however directly he was involved

05:14



**David Lawrence**



11h ·

Schadenfreude, an emotion mostly foreign to me, just paid me a visit. We had a nice chat.



apple.news

**Break Out The Popcorn, Because The DOJ Is Formally Including Tru...**



Like



Comment



Share



**David Lawrence**

<https://en.wikipedia.org/wiki/Schadenfreude>



**Schadenfreude - Wikipedia**

en.wikipedia.org



Write a com...



Home



Friends



Profile



Notifications



Menu



05:14



**David Lawrence**



11h · 🌐

Schadenfreude



**Schadenfreude -  
Wikipedia**

[en.wikipedia.org](https://en.wikipedia.org)

11h Like Reply



**David Lawrence**

To some degree, I understand this "madness" - being isolated in an echo chamber of reinforced beliefs is difficult. I mean, if Trumpists get what they want then they are from their perspective "right." I just think being right means being centered in a world view that helps the greatest number of people (animals and the environment included) live well. And by living well I mean feeling good (or at least being free from harm) and not harming others.

Just now Like Reply



Write a com...



Home



Friends



Profile



Notifications



Menu

05:18 - putting on my shoes now to go for a walk

07:30 ish - on my walk home the man in the picture below was standing on the sidewalk opposite the bakery on Eastlake Ave - talking to himself about "taking a shower" - which would (likely in my mind at least) be a deliberate trigger based on what I noted previously in this document - and now outside my local coffee shop here he stood - so I took a picture



08:09 - Dickson Frohlich - "My case is complicated, so I will begin with my most immediate concern. I am systematically harassed, monitored, and hacked in my place of residence. I live at 2227 Yale Ave E Unit 308, Seattle, WA 98102. I was lured here after living almost two years in a similar situation in San Luis Obispo, CA. My situation involves a lot of frankly powerful people and groups of people involved in mental health and human trafficking. I would very much like to speak with someone at length about my situation. On 7/6/22, I contacted Moderate Means, but I see no reason to limit myself. Also, because I have been targeted

for so long, I have publicly reported a lot of my concerns online on FB and my personal websites. Anyway, thanks for reading. Please contact me at your earliest convenience."

13:21 - multiple knocks

13:26 - knock - also noticed a hall neighbor coughing and the smell of cigarette smoke as I came back through the elevator from having had lunch at a restaurant on Eastlake - going out tonight to a smoke shop - I want to smoke something in public - although this seems to be unavailable so whatever

18:50 - very light knock while trying to access Elliot Book Bay zoom - after returning from Safeway

19:53 - knock

## **7/28/22**

08:16 - very quiet knock just as I opened Dreamweaver working on infinitedot Manifesto

13:13 - knock (porn) - so, being watched by 307 and not wanting it that badly, plus triggers in the videos (for me, anyway), I went back to lying down - no offense intended to anyone - except really sick of being manipulated by 307 - not cool - and the ending to infinitedot Manifesto is not a cancelation of porn - it is a reworking - at least, that is it's intention - also, things take time - there are lots of factors in all of this, and I am doing my best to get through this

13:44 - knock as I came back down the ladder

14:09 - a little after I finished - clearly the actions of 307 are aimed at making me go crazy b or whatever - prick

15:15 ish - went to the coffee shop and was "hacked" (not) and when I came back, the lid over the highest firealarm sprinkler had fallen (likely from the heat - weather is ridiculous right now - did not replace it - and the firealarm cover in the loft has been off since I last removed it





**7/29/22**

07:39 - quiet knock, then a knock that maybe "scraped" the wall - like dragged, like two really quick knocks

08:56 - loud knock

09:00 - light knocks - going to ignore these now in terms of recording them

18:00 - may have heard a knock, but that was over headphones while watching Solo: A Star Wars Story, and then as I started to type headphones the movie on my computer suddenly stopped - neat

20:55 - earlier other knocks

23:23 - likely agitated dosing - after a day of more mind control, basically - but that's just crazy talk