

Is the US government weaponising cell towers and targeting civilians with directed energy? | Interview with Ana Toledo

The following is the transcript of [an interview](#) with [Ana Toledo](#) conducted by [Jon Fleetwood](#) on 19 August 2025.

Jon: Does the US government illegally surveil and torture American citizens? Are there really these so-called Targeted Individuals who are being harassed by the government, some of them experiencing Havana Syndrome, feeling dizziness, headaches, strange sensations, even hearing sounds that shouldn't be there?

Here to discuss this with me is Anna Toledo, a Puerto Rican attorney who advocates for Targeted Individuals, calls out government overreach, exposes illegal FBI databases, and demands accountability for whistleblower targeting. She advocates against government weaponisation with her group Targeted Justice, where she serves as a board member.

She earned her BA from Columbia College, New York City, her Master's of Environmental Law from Vermont Law School, and her Juris Doctor from the University of Puerto Rico Law School.

Anna has presented legal admissions to the Puerto Rico Supreme Court the U.S. District Court for the District of Puerto Rico, the U.S. Court of Appeals for the First Circuit, and the U.S. District Court of the Southern District of Texas. She's worked for over 30 years as a civil rights and environmental law attorney representing thousands in federal citizen suits and state complex class action litigation in Puerto Rico.

Anna, thank you so much for coming on. What exactly is a Targeted Individual?

Ana: Thanks for having me here. Targeted Individual is a short name for a victim of government weaponisation.

Many people have recently heard about the executive order that President Trump issued regarding the de-weaponisation of the government and the committees that have been created for that purpose.

And when Kash Patel wrote '[Government Gangsters](#)', which is a book that he published, I think it was last year, and he made a movie out of it, he talked about the 278,000 FISA [[Foreign Intelligence Surveillance Act](#)] applications against Americans. That is who the Targeted Individuals are and whose lives, you know, they are placed on the terrorist screening database, on two secret categories of the terrorist screening database reserved for people that are not a threat to national security, as submitted by Timothy Groh, former deputy director of the Terrorist Screening Centre. And they are placed there under secret criteria as admitted by FBI, Samuel Robinson - another deputy or their assistant deputy well, you know, one of those titles in the FBI Terrorist Screening Centre - and so these people are never supposed to find out that they are on this database because it's a blacklist for the enemies of the deep state.

Jon: Ana is there a common, are there common attributes to these individuals? You said they don't belong on there. So just to be clear with people, these aren't people

who like committed, you know, federal offences. These aren't like murderers and rapists and, you know, extortionists. These are just average Americans. I'm assuming. Go ahead.

Ana: Absolutely. They're not just average. They are people that have a lot of dignity.

Most of them - for example, Tulsi Gabbard, Director of National Intelligence, [declassified about two months ago](#) a December 2021 memorandum by the Biden administration that classified as violent extremists anybody that opposed to covid mandates and the vaccines and the lockdowns. Those people were placed on the Terrorist Screening Database, on these secret categories, because the FBI government criminals, and I'm not saying everybody is, but there's a lot of government criminals at the FBI that placed innocent Americans on this list. And so they put people that oppose covid mandates and classify them as domestic extremists. And that has a consequence that I'll talk to you about.

But also Senator Chuck Grassley exposed the fact that parents that opposed, that not only opposed but protested, in school board meetings - they were also classified as violent extremists.

Also Catholics that attended Latin Mass, the infamous memorandum of Mary Garland, they were also classified as domestic terrorists.

So what we're seeing here - there's a lot of whistleblowers. I got on the list because I was litigating on behalf of the underdog of disenfranchised environmental justice communities, and they didn't like that. So, what you have here is people that are usually whistleblowers, people that have dignity and honour and that do not bend to corruption or criminality.

Jon: I can understand why the government wouldn't like a powerhouse like you talking about what you're talking about with all your bona fides. But is this like just average people to just speaking out online or is it that do they have to be, you know, sort of forces of nature like you in order to get on this list.

Ana: Average people too. I have, we have a, you know, we have a membership of over 21,000 Targeted Justice and a lot of people, some of the people, here's how it goes: The FBI, if you look at the inspector general report 08-16 tells you that FBI field officers are improperly placing people on this list. And what happens is, I know, for example, one case, really bad divorce, the guy was very wealthy, he put her on the list. It's just having the appropriate connections.

It's completely illegal because a person's life is completely turned around. You get not only illegal surveillance, you get random acts of vandalism that you think are normal, having, for example, three flat tires in a year. It's not random. It's intentional. And it's paid for with taxpayer dollars.

Jon: How do you know if you're being targeted? Is it you start experiencing things like, is it simply just physical things like vandalism? Is it being followed and gang-stalked? Does it involve this Havana Syndrome or is it all of the above?

Ana: There are many signs, but there is one free and easy way to know immediately. And this is what I want people to try it. You cup your ears in a very quiet place. Not like me that I have my very powerful AC going. In a very quiet place, you cup your ears and after 45 seconds, 60 seconds, you will hear these little pops. And they are microwave beams that are being directed at your head.

The way it happens is that cell towers are weaponised to be used as directed energy weapons. And I tell you, I was targeted for over two decades before I found out about this programme because it did not cross my mind that something so illegal could exist.

And so Mr. EdGreen, a retired army person that represents veterans, on May 8th, 2024, told the Anomalous Health Incidents Committee of the House Committee on Intelligence that these weapons do not leave an entry or exit wound and make the person believe as though they're going crazy.

[Related: [Silent Weapons: Examining Foreign Anomalous Health Incidents Targeting Americans in the Homeland](#) (video), Homeland Security Committee Events, 8 May 2024 ([timestamp 49:52](#))]

There are different levels of attacks. And, you know, you just feel weird, you just feel like you're not yourself, okay? But then there's other that get really horrific burns and attacks to the head that you cannot mistake them for anything but for what they are.

Jon: Right. So sharing the screen with this [homeland.house.gov](#), official government site, where there's a release titled 'Chairman Pfluger Opens Havana Syndrome Hearing' and there's a quote from him where it says, "it is paramount that we acknowledge the gravity of this situation."

[Related: [Chairman Pfluger Opens 'Havana Syndrome' Hearing: "It is Paramount That We Acknowledge the Gravity of the Situation"](#), Homeland Security Republicans, 8 May 2024]

So, this, you would say, does this help when you have these Congress people doing meetings like this? Or do you feel like this is just for show to make people like you think that the government is doing something when they're not doing something about it?

Ana: Well, that is one of our crusades right now. I think they're not doing enough. I think Havana Syndrome is a silent epidemic happening in America and people don't realise it.

The [HAVANA Act of 2021](#) only included federal employees because they were the ones that were initially diagnosed. Now, Dr. Michael Hoffer, who is in the University of Miami, has publicly expressed to somebody that he has been prohibited from diagnosing any more civilians of having Havana Syndrome. That is an illegal interference with his practice. And somebody in the government hears in the 60 Minutes, one of the 60 Minutes initial reports, CIA acknowledged that it was not a foreign power doing it. If we had a foreign power attacking - and then [Dr. James Giordano](#), in a Catherine Harridge interview, admitted that there are directed energy weapons attacks that are happening in America.

[Related:

- [Havana Syndrome: “Probable Use of a Neuroweapon to Affect Personnel of US Embassy in Havana: Findings, Pathology, Possible Causes, and Disruptive Effects” PART I: Dr. Michael Hoffer \(University of Miami\)](#), Intel Today, 18 March 2019
- [5-year Havana Syndrome investigation finds evidence of who might be responsible](#), 60 Minutes Overtime, CBS News, 7 July 2024
- [Directed Energy Weapons: Credible, Crippling And Complex](#), Catherine Herridge Reports, 4 May 2025]

In April of this year, Dr. Giordano published a paper that says that directed energy weapons are the likely cause of Havana Syndrome.

Jon: Yeah. And I have that up for, if this is the right one, this was published March 13th, 2025, titled ‘*Assessing Anomalous Health Incidents of “Havana Syndrome”: Potential Utility - and Issues - of Using Modular Integrated Artificial Intelligence*’.

And there's the doctor that you cited there. And these, this isn't like, like these are from, if you look at their bona fides, they're from the Centre for Disruptive Technology and Future Warfare, Institute for National Strategic Studies, National Defence University, Washington, DC. Others are from Georgetown. I mean, this is not, you know, these aren't just people making this stuff up. And this is the paper you're referring to, right?

[Related: [Assessing Anomalous Health Incidents of “Havana Syndrome”: Potential Utility - and Issues - of Using Modular Integrated Artificial Intelligence](#), ECronicon, Volume 17 Issue 4, 2025]

Ana: Absolutely, yes. And Dr. Giordano, I think he wants to publicly acknowledge the fact that civilians in the United States are getting attacked with these weapons.

And I just want you to, like, if you look it's at a cell tower, you're gonna see sometimes they have three levels, or four, but one of the levels is gonna have four panels. That is the weaponised level. The 5G is already ...

Jon: Explain that, explain that again? So when you see a tower, you're talking about how you can know if this is what you're calling a weaponised cell tower. How did you describe it again?

Ana: Okay, well, so the 5G is already a weapon, and what I mean a weapon because it can fire microwave beams. The problem with 5G is that it has a shorter range, like I think it's something like half a mile.

But the ones that are 3Gs and the 4Gs, they use four panels facing the same direction. You know, cell towers have three, like a triangle, like a three-sided - each level has three sides pointing everywhere.

So, the level that has the four panels looking and facing in the same direction - that is the weaponised section. And what it contains, it's a microchip patented by the Ericsson

company in 18 countries on the same day. And that is the chip that, that's why, that's a hypocrisy of the government because the FCC knows this. It's a chip that is a beam-forming chip.

So, one of the ways to stop this Havana Syndrome epidemic is to start de-weaponising these towers that contain that microwave beam-forming chip.

So, when you're driving around, just stop and look at the tower and you will see that one of the levels has the four panels - and they can be combined, you can have the 3G and 4G panels combined facing the same direction.

Jon: And how long have they been doing this? I know a lot of the papers that you read and government sources, like the ones we just showed on the screen, will say that they started in 2016, but I have a feeling that you believe this started way before that.

Ana: Yes. The thing is that in 2016, the Lockheed Martin GPS-3 satellites were launched. Bear in mind, every person on this earth is being tracked through the top of their head. And you can look at that in targetedjustice.com.

You can get yourself a Gauss meter and put it in the top of your head, we have videos about that, and the needle will just go crazy. Okay? So it was in 2016 when they just went on steroids because they had the capability of tracking and attacking more people.

But it does exist. We have the first - in the United States, I think it's 1983 - the first case of V2K [Voice-to-Skull] and satellite attacks.

And you mentioned, and I want to explain, see, there is a push to eliminate the Second Amendment by the deep state, by the people that want globalism. And these people that go into these mass shootings usually have a common thread: that they're hearing voices. There is something called the "microwave auditory effect" or the "Frey effect." And there's a professor in the University of Chicago that wrote a book about it called, his name is James Lin.

Related: [Auditory Effects of Microwave Radiation](#) (book), James C. Lin, 2021

This is a patented technology that was originally conceived to communicate with the soldiers, the boots on the ground, without having to have radios. But the army realised that it caused brain damage because it's done with microwaves. So, they did not do it. But they have acknowledged, for example, how do you think they won in 30 days this operation Desert Storm? Because they've beamed to the head of the enemy combatants, "allies telling you to put down the weapons." And they acknowledged, publicly acknowledged the use of this technology. So, they are doing it, in Americans, and they use your voice and my voice, your parents' voice.

Jon: Can you talk to us about implants? Implants are a part of this, right? Or at least there are claims that doctors may have, when a Targeted Individual has gone in for some sort of appointment, that maybe these doctors put some sort of implant inside them. Do I have that right?

Ana: Well, the microwave auditory effect does not require implants. It's done with these microwave beams. In fact, so much so that deaf people can have voice-to-skull.

But most targeted, our numbers is like 80% of Targeted Individuals report being non-consensually implanted. But that does not, it's not limited to victims of government weaponisation. A lot of people have been implanted because in January of 2024, FDA approved a regulation whereby anybody can be implanted with these little devices, which is what RFK is talking about, the wearables, which I tell you is the most atrocious idea and in Targeted Justice page, we have a form that you can give to your doctor and say, "I do not consent" because the way I see it is down the line, you know, they can use, they're going to be harvesting your data and they can use it against you for anything if you agree to wear it.

So, we have one of the ways that anybody can tell, I hope this works - I'm sorry - is one of the ways we can tell, I don't know if it's working, let me see - it's through the use of - oh, they damaged it, I left it in the house and it was damaged. But you can use a simple, very simple megaphone to detect if there are any signals coming, frequencies coming out of your body, because it catches it. So, you can do that. But not everybody has, you know.

This is an acknowledged special access programme run by the CIA. Many of you have heard the term MK-Ultra [or MKUltra]. MK-Ultra never ended. It only morphed into this more comprehensive programme that combined MK-Ultra mind control experiments with COINTELPRO [abbreviation derived from Counter Intelligence Programme] from the FBI, which was used against communism, Black Panthers and people from the communist parties in the 50s and in Puerto Rico, it was used against 74,000 Puerto Ricans that wanted independence. In fact, the most important leader of that movement was tortured with directed energy weapons back in the 50s.

Jon: I think a lot of people hear this and they balk at the idea, and you're definitely not allowed to talk about this in the mainstream, but if it's true, it's true. And I think the reason they balk at it, and it's because they don't think that the government would do something this horrendous. But as I cite often, the government has a long, deep, troubling history of performing experiments on Americans that end up harming them. You don't have to go back that far. You've got Tuskegee. You've got Bill Clinton admitting to irradiating American citizens, injecting them with radiated material without their knowledge. You have Operation Big Buzz, Operation Big Itch, Operation Big Apple, or Big City, where they released, in New York City, a bacteria in the New York subway system on Americans. You have Operation Sea Spray over on the West Coast in San Francisco, where they released a bacteria called *Serratia marcescens* through a fog on San Franciscans, and there were deaths linked to it and there were there were many infections linked to it. Operation LAC, where they sprayed zinc cadmium sulphide on Americans - and this is all Wikipedia-level stuff. So, do you find that a lot of people find it difficult to believe this or are people pretty open to accepting this?

Ana: I was the first one that it couldn't cross my mind that something like this existed. So I can totally understand it because for 20 years that I was a victim of government weaponisation, it didn't cross my mind because I could not conceive that the land of the free, that my country that I'm so proud of, because even though I'm Puerto Rican, I'm an American citizen, it didn't cross my mind.

And here's the thing, if I had known, I would have taken some precautions which is what I want people to do. You know, if you have that microwave pops in your ears it is imminent that you secure your doors and windows in ways that - because these people know how to get in, you know, and there is a lot of a horrific things happening particularly to women that are being incapacitated, that they're coming into their house and doing things to them.

And if I had known, I wouldn't have gone, for example, for surgeries because that is a legitimate surgeries is that I got a lot of implants placed inside of me.

So, it's just that once you are aware that it exists, at least you can protect yourself from it. And that's what I want people to do, to not let it affect your life as much as it can.

Jon: Right. Well, Anna, our time is short. I would love for people to be able to find more of your work to be able to follow you. So, I have up on the screen Anna's Twitter X page. If you go to X and look for @AnnaToledoDavila, I highly recommend you follow her. She's got great work, and she shows, for example, she posted that study that we looked at, and it's just invaluable. You can also visit her webpage, anatoledo.com. And here is the Targeted Justice webpage, targetedjustice.com.

Anna, is there anywhere else that you would want to direct our listeners here?

Ana: Well, in my web page, you have links to my two blogs. I have one in Medium, and if you go down there, I have [one in Medium](#) and [one in Substack](#). See there? I have Mira. Those are links to those. Particularly in Substack, I have an article that says, you know, if [five of these things happen to you in a single you may be a Targeted Individual](#).

So, people can, you know, it, it has been very valuable for people that like me were completely clueless and they're like, "yeah, I'm definitely targeted because you know, these have happened to me in a month."

Jon: Well, Anna, thank you so much for taking the time to explain this to us. And I wish you the best of luck and I hope they break a leg trying to come after you. Thank you so much for coming on.

Ana: Thank you so much for having me and for helping me spread the word on this horrific program. Thank you.

Jon: Absolutely. Thank you, Anna.