

## GANG STALKING PRAYER AND CALMING TECHNIQUES

### Understanding Stalking and Finding Peace

Stalking is a crime rooted in power and control. It involves a pattern of behavior directed at a person that causes fear for their safety. This often includes repeated physical or visual proximity, unwanted communication, and verbal, written, or implied threats.

“Gang stalking” refers to the belief or allegation that someone is being systematically followed, surveilled, or harassed by a coordinated group of people, which may feel overwhelming and frightening.

Stalking—whether experienced physically or perceived as constant surveillance—can create intense fear and emotional distress. You are not alone in those feelings. Support, grounding, and faith can help restore calm and clarity. You do not have to carry that alone. Reaching out to a trusted friend, family member, counselor, or local support service can help you feel safer and more supported.

The following prayer is meant to guide you into a place of peace, protection, and renewed stability. Before beginning, read through it slowly. As you pray, you may include any area of your life where you have experienced fear, distress, or confusion—whether actions were done to you or by you.

When you are ready, speak the affirmations and prayer aloud with sincerity. This is simply a guide; there is no “right” or “wrong” way to pray. Let your words come from your heart.

### Affirmations and Prayer of Protection and Calm

*I choose to release fear, confusion, and distress.*

*I renounce any thoughts, influences, or beliefs that cause me anxiety, isolation, or harm.*

*I let go of the need to constantly watch, defend, or explain myself.*

*I choose calm, truth, clarity, and self-control.*

*I affirm that my mind and body deserve rest, safety, and peace.*

*I am safe right now.*

*I am supported.*

*My thoughts do not control me.*

*I am allowed to feel calm and at ease.*

*Creator of heaven and earth,*

*Please surround me with protection, peace, and clarity.*

*Guard my mind from fear and my heart from distress.*

*Help me feel safe in my body and grounded in the present moment.*

*Remove confusion and replace it with wisdom and calm understanding.*

*Strengthen me with courage, stability, and trust in what is real and good.*

*Let no harmful influence—external or internal—disturb my peace.*

*Fill me with light, comfort, and reassurance.*

*Help me focus on what supports my well-being and growth.*

*Amen.*

## Calming Techniques

### 1. Slow Breathing (1–2 minutes)

*(Long exhales tell your nervous system that you are safe.)*

Breathe in through your nose for 4 seconds

Hold gently for 2 seconds

Breathe out slowly through your mouth for 6 seconds

Repeat 5–10 times

### 2. Grounding With the Senses (5–4–3–2–1)

Silently name:

5 things you can see

4 things you can feel (feet on floor, chair, clothing)

3 things you can hear

2 things you can smell

1 thing you can taste or a word that feels comforting

This brings your focus back to the present moment.

### 3. Muscle Release

Gently tense your shoulders for 5 seconds, then release

Do the same with your hands, jaw, and legs

Notice the difference between tight and relaxed

### 4. Reassuring Affirmations (repeat slowly)

I am safe right now.

My body knows how to calm down.

I don't have to solve everything right now.

Peace is allowed.

### 5. Physical Reset

Small physical actions can greatly reduce anxiety.

Drink some water

Stretch or walk for a few minutes

Sit with your back supported and feet flat on the floor

### 6. Name the Facts (Reality Check)

This gently separates feelings from facts. This is not arguing with yourself—just anchoring to what is verifiable.

Say (out loud or in your head):

“I am feeling scared, but feelings are not facts.”

“Right now, I am in \_\_\_\_ (name the place).”

“I am doing \_\_\_\_ (name the activity).”

“Nothing is physically harming me in this moment.”

## Comforting Bible Verses

*"God is our refuge and strength, a very present help in trouble."* — Psalm 46:1

*"When I am afraid, I put my trust in you."* — Psalm 56:3

*"The Lord is near to the brokenhearted and saves the crushed in spirit."* — Psalm 34:18

*"Cast all your anxiety on him because he cares for you."* — 1 Peter 5:7

*"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."* — Psalm 23:4

*"Surely God is my help; the Lord is the one who sustains me."* — Psalm 54:4

*"The Lord your God is with you, the Mighty Warrior who saves."* — Zephaniah 3:17

*"The Lord is my rock, my fortress and my deliverer."* — Psalm 18:2

*"Do not fear, for I am with you; do not be dismayed, for I am your God."* — Isaiah 41:10

*"The righteous cry out; the Lord hears them; he delivers them from all their troubles."* — Psalm 34:17

*"The Lord is a refuge for the oppressed, a stronghold in times of trouble."* — Psalm 9:9

*"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."* — Joshua 1:9

*"The name of the Lord is a fortified tower; the righteous run to it and are safe."* — Proverbs 18:10

*"I sought the Lord, and he answered me; he delivered me from all my fears."* — Psalm 34:4

*"The Lord is good, a refuge in times of trouble. He cares for those who trust in him."* — Nahum 1:7

*"Come to me, all you who are weary and burdened, and I will give you rest."* — Matthew 11:28

*"Be still, and know that I am God."* — Psalm 46:10

*"He will cover you with his feathers, and under his wings you will find refuge."* — Psalm 91:4

*"For God has not given us a spirit of fear, but of power, love, and a sound mind."* — 2 Timothy 1:7

*"You are my hiding place; you will protect me from trouble."* — Psalm 32:7

*"My flesh and my heart may fail, but God is the strength of my heart."* — Psalm 73:26

*"Let not your heart be troubled, neither let it be afraid."* — John 14:27

*"The Lord upholds all who fall and lifts up all who are bowed down."* — Psalm 145:14

*"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."* — Psalm 4:8

*"The eternal God is your refuge, and underneath are the everlasting arms."* — Deuteronomy 33:27

*"The Lord is my helper; I will not be afraid."* — Hebrews 13:6

*"The Lord is my shepherd; I shall not want."* — Psalm 23:1

*"He gives power to the weak and strength to the powerless."* — Isaiah 40:29

*"I will both lie down in peace and sleep; for You alone, O Lord, make me dwell in safety."* — Psalm 4:8

*"Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid."* — John 14:27