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An eBook with Video that answers scores of questions about serious problems from ordinary people - readers of the International Newsletter, Earth Change Report.

### A Note From The Author

This book is written in the belief that information is absolutely vital to the process of making responsible decisions.

Without information, we are given to reacting emotionally, even irrationally, to circumstances that take us by surprise.

Whether it's the economy, earth or climate change, or the prospect of losing a job and having to cope with what looks like becoming a serious Depression, it's time for extreme focus.

The core recommendation associated with this work is that, regardless of the nature of the emergency, one should be prepared to the best of one's ability for all contingencies.

You will find the questions and answers in this book well worth contemplating. They come from scores of readers of Michael Knight's international newsletter, [Earth Change Report](#).

This means they come from “ordinary people” - people who are not the movers and shakers of the world, but who are concerned about their future and want to do something about it.

As a research specialist the author has scoured the Internet for the best possible answers and resources associated with the concerns that have been expressed. And they are problems common to thousands of people around the globe.

Nevertheless, none of the responses are intended as formal, financial, legal, medical or professional advice.

It should also be clearly understood that the author relies on public (Internet) sources for much of the content, and while best efforts have been made to ensure accuracy, that accuracy can not be guaranteed. Links were working at the time of inclusion.

Further, any personal opinions of the author's are exactly that – so there are no guarantees that any of the many possible earth changes or other scenarios he might mention or speculate about will in fact occur.

But it's very obvious that the global economy, to name but one issue covered in this book, is in a state of melt down. So too is the Arctic sea ice and the Greenland ice cap. Plus, there are contingency plans in most countries to introduce Martial Law if civil unrest escalates in the face of increasing economic uncertainty, not to mention food shortages and natural disasters.

Therefore it is highly recommended that you follow the links that are provided as you come to them. This is because the links are best seen in the context in which they have been included.

[However, if you only have a dial-up Internet connection, you may not wish to go to the video links because they can take an extraordinary amount of time to buffer for you. Rest assured though that the text does at least paraphrase what the video is about, so if you have to skip the vids, you'll still be fine.

## Disclaimer

Because some people like to blame others when they make bad choices or do dumb things (like spill hot coffee on themselves in a restaurant then win a big settlement) by reading beyond this point you have agreed that any and all decisions you make are entirely of your own free will and any and all outcomes you experience subsequently are entirely your own responsibility. That means what you read here is for informational and educational purposes only.

## About the Author

Michael Knight is a New Zealander. He has a background in the media going back to 1960. He has worked internationally in all branches of the media as a journalist, editor, script writer, photographer cameraman and director – as well as working as a radio and television reporter. He is author of the ebook [“Earth Changes – Mind Matters”](#). Director of the High Definition documentary [“Contact Has Begun – A True Story with James Gilliland”](#) and Editor of [“Earth Change Report.”](#)

## Introduction.

### Historical Context – Video links – Planet X

**This is a 21<sup>st</sup> Century High Tech Book - unlike any you might have bought in the past.**

It is not only an electronic book (eBook is the term), it is also a VIDEO eBook.

What that means is that, on top of the **thousands** of words of text that address **scores** of questions about Economics, Earth Changes and Martial Law, there are also **dozens of links** to take you to corroborating sources and resources on the Internet, *as well as* links to a great many **super-informative videos**.

Thus, you have an extremely **interactive multi-media production**. And it is not a light weight book either. You should expect to take quite a while to read, follow the links, and absorb and contemplate what you learn.

**Let's start by saying there is no problem that does not have a solution.**

**And when it comes to Earth Changes, we are talking BIG problems...social problems, economic problems, climate problems, natural disaster problems.**

# Putting Changes in Context

## The Value of Videos

Before we get into economics and possible martial law, it should be noted that these are not the primary concern of this book. They are indeed important, because they affect all of us in some way. However, we are also looking at earth changes that could happen just as abruptly (or quicker) than the melt down of the economy.

The questions and answers in this book are therefore mostly from and for people who are well aware that we are in an unprecedented cycle of earth changes. Therefore, it is not necessary to convince them that our planet is in dire straits. They already know it.

But if you have any doubts about it, be assured that the earth has experienced rapid changes on a global scale many times in the past – proof of which can be found if you follow links to videos such as [this one to a Youtube](#) clip.

There is also some debate over the existence of a “Planet X” (aka Nibiru and other names) that is in the process of affecting our planet – possibly to the extent of a pole shift – as it passes by. [This Youtube video has details on that.](#)

## Background

### What We Are Talking About

The Earth Changes we are talking about include such instantaneous events as volcanic activity, earthquakes and tsunamis, violent weather events of somewhat longer duration such as incredibly severe storms (hurricanes, cyclones, tornadoes etc), and what some tell us are gradual changes such as the melting of the polar ice caps, rising sea levels and climate change itself.

There is no doubt that Nature is capable of taking the lives of hundreds of thousands of people in a matter of minutes. The May 2008 Magnitude 8 earthquake in China is but one example, as is the Banda Aceh tsunami of December 26 2004. Between them, 300,000 people were killed, and literally millions injured for life or left homeless.

None of us can deny that the China quake and the Banda Aceh tsunami were abrupt events. Hurricanes, typhoons cyclones and tornadoes may give us some advance warning, but nevertheless, they too can be both deadly, and extremely costly.

**But we may go further than that, and ask**

- **what might be the consequences of an abrupt stalling of the Atlantic current** (also known as the Gulf Stream, the Great Conveyor Belt, and the Atlantic gyre). [Great 50 minute documentary here.](#)
- **What will happen if civil unrest leads to the imposition of Martial Law?** Are You Ready For That?
- **And how about a pole shift** – could that knock the earth off its axis?



**All these things have happened before.**

Scientists say we are overdue for some disasters, or we may be waiting a hundred years for others to take effect – however, it is equally possible that some and perhaps all of them may happen again in the next few years.

This ebook is therefore a compilation of questions from people who are aware of these earth changes, and answers that are expressed either as a considered opinion, or as the result of some serious research on the questioner's behalf.

### **Economic Turmoil**

**Perhaps the most pressing and urgent concern right now (September 2008 and going forward) is the turmoil that has beset the global economy.**

**What does this mean for you?**

**Will you lose your investments? Lose your savings? Lose your retirement? Lose your job?  
Your house? Your car?**

Or will you be quick enough off the mark to at least forestall the worst of it?

**The answers and information in this ebook will at the very least point you in the direction of a solution.**

## What The Fox Happened?

### To The Economy

Before we get into the reasons why it appears that Martial Law is a very real possibility, at least in the United States in the near future, let's put the global economic meltdown in perspective.

There are probably thousands of conflicting "expert" summaries on this subject, but when it's all put through the BS filter we can get to the underlying facts – and those facts (which are all on record but ignored by all your mainstream sources) show us with no doubt whatsoever that this meltdown has been engineered deliberately.

Nor is it simply a US issue. It is global. And you have no way of getting out of this trap that we all should have been aware of long ago – and done something about.

Following is a reprint of "Earth Change Report" of September 19 08 – in which we run with the foxes and hunt with the hounds.

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Earth Change Report  
About Our Rapidly Changing World

### **What The Fox Happened? - to the economy....**

September 19, 2008

**Greetings from Michael Knight, Editor, Earth Change Report**



**In this issue...just a little satire...about the fox and the chickens....just in case you're into economics, wondering where it's all heading, and how to survive....because economic changes are part of the earth changes that Earth Change Report is about.**

**What The Fox Happened?**



**The fox that looks after security round my chicken house has come up with a new plan.**

But first we need to look at how we got here from back there.

Initially, he would express great concern whenever a chicken was abducted, so I gave him permission to hire more of his relatives to enhance security.

By way of compensation, he suggested that they should establish feed stores from which I would buy my chicken feed supplies. .

I agreed to this because it made my life much easier.

Boss Fox even assured me that his relatives were so eager for my business that they would compete with each other to give me the best deal.

**All I had to do was pay them back with eggs from future production.**

The chicken feed suppliers, foxes all, prospered for many years and found many creative ways to help me and other chicken farmers.

They even started advancing many of us special deals on chicken feed, so we could borrow more than we needed right now, in order to improve egg production next year. All they asked for in return was a few extra eggs as "interest."

For a long time it was easy enough to provide them with those extra eggs. But then Boss Fox and his Buddies started doing something different. They called it "diversification."

**It took me a while to figure it out, but I am sure that's what led to the collapse of the world economy - it became what you'd call an omelet of scrambled baskets.**

What they did was they would do deals among themselves using our chicken farmer eggs as collateral or security against verbal and written promises to each other.

Fox A would promise Fox B that in return for a loan of X number of eggs (on paper) for Y number of days he would reward Fox B by giving back his eggs (on paper), plus more (on paper).

All the foxes loved this because although no eggs actually or really or physically changed hands, every one of them kept getting richer and richer.

You have to think like a fox to understand what an orgasmic feeling that is to a fox. Having a gazillion eggs in your head rather than in a vault or an egg carton is a really big thing in Foxville.

Meanwhile, the chickens themselves were starting to want a slice of the action. They didn't mind laying eggs on cue, but they wanted total liberation, coupled with equal opportunity opportunities, full employment, and better nests.

**The foxy foxes got on to this idea like bears on honey.**

Pretty soon I was looking at chickens that were moving in to high rise nesting boxes complete with their own yachts and sometimes even a new SUV - all at low interest or no interest thanks to Fox Brothers et al.

As for repayment, the chickens said they'd simply lay two eggs a day instead of one even if it meant sending the wife out to work, and in the worst case scenario if they could not make future payments, the Foxes could have the nest back to sell to someone else.



So the cycle continued, chicken feed being supplied in advance, interest being paid in the form of extra eggs, and security being offered for the Foxes so if anyone defaulted on a loan, they'd get the asset back to sell to someone else.

The Foxes set all this up over a period of many years, during which time multiple generations of chickens came and went from the barnyard.

What the chickens didn't know was that the foxes insisted on passing their systems on to their children, who started life wealthy and ended it wealthier - along with lots of assets.

**Where it all went wrong was that some of the foxes started trying to rip each other off.**

They did this by talking certain chickens who could only lay one egg a day no matter how hard they tried, into accepting a loan and a nest that needed two eggs a day to cover all the costs involved.

And THEN Fox A would 'sell' Fox B an 'instrument' that gave Fox B the impression that he was paying for a piece of paper that was backed by real real estate that would appreciate in value over time and make him a really handsome profit.

Fox B got into this like a fly on stink. He too started offering the same deal to Fox C, and before you could say what the fox happened, every fox in the alphabet was up to his foxy little eyes in cross-collateralised virtual wealth (a Fox Brothers banking term, 'cross-collateralised virtual wealth' became an advertising slogan that encouraged even more one-egg chickens to buy two-egg nests on the promise that they could have a no-egg loan for something like four feeding cycles).

None of the chickens and only a very few of the foxes were aware that all this wealth was built on the original premise that the foxes would supply chicken feed at interest, the chicken farmers would pay that interest, but all the work and future exponential global growth of this Foxy Fantasyland would depend on the chickens.

**However, as the feathers started to fly in what was called a 'global melt down' as chickens began defaulting on loans, and even refusing to lay eggs, those who DID understand the game, figured out a two-edged scenario that would benefit ...guess who?**

Yes, my particular guardian fox was one of the head honchos and master architects of this beautifully orchestrated campaign to control, own, enslave and manipulate every chicken on the planet.

So smart is my foxy friend that he has even sacrificed many of his foxy relatives to achieve his ambition. He did this by luring them into what was called a "sub prime" lending frenzy wherein all his dumber and greedier relatives gave two-egg loans to one-egg chickens, traded those patently worthless mortgages with each other - then started going broke when the chickens stopped coming home to roost.

Better yet, my Foxy Friend coined the concept of running with the foxes and hunting with the hounds. He is in essence the ultimate chameleon because he can shape shift at will. One minute he's a banker, the next your best friend - but at all times, he's a chicken lover.

**What he loves about chickens is that chickens only need to be fed a good story and they'll lay eggs till the cows come home....SO....as some of those Foxy Institutions that supposedly screwed themselves while trying to screw chickens have discovered...who better to bail them out of their misery than...CHICKENS.**

That's right folks. The foxes that a few moments ago had the Baskerville Hounds on their tails, are to be rescued by...CHICKENS.

How so?

Easy.

**I am the leader of this barnyard, and I have decided to give the fox families immediate access to billions of eggs that you chickens and your offspring for five generations have yet to lay.**

**Cackle cackle....**

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**About the author:** Michael Knight has been a reporter/writer/director since 1960. He is Editor of "[Earth Change Report](#)," author of "[Earth Changes - Mind Matters](#)," and Director of "[Contact Has Begun](#)." Permission is granted to forward or use this original article In Full provided the resource box is used and remains intact. © 2008 [Michael Knight](#)

**PS - If you'd really like to understand the foxes and how you can get through what is turning into the Great Great Depression, the eBook "[Earth Changes - Mind Matters](#)" not only reveals the HUGE problems we're in, but also offers the ultimate solution.**

No matter where we are on the food chain, that chain is being yanked by forces most of us cannot control.

But we CAN learn what's going on in the way of Earth Changes - who is behind all the current economic turmoil - and how we can sidestep the worst of it ... and be here for the best of it.

That is why "Mind Matters" - it is your most powerful ally once you see through the problems and recognize that *you* are the solution. Now **THAT** is [an investment worth making](#).

**Sincerely.**

**Michael Knight.**

**Editor.**

**Sept 19 08**

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**And now we can take a look at something else that the foxes have in their forward thinking contingency plan. ..starting with some more “classified” satire in a spoof by an online outfit called “the onion network.”**

## Martial Law

### The Grim Probability



**Do a Google search for “executive order martial law” and you’ll find a lot of scary stuff about the inevitability of martial law being imposed in the United States. The current economic crisis might actually be the trigger.**

The range of reasons why is wide indeed, including if food riots or civil unrest gets too far out of hand.

With the collapse of many of the big US banks and financial institutions, there has been talk of martial law likely being instigated in early October 2008.

We'll see.

If and when it happens, don't be surprised if a draft is tacked on as well. What better way to stifle opposition from young men than to have them all in boot camp?

For those who passed the bills or signed the orders, it's all about “homeland security” and “preparedness.”

But they're preparing for vastly different reasons than most of us.

## Martial Law Reasons

### “Classified” (Satire)

The foxes and their friends are preparing for ...who knows what...because most of it is “classified.”

That was the most-used word by the (fictitious) Rep. John Haller (Republican, Pennsylvania 12<sup>th</sup> District) in his presentation of HR8791 “The Homeland Security Preparedness Bill” as recorded on C-Span...or OnionSpan....

The clip, which runs about two minutes has been removed from various Youtube sites, but [it may still be viewable here.](#)

Just in case that clip too is gone by the time you get there, here is a transcript.

We pick it up after Haller has said the bill seeks a budget of a “classified” amount in the event of....

“80 per cent of the populace being affected by...classified....funding in conjunction with the first attack on...classified...or first large scale outbreak of...classified...Civilian and military units shall be trained in containment and combat of...classified...including irradiated...classified...The possibility of...classified...airborne...classified...flesh eating...classified...and or all of the above in such event as...classified....during...classified...escape or release or otherwise become uncontrollable Air Force units may be directed to combat said...classified...**due to their enormous size and otherworldly strengths. Should event occur in urban areas** [here Haller turns the page and says 'Jesus", pauses, then says 'that's classified' and continues] **far surpassing our darkest nightmares.** Should casualties exceed ...classified...body disposal actions shall be halted and associated resources shall be reallocated to...classified....underground...classified...protected birthing [that word was indistinct] centers. **A new Bill of Rights shall be drafted** and approved by...classified...Having now reviewed the bill I ask you now to please cast your vote.”

Sounds rather Draconian wouldn't you say? But after all, it's satire. Right? And as one comment on the video put it: "The idea is real. If you take notice you will see that **this network turns serious issues into humor to keep the public from thinking too much.** It's like a person asking serious question to a politician. To avoid the answer he uses humor and moves on. The onion network is a media version of the individual politician."

Now let's get serious again. Whatever the circumstances, let's just assume for a minute that for some reason martial law has been imposed, and we're not just talking about the United States. It could happen almost anywhere..

That means that you can expect military personnel to get involved in enforcing new edicts such as a curfew, gun control, even searches for hidden food in your house and on your property.

The enforcing troops and contractors may or may not be the same nationality as you. They may or may not speak the same language. But they will definitely be armed, dangerous, and already trained to follow certain procedures.

That training may have taken place on active duty in Iraq, and [as this story says](#), when tasked with crowd control..well, how about using some of the latest "non lethal" gadgetry? Tasers and such.

The same story with a different insight on the [PrisonPlanet web site](#) says: **U.S. troops returning from duty in Iraq will be carrying out homeland patrols in America from October 1st in complete violation of Posse Comitatus for the purposes of helping with "civil unrest and crowd control" - which could include dealing with unruly Americans after a complete economic collapse.**

In any event, how are you as a civilian going to deal with this situation from your side of things?

You might think there's safety in numbers and join a protest rally. If that's your heart-felt belief, and you sincerely want to use that venue to protest and resist, by all means follow your inner prompting.

Demonstrations finally stopped the Vietnam war – although some protesters died for their convictions. Now that's courage.

And then along came the drug culture, the soap opera culture, the "let's be afraid of everything" movie culture – and wire cages that are "freedom of speech zones" where protesters are now contained out of sight of whatever venue they are demonstrating against.

But what if, under martial law, you're at home, or just walking the street for some legitimate purpose, and you are stopped or visited unexpectedly by someone in authority?

Are you going to argue about your rights? Under martial law (not to mention the Homeland Security Preparedness Bill), they're gone.

Believe it or not, whether its just "civil unrest" or martial law, the troops who have had little experience so far are likely to be scared – and they'll disguise that fear with pure aggression.

The more experienced among them are a lot cooler – and a lot deadlier.

Soldiers, cops, contractors all have their orders, their training, their roles to fulfill. They are not the ones to argue with.

In fact it would be extremely wise not to even look them in the eye just in case they get the impression that you are challenging them.

Is that cowardice? You might think so, but no-one in authority likes to be challenged. So suck gas, suck up, look down, be mild, stay cool, say "Sir" even if you're talking to an 18-year-old private.

You'll know, and they won't, that you have taken the steel handles off those buckets of beans and flour that you buried so their metal detectors won't find them.

You'll have stored other food in other places. You're very creative because now you're getting a karmic taste of what it's like to live in Iraq or Afghanistan.

You don't even have any weapons around either. (Although – in the US - if you have bought and registered a firearm of any sort, you actually better have it on hand if you're asked for it. That's what the registration was all about – so they could keep track of you and your registered weapons, then come and find you and take them away when it suits them...because you just might be a danger to those in authority).

As for those weapons that happen to have been bought privately, greased and stored elsewhere for 'after' this situation has settled down, well, that was smart thinking.

The other day I met a man who has police contacts. This man lives in a city. He said he's been storing all sorts of supplies for years, as well as growing his own garden.

He has grown and canned rabbits, hunted and canned venison and elk, and he fishes a lot. "But there are no fish in the rivers any more," he said, a puzzled frown on his face.

"And the cops are saying 'don't give up your guns. Don't give up your guns.'"

"Why?"

"They wouldn't say. I know they've been doing practice runs and drills on urban control, but they would only say 'don't give up your guns.'"

"Why would cops say a thing like that?"

"Because they see gun owners as their first line of defense against marauders and looters. The cops can't handle all of it. The LA riots proved that. So they see us being able to take out the bad guys...like we were deputies or something."

Obviously, he's expecting things to go to hell in a hand basket, but how much credence to give this thought that cops see armed citizens as allies is open to debate.

In New Orleans after Hurricane Katrina, it was the opposite story. Contractors were called in (ex military) and they got involved in confiscating guns from everybody – good guys included.

The man I was listening to trusts no-one, not even his neighbors. "I told them, what I have is for my family. Don't even think about coming on to my property."

Men like him from the Vietnam war era can talk like that. Those who have never been in combat, women and children, teenagers and young adults are in a different category.

While there are many veterans who have killed a lot of people, there's another story from a Vietnam veteran that's worth considering.

He was posted to a forward position and on arrival immediately attended a briefing about that day's patrol.

His commander pointed to a map of the area on the board and said something like "the gooks are reported to be active here and here." Then he pointed to an area 10 miles from there and said "we're patrolling here."

Apparently, and quite sensibly, survival even in a war situation is about choosing between confrontation and evasion/avoidance.

But there's more to that story. Turns out that one of their local interpreters was a spy. They figured this out because he would tell them he had to stay home for a family emergency from time to time, and the days he wasn't there, their base camp would come under mortar fire.

How secure then is your family circle or your circle of friends and neighbors? How wise is it to tell everybody in your family what you are doing?

Do you really think your teenagers are going to keep secrets? Bank on that, and you could well rue the day.



One source who has written an entire eBook on the subject of martial law, which he says he has helped implement in South America, insists that teenagers should never be trusted. Love them – but don't trust them.

In fact, he says if necessary you should cut up their clothes in order to keep them home in a martial law situation. And you should never tell them about your food storage.

He also scoffs at the notion of casual hunters imagining they can deal with trained troops.

Troops operate as teams. None of them makes a move without backup. The best of them can kill a man (several men) in seconds.

Dead men – dead heroes – can not shield their wives from rape or their children from harm. But as with all things, it's a matter of choice in the moment. Or planning a strategy in advance.

**Keep in mind something of extreme importance. We only attract to us that which we mentally dwell upon. Fear begets fearful circumstances and events.**

Strange though it may seem, the rules of the universe require that we experience the very future that we emotionally attach our thoughts to.

Therefore, the hero must experience a heroic moment. Best then to include survival of that experience in the thought process.

Better still, take a leaf from the opposition's book. Consider that 'they' have their own strategy, and plan your own counter-moves. Is a city ([such as Indianapolis](#)) really a good place to be if martial law is imposed?

For over two weeks 2,300 Marines used the city of Indianapolis and its civilian population as a "simulated urban combat zone" under the direction of FBI and the Department of Homeland Security.

Do you really think all these laws and all this training and exercising is just to make you feel more secure?

Regardless of how you feel about it one way or the other, wouldn't it be wise to do your part so you know what to expect and even how to help in your community.

Have you done a thorough check on what emergency regulations exist in your city, county, state and country?

What impositions might occur?

What would be expected of you?

Are you in any way at risk of detention – whether the laws be spurious or not, martial law is not to be trifled with.

The same can be said about the post-disaster response of various government agencies.

They all have procedures to follow, and you as a citizen will be expected to do as you are told.

In almost any declared emergency you could find your vehicle commandeered, (do you have a bicycle as backup?) your food confiscated, your home subject to search without warrant under the pretext of taking in all guns 'for the public safety.' The list goes on. Have you educated yourself?

## One Big Problem Is Economics/Money.

### The NWO - Again

Comment: Our current system supports or plays into the very people/Corporations that are at the core of the world's problems.

We need to get to a more local/community based economic structure in which people can again learn to support one another and promote each other.

The current system, at every turn; banking, energy, manufacturing, etc. continues to funnel more and more money/power to a very few, whose only concern is their power and greed. – Steven, United States

Right on Steven. The current (mid Sept 08) US and world financial situation certainly bears out what you have said.

One of the first thoroughly researched books that gave me a clue to all this was [“The Unseen Hand,”](#) by A. Ralph Epperson.

Epperson also wrote a book called [“New World Order”](#).

It is one of many books on that subject.

All of them basically follow the same theme – that a couple of centuries or more ago, a cartel was established with the long-term intent of controlling the economy (and politics) of the entire planet.

Various families and organizations have become part of that plan, and they now control almost everyone and everything. ,including the media, which is why you don't see or hear your economics “experts” exposing the real causes of this financial turmoil.

You can research this yourself simply by doing an Internet search under the words [“who owns the Federal Reserve.”](#) and you'll find among many other references, that there are complete charts detailing the interlocking connections between banks, corporations, family dynasties and politicians.

### Einstein Warned Us

Let me call briefly on Einstein to back me up. These excerpts come from his editorial first published in the [“Monthly Review”](#) in 1949.

“...it is important to realize that the means of production—that is to say, the entire productive capacity that is needed for producing consumer goods as well as additional capital goods—may legally be, and for the most part are, the private property of individuals.

“Private capital tends to become concentrated in few hands, partly because of competition among the capitalists, and partly because technological development and the increasing division of labor encourage the formation of larger units of production at the expense of smaller ones.

“The result of these developments is an oligarchy of private capital the enormous power of which cannot be effectively checked even by a democratically organized political society.

“This is true since the members of legislative bodies are selected by political parties, largely financed or otherwise influenced by private capitalists who, for all practical purposes, separate the electorate from the legislature.

“The consequence is that the representatives of the people do not in fact sufficiently protect the interests of the underprivileged sections of the population.

“Moreover, under existing conditions, private capitalists inevitably control, directly or indirectly, the main sources of information (press, radio, education).

“It is thus extremely difficult, and indeed in most cases quite impossible, for the individual citizen to come to objective conclusions and to make intelligent use of his political rights.”

Einstein had a reputation as a genius in mathematics. People have studied him in schools and universities for decades. Just imagine how different the world would be today if the truths he wrote in 1949 had also been part of every curriculum.

# “Zeitgeist”

## And “End Game”

For further background you should watch the movie [“Zeitgeist”](#) (available on Youtube) and [Zeitgeistmovie](#) Addendum – updated Oct 3 08] as well as [“End Game”](#)

We have “Zeitgeist” and “End Game” the [Earth Change Forum](#) and many more videos on this and other topics.

It is so true that we need to get to “a more local/community based structure.” Perhaps this is why we have seen various groups attempt to opt out of “the system” with varying degrees of success.

Some have tried printing their own notes or minting their own silver coins. Others of the so-called New Age variety have taken a more holistic approach, attempting to link up with what you might call etheric beings. The Findhorn Garden Story is one such example.

**Bottom Line: Despite the fact that the New World Order has advanced its agenda relentlessly for decades, we too have been complicit in its imposition because we have closed our eyes and minds to what has been happening.**

**In essence, we have been enablers. Perhaps then our only recourse, aside from becoming well aware of what has been going on, is to promise ourselves that from now on, we will not be so stupid or ignorant.**

There are many who still believe the system can be changed through the vote and the polling booth. I am no such believer. The system has become so infested with those who truly like the idea of a New World Order (and the absolute power it would bring them) that politics is nothing more than a charade and a cover under which the tentacles of world domination have slithered around and encased all opposition.

**However, unlike those who look back to revolutions of the past and imagine that a good fight is the way to win a big battle, I am by no means in favor of a revolution of the traditional sort.**

**It is far too late for that. Instead, I say we should opt for Evolution instead of Revolution.**

By that I mean personal evolution to the point that we discard our conditioned obeisance to authorities and institutions ( religious and political and even economic ones such as banks) that have hereto controlled our lives and above all our minds.

Again, while some see little value in overt opposition or confrontation there are certainly many who think otherwise, and perhaps that is the wild card that has not been taken into consideration.

## What Options Exist?

While some of us would still prefer to use the system, for example by voting out all incumbents who have voted for things we disagree with, there may well be others who would prefer a far more direct response.

As one possibility, consider history yet again and its tapestry of peace and war...and coups.

There have been innumerable revolts over the centuries, and who is to say that today's military – which is comprised of ordinary folks as well with wives and children and houses that they just bought – and lost - might not collectively decide 'enough is enough.'

Despite the propaganda from those embedded journos who are such masters of spin, perhaps the troops are tired of seeing their brothers in arms killed and wounded and body-bagged home or thrown into surgery then on to a wheelchair.

Do soldiers who believe deeply in fighting for freedom, fighting for their country, fighting for their family, also believe their country and families should be gutted by a modern aristocracy?

How would they react if they knew that a new Bill of Rights is to be drawn up by some “classified” entity? And that the Constitution is suspended indefinitely under Martial Law?

Under those circumstances, wouldn't some of them be asking what the hell their service was all about?

It's not a pretty future picture if anything like that plays out – because history again teaches us that any Civil War leaves a legacy of roving bands of armed and dangerous brigands.

That in fact has been the case in many African countries for decades. So could it happen in the United States or Europe? Possibly.

But what if Nature acts first, in its own way, to bring about some real changes in global commerce?

What if we could see the earth changes as a blessing without a disguise.

Can controlled commerce continue in a world where trade has been disrupted by any one of a number of possible earth change events? Imagine a sudden rise in sea levels and its effects on the harbors of the world. At some point high tide will be so much higher than existing terminals that loading docks will be rendered non-functional.

Let's be there as the changes gradually subside. Let's be there to start afresh in a world transformed, albeit involuntarily, into a world of small communities.

If that's the way the future goes, then barter will become the order of the day (brandy anyone? tobacco? soap? matches?....) at least until something better is worked out – and hopefully that “better” will never again be unseen control of currency commerce and politics.

## Should I Pay Off My Mortgage?

Q: With Solar Flares eliminating computers, markets crashing, earth exploding and flooding and food getting more expensive (notice I ignore gas) will money, cash, "the greenback" still be used to pay bills?

What I really want to know is do I pay off my mortgage or let it sink in the storm? - John, United States

A: Now that seems like a tough decision – whether to pay off the mortgage or let it sink.

Would you sink with it or do you have a contingency plan?

Are you hoping that letting it sink will leave you afloat, but still living in the same property? That just might be a possibility, but as usual I offer no advice on issues like this.

However I do wonder how long it will be before the domino effect hits so many banks and mortgage companies that their records will be in total disarray.

If they collapse while holding the paper on your property, who is going to collect? Or did they sell the paper up the line and it was eventually offloaded to some overseas company?

Did the fine print in your mortgage give them the right to sell the mortgage in the first place – which is basically the same as selling your house from under you, and behind your back, I would think.

Those are questions an attorney could probably answer in a heartbeat.

One thought leads to another, such as why haven't home owners caught in the US subprime debacle got together for a class action law suit against their lenders? (Yeah, I know, they've got no money to get things started – but I also know that lenders such as Countrywide were doing some really really shady financing for super-low-income people – literally asking prospects to lie about their income in order to get the loan process under way).

Now your situation is obviously different. You're saying you have a choice between paying off your mortgage or letting it sink.

If it's a suitable place for long term survival, perhaps paying off the mortgage entirely would be the best option. But you might also be contemplating creative ways to do it.

Say for instance a person had enough cash to buy silver or gold sufficient to pay off the mortgage. Which is best? Assuming gold (or silver) will increase in value over the next year or so, then they'd be a good investment now, to hold till then. Then sell the metal, pay off the mortgage, have money over.

Frankly, it appears that the way you think will eventually lead to a perfectly suitable answer of your own making.

## Debt Free In Two Years?

Q: One of my spiritual teachers has said that everyone needs to be debt free within 2 years. Is this even possible?

I am currently \$450k in debt and I just don't see how this will happen. I know a lot of home owners in CA that are stuck in horrible loans.

Paying off these huge home loans and trying to save for disaster is quite challenging at this time. - Jessica, United States.

A: Debt free is a great improvement over all the other options.

Debt free with money flowing in as well would be even better don't you think?

There are no doubt millions, yes millions, of people in a similar situation. The degree of indebtedness may vary, the size of income may be different, but basically it's the same thing.

In all good faith we have committed to buy a property. We have been expecting or hoping that it will appreciate in value over time. We might have slightly over-extended ourselves but we had a secure income, our credit was good. We thought in a few years we'd have a lot of equity in the property and at that point we could sell or refinance. But now what?

Unfortunately for those who own them, the high-priced homes are the ones that seem to be hardest to sell when hard times arrive. Just recently there was a story about a guy in Britain trying to sell his house which had reached a market appraisal of £4 million. Much to his shock and horror, it was suddenly worth only 25 per cent of that.

But there really is an antidote to all this, and it's all in the mind.

The mind has the power to overcome every apparent adversity, including getting debt free, selling a property, buying a new one.

**It is through focused use of the mind that certain people have created the very economic system that we have become dependent on, in fact enslaved by.**

Quite likely we've never stopped to wonder if there is another way to make things happen, to create the future, to live comfortably and debt free as well. But there really is another way, and it works.

All you need is a fridge and a magnet (humor again folks, humor).

What you really need first of all is to know that the same imagination that got you where you are now can also get you where you want to be in the future.

Everything starts with thought – even money is a result of someone's thoughts, and then their imagination took those thoughts and a system was created in which everybody started believing money was the only answer to anything.

Certainly money is essential for many things, but none of them come along unless we imagine them in the first place.

So my suggestion is that we all start thinking outside the money box.

Best wishes – Michael.

## Seven Preparedness Investment Recommendations.

This is from Jim Farley – he owns several companies and he knew long before most of us that we were heading for an economic disaster.

Plus he is establishing an on line store dealing with survival items which we'll tell you more about as soon as it's up and running.

Howdy All.

Never forget when it come to preparedness, it is better to be 10 years too soon rather than 10 minutes too late!

I had written this in early March 2008 in response to a friend who was told Gold was the best present investment.

I responded with my top 7 preparedness investment recommendations before I would consider any investment in gold. I am much more of a bull on silver than gold for many reasons, but I would still rank silver only number 7 in my top 7 recommendations.

My everyday involves hours of monitoring global economic markets, which has resulted in what I very comfortably would give as my top 7 investment recommendations to anybody.

These top 7 are based upon what I have dubbed the survival quadrage, based upon the medical world's triage of treatment for seriously injured and at risk patients.

Mine is a quadrage because there are four absolute sequential preparedness steps to assure one's best chance at survival in an emergency situation. T

Therefore the top 4 preparedness investment recommendations are crucial and in that order.



## The Top 7 Preparedness Investment Recommendations are:

- **1) Information.:** The best possible preparedness library of "How To" books, DVDs etc., starting with spiritual.
- **Why:** Failure to be mentally/spiritually prepared will lead to the quickest death via panic and irrational thinking. If you cannot stay calm and composed in the face of crisis, you could be dead in minutes.

**2) Shelter:** The best disaster resistant home or at least emergency, portable shelter one can afford, so they have safe shelter. As you know, we have numerous designs for these.

**Why:** Failure to be sheltered from the elements is the second quickest cause of death in an emergency situation. In extreme heat or cold you could die within an hour, not to mention radiation, fall-out.

**3) Water:** Any investment you can make in assuring an uninterrupted, purified water supply is critical beyond anything other than the shelter...purification, storage, pumping, solar, etc.

**Why:** Failure to have an adequate, safe water storage and supply will lead to death in about 4 days.

**4) Food:** In addition to investing in food storage, all people should buy the necessary items for the 3-P's associated with food - production, procurement and preservation.

**Why:** Failure to have an adequate food storage plus production, processing and procurement knowledge will usually result in death within a couple of weeks.

**5) Protection:** Goes without further explanation at this point.

**Why:** We seem to be rapidly approaching chaos in this country and the world. In a state of anarchy this will probably be nearly as important as 1) above. Guns also enable people to hunt game animals & birds.

**6) Transportation:** Invest in low and no power consumption means of transport

**Why:** Fuel supplies will disappear quickly, so alternative energy, pedal and or hoof power may become your only means of critically important transportation. There are many available, starting with a good bike.

**7) Silver:** I recommend junk silver (US old coins), silver eagles, etc. In a period of impending financial disaster in the majority of all global economic markets, silver is the absolute best asset-protection investment (outside of preparedness/self-sufficiency supplies).

**Why:** There are a multitude of technical factors that substantiate my statement that I won't bore you with. You can follow the gold to silver ratio back to pre-Roman times to Greek history and come forward studying the ratios at any given time in history. You can then take an average and see that the gold to silver ratio is very skewed in the present 50:1 ratio for which it has been sitting since the manipulators have been controlling the market for many decades.

## Precious Metals

The historical average is more in the range of 10-15:1, having been a little higher and a little lower in different ages, but never far from this. I have conservatively chosen 15:1 as my benchmark guideline ratio for metals investing.

Due to the extreme shortage of silver, high industrial demand in electronics, low mining production rate and investor demand, many analysts feel the ratio should be more in the range of as low as 5:1.

There is too much manipulative effects for me to be able to visualize this happening anytime soon, so I will be content to stick with the more conservative 15:1. Don't get me wrong, I would love to see a 5:1 ratio since I am a big fan of silver already at the 50:1 ratio. It has hung around the 50:1 ratio far too long for the price ratio to reflect market demand. There is only one reason for this skewed ratio and that is price manipulation.

I was recommending silver to my family and friends when it was 56:1, so now when the ratio dropped to 48:1 they could see that I was giving them wise advice. It would not surprise me one tiny bit to see it down to a 30:1 ratio by the end of summer if not sooner.

That will be exciting, but nothing compared to the possible, if not probable, 10:1 we could see next year.

I'm with the analysts in believing gold is going much higher, with a good chance of doubling this year, so you can imagine the possibilities with silver since it always, always moves in tandem with gold and it is also progressively (and rapidly accelerating in) closing the gap in the value ratio.

After a person is fully vested in their investments in the top 7 that I recommend above, then by all means, it would be fine to consider gold investments.

I would have much difficulty in ever recommending gold before any of these top 7 (urgent) recommendations to all.

Somebody has to be much wealthier than us if they are already fully vested in the Top 7 recommendations with money left over to invest in gold, so kudos to them for all their hard work to be in that position.

## Market Manipulation

The manipulative effect Jim talks about is succinctly revealed in this article by James Conrad: ["The Disconnect Between Supply and Demand in Gold & Silver Markets."](#)

## The (Short) Top Seven List

- Information
- Shelter
- Water
- Food
- Protection
- Transportation
- Silver

## ...Not In A Financially Viable Situation

### There is a Solution

Q: What advice do you have for people who are not in a financially viable situation to prepare for the future events? What do people do who can't even meet basic living expenses from one month to the next? It's a great idea to stock up, but for some that just isn't an option. – Susan. United States.

A: This is a superb question, and one which I and many people can totally relate to.

It also goes to the very mystery of life – why do so many have so little and consequently appear to be subject to the whims of fate?

That of course is a philosophical issue, and one which greater intellects than mine have pondered and opinionated on.

Frankly, I don't think philosophy is what such people want to hear - and this question succinctly asks advice for those who are not financially able to prepare for these future events.

Let me answer with a true story.

First though, I will say categorically that everyone has the ability, regardless of circumstances, to change their circumstances.

Many years ago I was driving a wreck of a little van that a junk yard dog wouldn't bother with.

Coincidentally I came across a book by the title of [“The Silva Mind Control Method.”](#)

It was very simple. Just visualize what you want, make a scrap book with pictures of what you want, and as you drift off to sleep, imagine you are living the experience of whatever it is you've had in mind.

I decided a white 3.8 Jaguar with red leather upholstery would be just super cool as a replacement vehicle.

After a couple of weeks of drifting off to sleep at 120 miles an hour in a white Jag with red leather seats a guy came by to visit and as he was leaving he said “by the way, do you want to buy a car?”

“Maybe,” I said.

“Well the bloke who brought me round has this white Jag for sale....”

The valuable lesson in all that is this: Better to see our lives in terms of what we have got (even if it is only in our imagination for a start) than to mope around bemoaning what we have not got.

## The Big Secret

### It's All In The Mind

The Big Secret is that life delivers to us what our imaginations (minds and attitudes) focus on. Sad sack (poor me) thinking equates to a sad sack life.

**But can you understand that focusing on money when one doesn't have much is the same as focusing on having no money?**

The mind gets set in a rut of old feelings that can run the gamut from desperation (I need money to solve this) to envy (look at that lucky B...in the Lexus)...to cynicism (that son-of-a-gun didn't deserve to win that lottery...what about me?)...all of which are thoughts of how one is NOT in the money; so the future plays out exactly like that because one thinks like a victim of circumstances and sets up a continuation of the same old same old.

The only one who can break such a cycle is the one who thought it into being in the first place.

My suggestion then would be that, no matter how much money we have or have not, we should imagine ourselves happily embracing life on the other side of these changes, then relax and allow the future to unfold without constantly referencing it to the past.

If you want something new, you don't think it should look anything like the old do you?

**Try it. As long as you avoid thinking about 'how' it should happen, and 'when' it should happen (which puts added requirements into the mix and you just set up long delays), it will happen.**

## ... As A Disabled Person...

### Will is The Way

Q: What do you think will happen to the value of money? My concern as a disabled person is that my monthly check will disappear either directly from the government or due to exorbitant food prices. - Chris, Puerto Rico

A: People in your situation Chris are very obviously between two rocks and six hard places.

While your money question is addressed in other replies – basically, it's going to lose value for all of us – on the face of it those who are disabled, house-bound, perhaps hospitalized or otherwise incapacitated do seem to be in a more difficult situation than most.

Nevertheless, I have known some incredibly strong-willed people who were either born or became disabled. In fact I met a man from Australia at this year's conference at James Gilliland's Trout Lake sanctuary. The bloke (that's an Aussie word for 'man' or 'guy') was in a wheelchair, yet he had pitched a small tent about 6ft long and 4ft high, and was sleeping on the ground in there at night.

Seeing the documentary “Contact Has Begun” and hearing James' story had motivated this bloke and his mate (that's a friend or cobbler) to quit their jobs in Aussie and come to the conference.

Theirs was a spiritual quest and obviously their desire for knowledge was strong enough to translate into the will to take on the unknown.

## City Concerns

### Food Riots/Homeless Marauders

Q: I live in a major city (Las Vegas) close to an air force base. What are my chances of survival as far as air attacks go and if California has major disasters and the people start flocking over this way, is it really very safe? I can't see anyplace in the world being a safe place to live anymore. - Heidi, United States

First up Heidi, I don't imagine any aircraft getting close enough to any US bases to do any damage in the first place. Missiles are another story. But targeting these days is so accurate that it's the base itself that would take the brunt. **IF** anyone was ever stupid enough to think about attacking America in that very primitive fashion.

The second part of your question – flocks of people migrating from California to Las Vegas – is a possible scenario.

However, long before they got there, the people in Las Vegas itself would be your foremost concern. Perhaps then the more appropriate question, and one which can be applied to people in cities anywhere in the world, is this: **What would cause people in a city to start rioting and from there go on to attacking each other?**

The answer is pretty obvious if you watch the world news these days.  
**Starvation.**

Food prices have risen so dramatically recently that people are demonstrating and rioting in various countries already. In Haiti, several have been shot dead by those in control (supposedly) of what we can expect to become an out of control situation.

The odd thing is that while the world runs out of food, it's also against the law in many places to hoard food. If you can tell me how that makes sense, please do.

Rising fuel prices are making it near impossible for truckers to make a living, so they too are demonstrating by parking their rigs on highways and freeways to try and force their governments (Spain for example) to do something about their situation.

But if you're waiting for the government to feel your pain....it'll be a long wait.

Maybe you'll get a Band-Aid for a broken leg, but we should certainly never expect them to come to our aid in any meaningful way until after the disaster has come and gone. Such aid is however a mixed blessing because there are always rules, regulations and strings attached.

The crucial point is that almost all disasters can be foreseen years, months, weeks or days in advance. So instead of waiting for them to happen, we should be conscious of the fact that they *will* happen.

At present, a rational analysis of the food and fuel situation – coupled with what's happening to the global economy – clearly indicates that people in cities everywhere must inevitably run into a food shortage situation.

Gathering food is not so easy in the city, and once you reach a situation where there are more "have-nots" than "haves" then the fuse is lit and an explosion is guaranteed.

It's possible to supplement your groceries at times with free items from the local food bank – but even they will eventually have no sources to draw on.

Cities are not alone in being vulnerable to food shortages, but they are unique in that they are crowded places where people generally produce nothing to sustain themselves.

Instead, they live in a wonderland of concrete and steel, hastily rushing from here to there to make enough money to buy the gasoline/petrol that will get them from there to here.

Millions of acres have been covered in asphalt, concrete, roads and bridges, parking lots and buildings, dotted here and there with anything but fruit trees, landscaped with quarried rock and exotic plants that are all quite inedible.

# Circus Las Vegas

## The Hamster Syndrome

In Las Vegas for but one example of a city built without regard to either Nature or the future, buildings that are truly marvels of architecture rise like mountains from the desert.

Millions of people live in the vicinity and many millions more travel to this gambling Mecca every year.

Gambling, however, is exactly what all city dwellers are doing at this time. Gambling that food will continue to arrive. Gambling that water is guaranteed. Gambling that the next 100-year disaster is 100 years away.

Most cities have prisons. In those prisons, the inmates are assured of three meals a day, a room, work, exercise, and recreation. They can even make money to set themselves up for their return to society. Certainly it is not much money, and never enough to get them back on their feet, let alone keep them going once they're on the outside again.

Nevertheless, the point here is that cities are in reality nothing but prisons with a difference. The difference being that the prisoners (residents) in a city, are there by choice, they have sentenced themselves to a long-term incarceration, and so long as the food, shelter, work, money and recreation continue, they're happy being voluntary inmates.

When you get right down to it, city dwellers generally speaking are hamsters in a treadmill, expending a lot of energy to spin a wheel that only goes in circles. Sadly, many of them are thinking hamsters, well aware that they're in a cage, but not so well aware of what they can do to escape.

This is where we can learn another lesson from real prisoners. Some of them have spent many years digging tunnels that eventually gave them their freedom. Others have risked their lives to scale walls and razor wire. A few have found ways to cut through their bars. Some have been sprung by friends on the outside.

No matter how it was achieved, every one of them decided ahead of time that they were going to get out of there. And one way or another, they did.

It's a matter of choosing. Making up your mind. Planning. Deciding that the future does not have to be more of the same, day after day after day.



Nevertheless, whether it's a prison or a city, those who escape do leave the majority, the vast majority, behind.

That's because those who accept the status quo are so conditioned to their environment, so complacent, and so dependent, that they will never even consider the possibility of escape.

This in turn is because they have never thought in depth about what true freedom is. It is freedom of the mind first, freedom to speak and debate and even disagree with other people and their policies. Plus a determination to make one's own decisions and take the consequences.

Instead, too many dumbed down citizens have become compliant complacent unmotivated victims of circumstance. They're struggling for survival and when the chips are down, they'll be the first to drop into animal mode.

So what am I saying? Only that cities are dangerous places, even at the best of times.

Most of us had to leave home for the first time right? So why do we get hung up on living in a 'comfortable' place when we know it won't last?

Obviously there are those who will say "but I've got no choice." Well that is a choice in itself.

Be it in Europe, Africa, Asia, the Middle East or the Americas, the times they are a changing – and the food is going to get scarce. Already some major outlets in the US are rationing what we can buy in the way of flour and grains.

Globally, the economy is getting nothing but worse. So maybe it's no wonder that most governments have contingency plans on their books to prepare for the time when they will invoke martial law.

But isn't that just another case of those who created the problem now offering their version of a solution?

Oddly enough, natural disasters teach us that ordinary people instantly band together to help each other. Rivalries between neighbors can be forgotten in the face of a common transcending difficulty such as a flood or the aftermath of a tornado or earthquake.

Ordinary people rise to the occasion as best they can.

This is a good thing, but it is probably unique to sudden natural events.

The creeping onset of food shortages may well be a totally different matter.

Right now, hundreds of thousands of people are literally starving to death in Africa.

Wrap your mind around that. Hundreds of thousands of women and children living in refugee camps, unable to find enough to eat to stave off a slow and agonizing death from hunger.

Aid agencies may be doing their best to supply them with sustenance – but it is not uncommon for their trucks of emergency supplies to be ambushed and never make it to those in need. Armed gangs take the food for themselves.

Whether caused by rising prices, actual shortages because floods elsewhere have decimated harvests, or because deliveries have simply stopped, the worst place to be in a food crisis would be in the city.

What if a situation arises where you are surrounded by desperate people who have made no provision for any emergency and they decide to loot the local supermarket for a start?

It won't be long before they'll be looting your place.

How to deal with that, must be your decision.

Me – I'd be long gone.

## Any Safe Place In The World?

Aside from her concerns about air attacks and the migrating masses from California, Heidi also says "I can't see any place in the world being a safe place to live anymore."

Having been to Las Vegas a couple of times, I'd have to say that Las Vegas is perhaps the last place on earth that I would personally choose as a home. And I would never consider it to be safe.



It is built in the desert, and it is totally reliant on ever-dwindling water resources from elsewhere. The climate is the pits. Air conditioners, it seems to me, must run 12 months of the year.

On the other hand, the food is fabulous. Prawns from the Gulf of Mexico, shrimp from Asia, lamb from New Zealand, halibut from Alaska, cod from Europe, lobster from everywhere...and none of it produced within a thousand miles.

Tourism is its only reason for being – whether you go there as a gambler, a looker or a hooker, Las Vegas (to my mind) is a con job from start to finish.

That con job has extended to selling it as a retirement heaven, and that is a ploy that has seen tens of thousands of retired folk move there.



Las Vegas/Nevada may have seemed very attractive as an alternative to Florida simply because of price considerations.

But where Florida has to look forward to going under water as the seas rise, Las Vegas is very likely to run out of water in the not too distant future.

It will also likely be one of the first major US cities to feel the worst of this deepening Depression. Gambling and Las Vegas are suddenly not a high priority if your economic world is heading for the shredder. So if you live and work there, what does your future look like? A busted flush?

Now I trust that those who live outside the United States will understand that Las Vegas is only an example city. The above scenarios may very well play out in any city anywhere.

## Preparing In The Inner City

Q: I live in downtown Sacramento (California). I live alone now. My daughters and their kids are close by. How can I (we) get things ready for us when it really hits the fan, here in the inner city. Most folks we know are predominately lower income. We want to survive too. Suggestions, Please. Love your site. You rock!!! Thanks for your time. Barb - United States.

A: Well Barb, as always, this is not to be taken as advice. It's just some ideas you might choose to put into practice.

Number One of course would be to start imagining yourself somewhere else, self sufficient and safe.

At the same time, you might quietly begin to add food to your pantry. Maybe that 'pantry' would be in the basement or in the attic (heat and cold considerations there though) or even in the walls.

Whatever choices, just work within your current budget by adjusting as needed. For example, if you're in the habit of buying three espressos or Americano coffees a day, consider taking a thermos of coffee to work instead and apply what you save to your preparations.

Consider haunting the thrift shops for things like bread machines (we got two for \$3 each and now make our own); go to restaurants and see if you can buy (or get free) food grade buckets in which to store flour, sugar, salt, honey etc.

As a practical exercise to prepare for any future emergency how about turning off the power for 24 hours and see what that's like? It'll definitely show you where you need to fill the gaps. (But do not for a second think you can buy a barbecue and fire it up inside – or a generator – or anything that will poison the air).

How is your water storage? How committed is your nearby family to all this? Are they prepared to participate in a practice drill (make your own imaginary scenario then see how it works out when you all do your pre-assigned things).

Lastly, how do you deal with the low-income situation?

That's covered in the section on ["Low Budget/No Budget."](#)

## A Bit Worried To Say The Least

Safe place? Food? Exotic Gear?

Q: My name is John. I have heard much about the coming Earth changes, and I'm a bit worried to say the least. Not many sources have any information of a survivalist nature that the common folk can read and put to use.

Where can we go that is safe? What foods should we store up on?

Should we get exotic gear like radiation pills, or breathing apparatus?

All these questions are just some of the ones people should be asking. I hope this book on Earth Changes, and what we can do to prepare is just such a guide. - John, United States

A: For my part John I too hope this book will serve as a guide.

Your questions are certainly similar to what other people are asking and they express the sense of puzzlement and urgency that many people experience when they first begin to learn about earth changes.

We'll look at safe places and food storage further on, but right now, I'd say it would do no harm to have some of that "exotic gear" - just in case the first next major earth change is some sort of madman-made nuclear war, started pre-emptively of course. The rhetoric has been flying thick and furious for some years now. Let's hope that's all it is – bluff and bluster.

But just in case someone can't resist hitting the Big Red Button, it would be sensible to revisit some of the [NuclearWar survival ideas](#). (That link goes to a comprehensive survival guide prepared during the Cold War; it includes suggestions for shelters and plans for how to build a double action hand operated air pump in case you have to tape up your house or apartment and rely on filtered air – as was recommended after the events of 9/11).

Q: Make sure to suggest to purchasers of the ebook to print it out, because an ebook that is on a computer that can't get any power is mighty hard to read. - Jason, United States.

A: Point taken. But by the time the computers go out, those who have read this book and have taken action will be well prepared. (Do you have an [abacus](#) Jason? Fastest calculator on the planet I'm told).

### How Long and How Bad?

Q: How long would you think the extreme earth changes will continue? When is the high point and when can we relax a little bit. - Gyorgy, United States.

A: At a rough guess I'd say how about 2010 – 2012 being the worst patch. Hopefully we can start to relax somewhat in 2013. Bear in mind however that it's a big planet, and if we do have extreme events some regions will be affected more than others and therefore take longer to recover (volcanic ash being one example).

### Doom Gloom and Real Life

Q: From Internet and email lists, I get a ton of doom & gloom - all advising to prepare for the end of the world . In "real life" I have a family of four to feed, and no corroboration of the Internet predictions other than one more financial sector problem (subprime) and two more natural disasters (Myanmar and China).  
"How do I continue to fulfill my 'real world' obligations and attempt to mitigate the risk being proposed by Internet and email sources at the same time i.e. my family will not drop their schooling, jobs, etc on an Internet prediction. - Mark, Canada

## The Common Sense Option

A: I agree that there is a ton of what you might perceive as “doom and gloom.” However, would you say the same thing about winter coming and refuse to store wood for the fire?

Those of us who have family responsibilities hardly expect them to fall into line, give up their jobs or schooling just because we are aware that the world is changing in many ways.

True respect for others allows them to make their own decisions, and if they choose to ignore the signs that winter is coming on, we maybe just cut a bit of extra wood or plant a bit more in the garden or stock up on a few extra cans of chili and beans. In other words, we decide whether we'll expect them to come in out of the cold.

Understand I'm not being facetious in answering this way. The “real world” goes on and for most people, it's the only one they can conceive of. Change, especially a full raft of earth changes, is beyond the comprehension of most people.

Throughout this book you are encouraged to look at change from a common sense point of view.

Common sense says for example that as the sub prime housing mortgage crisis turns into a snowball and then an avalanche of foreclosures, if you've got an *adjustable rate* mortgage, it's time to do everything possible to get a *fixed rate* mortgage. Why? Because the next melt down, the next rush of foreclosures, is going to happen when those adjustable rates get changed to something truly horrible, unaffordable and diabolical.

## How Long To Prepare For?

Q: I am making short term (three week) preparations in case of a natural disaster. What about long term "disaster" (economic, earth change etc) what should be done as far as physical preparations? - Lynn, United States

A: The official stance in most countries is that you should do your best to have sufficient emergency supplies on hand to get you through a 72-hour period.

Apparently they know only too well that to suggest more than that would freak people out. Therefore, for you to go beyond the 72-hour suggestion to a three week time frame is both unusual, and extremely wise. Having done that – why not continue extending the time frame? Soon you'll have enough for a month – three months – and so on.

Even though I frequently use the word “abrupt” in relation to earth changes, “abrupt” may not happen to you personally this year or next. It may happen to millions of people elsewhere – but not to you for quite a long time, if at all.

And it's the “if at all” idea that gives so many people an excuse (they call it a reason) to keep putting off making any decisions or preparations.

## Dealing With Pets – The Hard Truth

Q: I would assume preparation will take a considerable amount of money - stocking food, water, oxygen tanks, meds. - it takes money no matter how you look at it. With rising gas prices most people don't have the cash to switch to alternate fuel much less buy supplies.

I live alone with 4 dogs and limited income. - Roxanne, United States

A: Pets are wonderful but also demanding companions so I'd be the last guy on earth to say anything against having them – under normal circumstances. However, they do cost money to keep, and they will continue wanting to be fed no matter how bad the economy gets.

The devotion of dogs to their families is the stuff of legend. They've been known to trek hundreds of miles to find their way home, they've been protectors and guides, gun dogs, sheep and cattle handlers, sideshow entertainers and they even pine for a dead master or mistress.

Ever seen a dog dance? [Try this on Britain's Got Talent.](#)

Cats are a different story. As they say, dogs have masters, cats have servants.

Some people are so attached to their pets that it's unreal; I just hope pet owners realize that they might have to make some tough decisions. “Free to good home” just might be one of them. A hard choice perhaps, but what if you're in a situation where you have to spend a week or two (or much longer) in a bunker, or quarantined in an underground of some kind with no chance of going top side?

A pet dog might be your undoing if it starts barking; and how long could you stand being cooped up with no way of disposing of animal byproducts?

One could go on, but perhaps that's enough to get pet owners thinking and making some plans. (Love is sometimes best expressed in the act of letting go....).

# Scientific Evidence

## Where Is It?

Ian, who is a positive thinker from the United Kingdom, asks “Where is the scientific evidence to justify these claims to be found?”

That deserves a circuitous answer, starting with the subjective observation that this question frequently comes up in Internet forum debates or discussions – and when it does, it smacks of a subtle attack on the integrity of the one being questioned.

At the same time, it is a rather arrogant question because it implies that the questioner believes there are scientific answers to everything – or, if there are not roots in science, then the subject matter can be discounted as irrelevant or unproven because there is no scientific evidence.

That's a circular way of thinking inside a box.

Now if we go to the objective response to the question, we find it is a standard query in regard to many subjects.

Those who use it believe that ([as stated in Wikipedia](#)) “to be termed scientific, a method of inquiry must be based on gathering observable, empirical and measurable evidence subject to specific principles of reasoning.”

The process goes like this:

### Define the question

1. Gather information and resources (observe)
2. Form hypothesis
3. Perform experiment and collect data
4. Analyze data
5. Interpret data and draw conclusions that serve as a starting point for new hypothesis
6. Publish results
7. Retest (frequently done by other scientists)

The iterative cycle inherent in this step-by-step methodology goes from point 3 to 6 back to 3 again.”

So where is the evidence?

In regard to earth changes specifically, several thousand scientists have addressed the question of global warming. They have gathered evidence (information) from around the globe; collected and analyzed data from the outer limits of our atmosphere to the depths of the ocean; drawn conclusions and come up with hypotheses which have then been published.



But the global warming hypothesis is definitely not one that all scientists agree on.

So if scientists can not agree among themselves according to their own rules of engagement, who am I to try and convince anyone that there is “scientific evidence to justify these claims”?

An important point that science tends to overlook is that science itself is studying a system that is much greater than science.

Everything that scientists discover has existed for eons before its discovery. And even though there have been awesome advances in science in recent times, chances are that there is still a lot to learn (and unlearn).

The same holds true for everyone. We are really like ants studying a huge tree.

We could explore that metaphor a lot further, but there are other matters we could be asking the same question about.

Questions like: Where is the scientific evidence that aliens exist (answer: we are it)...that telepathy is natural...that photons communicate....that orbs are people between lives...that reincarnation is real...that the double slit experiment proves that the observer affects the outcome of any experiment...and you don't have to be a scientist to be the observer. Which is evidence (I would say conclusive proof) that the mind of every human connects to the quantum field of potentials and literally organizes it into future experience.

As for scientific evidence or proof of earth changes – don't hold your breath waiting for science to provide irrefutable evidence. Nature has already done it. It's written in the geologic record – that scientists are now doing their best to unravel and understand.

How do they do that? By asking questions, investigating and gradually coming up with hypotheses, theories and perhaps eventually answers we can all agree on.

Nevertheless scientists can only offer their best ideas about the future based on what data they have – and they should be applauded for their courage and commitment to providing us with this invaluable information.

However, science is not the answer to everything, and it is certainly no substitute for doing our own analysis of whatever information we choose to gather.

Perhaps the more open minded approach would be to learn as much as possible from science, but to also stay in tune with Nature and the news about what she's up to.

Melting arctic ice, Antarctic ice sheet breakups, Category Five Hurricanes, Magnitude 8 earthquakes, unprecedented weather and season anomalies world-wide...Solar Cycle 24 that scientists tell us could wipe out our high-tech way of life (if it does eventually create some massive solar storms)....that's all evidence.

But at the end of the day, and this is the part I like best, it's up to us as individuals to choose what to do with all that evidence.

**There's plenty of it in this book.**

## Family

### Distance – Disbelief - Defense

Now here's an emotive subject.

We'll weave the various questions into our reply.

Q: How will we collect our families from 250 miles away if all hell breaks loose? – Becky, United States.

Being from a family where all hell only broke loose when we were all together, I'm aware that some people have been happy to leave their families behind. Some have moved thousands of miles from their parents and siblings, or ex husbands and wives.

However, many people do have lifelong family bonds, and if they're strong enough, then plans can be made in advance. At the same time, it's a case of first things first. We'll get to that.

Ignacio lives in Guadalajara, Jalisco, Mexico. He writes:

“I really appreciate all the useful information about the great problems that we can face in a near future. I am preparing myself for that. My problem is that nobody in my family believes me. However, I am trying to get all the suggested supplies for an emergency, for all my family.”

## Danger in New Zealand

### Families Don't Want To Know

Frances writes from New Zealand:

“I have many friends that live in dangerous zones in New Zealand. Should I inform them of the coming earth changes or leave them in ignorance? I have known for more than a year now what to possibly expect have not discussed it with any of them, nor do I feel guilty for not doing so.”

A: Before opening up on the subject it's wise to ascertain how open your family or friends or acquaintances are to this information. Some are, many are not. So if you do decide to talk about it, it's a matter of drip feeding them the information.

If they show any initial interest, then you can add a little more to the mix, but it's probably best not talk to them when you're feeling fearful about the whole thing yourself. If you do it from a place of love people will listen. They may not agree with you, but they'll listen.

It's essential to respect their freedom of choice. Not many people can do that – but if you can allow them to choose for themselves, understanding that they are responsible for their own decisions, it frees you up to get on with your own life and continue your own preparations with a clear conscience.

Much as we might like to, we're not really here to save the world. Rather, we're on a personal journey and when you get right down to it, trying to save the world can actually distract you from your own path.

## Prepare For Grief

**Q: How would a wise one suggest to prepare for the great grief one might encounter with the loss of millions of fellow countrymen, family, and friends from a major climatic event? - Larry, United States:**

I'll answer that this way Larry. I personally have adopted what on the surface might seem like a cold-hearted approach.

Having told my extended family perhaps too much too often and too forcefully I appear to have turned them off the subject of earth changes completely. In fact I have been told in no uncertain terms that they are “not going to live in fear” and there are certain subjects I should no longer discuss.

It took me a couple of minutes to get over that, because after all I could justify my preaching by saying I was only doing it out of love.

Wrong. I was doing it to learn what I'm now able to say in these replies. Love respects other people's free will. Give them information – calmly. Then hands off and let them decide.

As far as I know, none of my extended family is taking any precautions. So although I have a great love for them, and this goes to the broader question you have raised – the death of possibly millions - I remind myself that for most people, death will come – even if only in old age – and as it was when my parents died, there **will** be a time of grief and mourning.

Let me ask this though. How quickly do we recover from the shock of a disaster that affects other people? Truthfully now, do you even blink when yet another news item comes on about a fatal car accident? Or a murder? How soon do we get over even a super-disaster such as those in China and Myanmar/Burma so recently?

Isn't the extent of our grief rather determined by both the distance between us and the disaster, and our relationship to those involved? Indeed it is.

Therefore I'd suggest we take a close look at how we might handle the death of our nearest friends and loved ones rather than the millions elsewhere. After all, millions actually die of natural causes every year and we think nothing of it. It's only when the death is closer to home that we experience the deeper feelings of grief, perhaps anger, sometimes remorse and guilt.

As an aside, underlying all our emotional responses to the death of others, is our own anxiety and fear of our own death. We see a loved one's casket disappear into a hole in the ground and something in us shudders at the thought that that is our own future...maybe.

For myself, since I know about reincarnation and the immortality of the soul and spirit, that takes the edge off the parting because they, being immortal souls/spirits themselves, will at a time and place of their own choosing, be born again.

### ...their heads in the sand...

Q:My family has their heads in the sand. How can I get them to realize that even though I am 70 I am not being a silly old woman. I "know" something is going to happen. Do you have any suggestions to wake them up?" - Ginny, United States:

A: What we understand now is that you can give your family all the information they can handle over a period of time, but once you've done that, you have to leave it up to them.

If there is continued resistance, the only thing you can do is to see your people safe, whatever their choices might be. This may seem repetitious, but some things are worth repeating. Seeing one's *self* safe in the first place is the most important – but we can also help others with our thoughts.

The obvious caveat to this is that others also have their free will. We might be their parents, but they are individuals. Therefore, there are limits to how much we can influence their lives and futures, even with prayer or focused thought.

## Storing Food

### Self Protection

Now for two questions on a similar subject.

Q: I am preparing my family using the information you have provided and yet when I speak to friends and neighbors, they politely smile and ignore me. So if indeed all (st) happens, how do I protect my family and our stores. I do not know how to use a gun nor would I. -Jeri, United States.

Q:In a world fed and supported by truckers and supplies from around the world how would one ever hope to be safe from unprepared and hungry neighbors? What level of security does one apply for his own family? To what degree should our response be? Worse yet may be our own government rules on food and force." - Evan, Canada

## Loose Lips Sink Ships

If you've already approached the neighbors, you don't talk any more about it with them. You just get on with it.

Now this is where you have to get inventive. If you own your own property and it's in a safe place where you intend to stay then start digging. Dig a hole to put your food in, preferably somewhere that the neighbors can't see what you're doing.

You can also make a root cellar – a storm shelter - or use polyethylene buckets (food grade) buried under a garden. . Take the handles off so they can not be seen by metal detectors. Don't stack more than two buckets high (above or below ground) without a strong board over the second bucket to spread the weight.

If you can't do that, consider a well locked garage, preferably under 70 degrees in temperature. (Underground is usually as low as 50 degrees two feet down). Crawl spaces under a house, wall cavities, and the attic are all possible storage areas.

If you're living somewhere that you don't really feel safe, then obviously, consider moving. e.g. if you're in or very near a city, if there were no water or food, how long would you be able to hold out?

As for guns, not wishing to either have or use one is quite understandable, up to a point. That point is where you perhaps run into someone who does have one and will use it.

But we each make our own choices in this regard, bearing in mind that we have every legal right to defend ourselves, including the use of lethal force if circumstances justify that option.

## Distant Family

### Close Children

Now back to Becky's question.

Distance, even if it's just a few blocks or perhaps a few miles is an obvious issue when it comes to getting together when a natural calamity happens unexpectedly.

For those with children still at home - parents in many countries are encouraged to develop a plan with their children so everyone knows what to do and where to meet in the event of an emergency.

For children – insist on them wearing good walking shoes at all times, or have them in their backpack. (Obviously you're not going to make kids in Florida wear hot walking shoes all the time, but they should have them on hand). Check with their school on what the school's emergency procedures are.

Perhaps your kids should have a cell phone for use in emergencies only – and this is the only time I'd ever recommend the use of a cell phone. Their radiation harms brain cells.

Include a space blanket in the pack, and a couple of water sachets and a few energy bars in case it takes you some time to get to them. Also perhaps a couple of civilian MREs (Meals Ready To Eat). They're light weight and edible simply by squeezing out of their foil pack.

Since kids aren't allowed pocket knives any more, make sure they have some way of opening the MREs – a plastic comb can do the job. Do your best to get their co-operation (and insist if necessary) on them having access to the backpack at all times.

Children who spend a lot of time watching TV tend to be afraid of the outdoors. To overcome that, seriously consider taking your children camping. Be with them overnight. Sleep under the stars. Introduce MREs as a luxury item for people on the go. Your adult presence gives them both love and security, and before you know it, they'll happily sleep outside alone or with a young friend.

If MREs are not your child's style, there are plenty of snack packets that could be rotated in and out of their emergency pack

Again, I would say that being **proactive rather than reactive**, is the best strategy.

Back to the adults. If all family members are on the same wavelength, even though separated by considerable distances, then surely the first order of business would be to encourage each other to get all the basics taken care of ahead of time in your separate locations.

By that I mean **stock up on essentials, have a go-pack in the car, carry walking shoes and a water canteen in case walking is the only option for getting home.**

Decide in advance who is going to travel and how – and under what circumstances. (Would you really want your absent family members to put themselves at risk just so they can be with you?).

Obviously, some distances are just too much for walking – and 250 miles would be a pretty impossible trip for most people whose daily routine is generally a few steps from the house to the car, from the car to the office and return – with a little bit of extra walking from the house to the mail box every other day.

Can you really imagine the average person setting off on a 250 mile trek with just a backpack? Most unfit people would be lucky to cover 10 miles *without* a pack – and the second and third days are generally harder as the body gets adjusted.

So what's the answer to this question?

As unemotional as it might sound, I'd have to ask a couple of objective questions in return. Is it realistic? Have you discussed this with them? Are you all in agreement on getting together in an emergency (if possible)? Or would that just add to the problems you're suddenly trying to deal with where you are?

If you're not on the same page, if they for example think you're weird for storing potatoes or building a root cellar, have you told them they'll be welcome if things do go bad? (And did you really honestly mean it?).

Assuming they are able to travel say by car to your place, what (and who) will they bring with them? How well prepared are you for their long-term presence?

# Family Discussions

## They're Vital – For Some

As you can see Becky, these questions have raised more questions and it's clear that there is no definitive answer for any of them.. Nor is that possible since everyone's circumstances are so different. Nevertheless, all of them need to be considered and if possible discussed with your family. But even that must be done with wisdom.

For example, with young children, if you ask them what they know or have been taught or seen about disasters, they'll respond by mentioning those they're most afraid of. It might be having seen scenes from the China earthquake or the Myanmar flooding. **What the children tell you should be addressed first – so they know that you are “on it.”**

But don't make a big deal out of it. Turn “survival” into a fun camping or fishing trip, or just a simple overnight in-home practice for a power outage. String a rope or clothesline off the fence and throw a tarp over it so they have an instant sunshade or play area – not knowing that one day that very thing might be exactly what they need to shelter from the rain.

Take them to a National Park or forest and walk a trail. For city kids this can be spooky at first especially if you ask them not to use their cell phones. The sound of silence can take a bit of getting used to.

**Be cautious about revealing everything about your preparedness plans – especially where food is stored.**

It might be wise to say little or nothing about that, and hide whatever extra you buy, even from your own kids.

Teenagers are dangerous. They talk loose and thoughtlessly, comparing notes among their peers about their weird parents. Keep that in mind.

**Preparedness, including learning survival skills, need not be a chore. For many of us adults, and our parents and grandparents, it is and was simply a way of life.**

# Food And Water

## Food Storage and Cooking

My Question/Suggestion/Problem is...: Aside from canned goods, what types of food and methods of storage and cooking would you recommend for the upcoming earth changes? Chris - Puerto Rico

A:Starting with the foods part of your question, if you can afford them, freeze dried foods are the best in my view. They weigh very little and keep for an incredibly long time. All that's required to reconstitute them is water.

If you have a pot of boiling water, you can dump some freeze dried food in it, take it off the heat and wrap it in a towel. Just leave it a while (maybe 45 minutes to an hour) and it reconstitutes and cooks itself.

Next would be civilian-style MREs (Meals Ready to Eat). They're packed in foil pouches and they also have a very long shelf life. Can be eaten cold or warmed over.

Bulk items such as flour and wheat etc can be stored in food-grade buckets. Oxygen absorbing sachets can be put in the bucket before it's sealed – thus preventing spoilage. Things called “Food Savers” are available. They suck the air out of plastic bags or canning jars so what you have in them will last a considerable time.

Home canning (preserving) is something anyone can do, and should be doing. (My wife Judith is writing an ebook about that right now. She has been canning for many years, so she'll include some of her favorite recipes – including the one about the cake she served me. It was actually at least five years old, but I thought it was fresh).

Cooking?

Real fire is where to start thinking from because all other forms of heat can be difficult or impossible to get when times are tough..

Propane camp stoves, gas stoves, alcohol stoves, mountaineering stoves all have their place but anything that relies on liquid fuel, gas or electricity is going to quit when the fuel runs out.

Although some people say they are environmentally unfriendly, a wood cook stove really is a good investment.

The “unfriendly” label really carries little weight when you consider that all the alternative cooking systems (except for solar, or the use of geothermal pools) have already polluted the atmosphere in many ways during their production.

But back to wood cook stoves. There are many models available. Some older ones were designed to burn both coal and wood. Second hand ones are still available – but condition will vary depending on their past usage.

Modern ones such as the excellent Stanley brand from Ireland can serve for both heating and cooking, and a few have optional built in water heaters.

Although code these days generally requires expensive slow-burning catalytic setups in most wood burning stoves for house use, there are still some much cheaper wood stoves available – ostensibly designed for use in workshops, garages and such. The Boxwood stove (right) comes to mind as one such simple and easy to install unit.

If they have sufficient top surface area, they are great for cooking on and they also heat the room very well. Maybe they don't hold a fire overnight like some of the modern ones, but you can always set your alarm and add wood in the small hours if you have to. Or keep a good supply of cedar kindling for a quick start in the morning.



# The Magic Wok

## A Multi-Purpose Marvel

If it's an outdoor open fire situation, think about conserving fuel (wood) while creating enough heat to cook or boil water.

One of the most efficient in this regard is a small fire in a ring of stones say 8 to 12 inches high on which you can support a wok. You can start a fire with dry moss or dig into the bark of a cedar tree or make match stick size kindling out of cedar (or any dry wood) to get things going. (or carry lint from your clothes dryer, or those fire starter thingies).

Dry twigs and very small branches can be broken and fed into the fire in gaps between the stones.

Use the driest wood you can find to build this sort of cooking fire. They'll burn quickly (without putting out a lot of smoke, which is a plus if you like your privacy) but also put out a lot of heat, so you can do a stir fry, boil water, scramble eggs, boil vegetables, make the best ¼ inch sliced venison back strap you've ever dreamed of if you have a little olive oil and butter and then eat out of the wok in just a few minutes.

You'll be stirring the wok and eating with chopsticks you made from twigs off a tree of course.

Then you scour the wok with sand, rinse it out, add a little stream water, heat it over what's left of the fire, and make coffee.

Next, the wok becomes a gold panning implement.

If it's a cast iron wok, you make straps out of flax leaves or pampas grass so you can carry it on your back as you haul your gold to market. In this mode the wok serves as body armor...(true story, according to a Chinese chef I once knew who was shot at while escaping from China with his favorite woks on his back).

For light weight pots and pans, the military mess kits serve well, although I'm not personally in favor of aluminum.

Learn to barbecue. It's easy enough. Take the time to learn to do it with wood though instead of packaged charcoal briquettes (which won't be available for long). Practice making a barbecue type of fireplace in your back yard with stones. Perhaps buy a piece of steel plate to grill on.

Avoid cedar except for use as starter wood, or as a very fast hot fire under a wok. Cedar oil is very NOT good for the palate, and even the smoke can be tough on you.

Cast iron cookware has been used for centuries to cook over outdoor fires or in open fire places inside houses.

If you do not have a “Cinder” Ella to cook for you, you can use a Dutch Oven – the ones with what looks like a flat lid with a raised edge all round it. They're designed so you can surround them with coals and also shovel hot coals on to the lid.

## Cook In The Ground

You can also dig a fire pit, throw some rocks in the bottom, build a fire and let it burn down to embers, prepare your meat spuds and peas in the Dutch oven, add water and salt, drop it in the pit, throw some coals on the lid, cover with dirt, go to bed, and have a hot breakfast.

If you don't have a Dutch oven, think about Hawaii and the luau method of cooking (same as the New Zealand Maori hangi). It's basically a pit fire and it takes a bit of practice to get it right because you first have to dig the pit, add rocks and fire, wait till things look right, place the food in there, cover (adding water for steam) and drink lemonade till it's ready.

Remember to wrap your food in something damp (leaves or a sack [not plastic, okay] or a T shirt) to keep the embers and dirt out.

But don't wait till you "have to" to do it. Practice. And drink beer or wine while you're practicing....you may not be able to do so later.

Alcohol stoves are odor free, but the fuel is very volatile. Use with extreme caution.

## The \$10 Cook Stove

Update: Coincidentally while writing this I received an email from Jim Farley with a [link to the Pyroenergen web site](#).

There you'll find a great article and instructions on how to build an Eco-stove (right) which is amazingly efficient.

Apparently the inventor/maker of this nifty little cooking fire wants everyone to be environmentally friendly – so it can be built out of tin cans and uses scrap wood, newspaper or cardboard as fuel.

Costs about \$10 in parts. (Wok not included).



## Food – What To Keep?

### And For How Long

Q: The problem is FOOD, which items to keep and for how long?. How correct is the "use by date"? Is water safe to keep? and for how long? Gilda – Australia.

A: The "use by" date serves a purpose in that it alerts customers to how old the product might be. It's also intended to ensure that retailers pull products from their shelves before they become unsafe or unfit for consumption.

In these days of food irradiation, which is as far as I know is not mentioned on the label, it's anybody's guess what food has been radiated, what food contains toxic additives, and why Twinkies last forever and a pint of milk can last two weeks or more in the fridge.

Some stores do sell frozen items that have gone beyond the use-by date, and as long as they've remained frozen, they seem okay.

However, in the sort of situations we're considering, frozen food would only be a back-up item to be used as soon as possible after defrosting.

Other store-bought items with a use-by date would also be in danger of perishing – which is a natural process anyway. It's also natural to be able to smell and taste what we intend to eat. You might consider trusting your nose and taste buds as much or more than the use by date. Radical thought huh?

## The Taste Test

Another test if you aren't sure whether it's fit for human consumption (or possibly even a poisonous plant if you're out in the woods) is to put a small piece under your tongue, let saliva moisten it, hold it there for five minutes and spit it out. (Some 'experts' say to actually swallow a teaspoon portion of whatever you're testing, but there are some things that can make you very sick in much smaller quantities).

The taste and spit method quickly absorbs minute amounts of the test substance without overloading the system. BUT even though you read this here, the usual disclaimer applies. This is information only. The responsibility is yours.

So if you've done the taste and spit thing, if you don't start going numb in the next hour, and if you don't start seeing really weird stuff, there's a good chance you'll be able to eat it.

## Water Storage Tanks

### And Berkey Filters

Water: As long as it's kept in the dark it'll last a very long time. Years. Again, think Nature. Well water and underground aquifers are deprived of light, but the water we draw from underground is usually the sweetest you'll find, and it may have been sitting or percolating under there for years and years. (Nevertheless, I'd recommend testing or at least filtering any water from underground, regardless of taste or smell, because these days you never know where it's been).

With acid rain being a global problem, and the possibility of volcanic ash contamination in future, it would be wise to install storage tanks and fill them with the best water you have available.

Be sure that the water that goes in to the tank is as pure as possible.

A silver coin in the tank will keep it sweet.

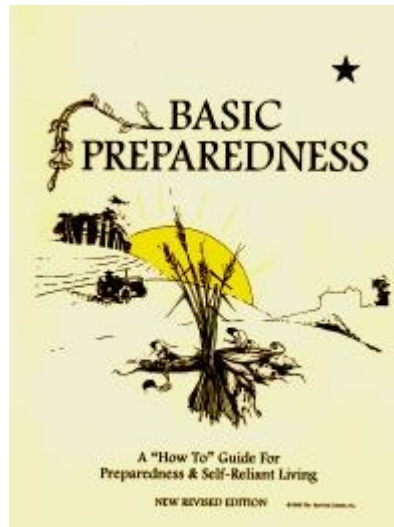
Whether you have water storage tanks or not, consider something like the [Berkey filter](#) to run water through before you use it. ([This Berkey site](#) offers everything from the small to large).

## Basic Preparedness Book

Q: Are packets of freeze dried food equal in shelf life, nutrition and taste? I appreciate this service greatly!- Karen, United States

A: From the book "[Basic Preparedness](#)" – Freeze dried food has a storage life of many years – up to 30 years in #10 cans. Pouches also last many years but are vulnerable to holes and mice if not properly stored. Nutrition and taste are among the best if not the best."

However freeze drying is a commercial process and some manufacturers are becoming overwhelmed with orders. Therefore it would be wise to buy and stock up as soon as possible from what's still available.



## Beans And Rice For Protein

### How Much of Each?

Q: What is the correct proportion of beans to rice for complete (complementary) protein? - Wendell, United States.

A: Julie Sahni's book "[Classic Indian Vegetarian and Grain Cooking](#)" suggests that there should always be twice as much rice as beans. Although she's talking about a [specific recipe](#) in this case, and a particular type of bean, it seems this would be a pretty good rule of thumb.

## Protecting from Insect Infestation

Q: How do I protect organic bulk from insect infestation? - Jim, United States.

A: Oxygen absorbers or oxygen eradication. The absorbers are available commercially with instructions for use. Oxygen eradication refers to vacuum packing or nitrogen packing. Vacuum packing may not be as good as the others. Oxygen absorbers (see the Basic Preparedness book for details) are the most convenient.

## List of Food Products

Q: - List of food products (now dates for most canned products only go to about 2010!) - Marcel, Netherlands.

A: A list of "Food Storage Basics For One Year" is available in the Basic Preparedness book. The chart gives you basic minimum food, water storage and related items in quantity (in pounds) required per family member. (Chart reprinted with permission).

## One Year Food Storage Chart

# FOOD STORAGE BASICS FOR ONE YEAR

BASIC MINIMUM FOOD, WATER STORAGE AND RELATED ITEMS  ©1993 - 2007 Survival Center™	Quantity in Pounds Required Per Family Member (Rounded to nearest lb.)						TOTAL BASICS NEEDED FOR YOUR FAMILY  Figure Your Needs Here
	1-6 Child	7-12 Child	13-15 Teen	16+ Teen	M Adult	F Adult	
Wheat, hard red winter	115	225	240	295	350	250	
Honey, molasses, maple syrup	20	30	35	45	60	50	
Regular & Nonfat dried milk	85	100	100	110	75	60	
Salt - If curing meat store extra	3	5	7	5	10-20	10-20	
Grains: corn, barley, oats, rice, millet, rye, etc.	55	95	125	145	155	120	
Dried beans, lentils, soybeans, peas, pinto, kidney, etc.	15	20	35	45	55	45	
Selection of dried vegetables, carrots, corn, peas, green beans, etc.	25	40	40	50	45	35	
Potato granules, slices, dices	25	55	65	95	60	60	
Selection of Air and Freeze Dried, Main Course Entrees. Convert to #10 can equivalents	6-10 cans or 20 lbs.	6-11 cans or 30 lbs.	7-12 cans or 45 lbs.	7-12 cans or 55 lbs.	6-11 cans or 30 lbs.	6-10 cans or 25 lbs.	
Dried fruit + Orange or Apple Drink Powder	65	90	90	120	85	75	
Your choice of canned meats+ TVP, MRE's, Freeze Dried Meats, etc.	5	20	20	55	45	35	
Gelatin, margarine pwd., butter pwd., tapioca, powdered eggs	10	15	20	30	30	20	
Cheese Powder, Peanut Butter + Peanut Butter Pwd.	15	15	20	25	25	20	
Olive Oil, Salad oils, Vegetable shortening	18	25	35	45	30	25	
Vitamins, Minerals, Herbs Homeopathic Remedies, Tinctures	Check with your health practitioner for information on these storage items. Most manufacturers we talked to said their product would have full potency for 2 - 3 yrs.						
Water (min. 1 gal. per person per day, min. - cook & drink only)	365 Gal.	365 Gal.	365 Gal.	365 Gal.	365 Gal.	365 Gal.	
Sprouting Seeds - Soap - Bleach - Water Filter, Reference Books	Herbs, Spirulina, Seaweed, (Kombu, Dulce, Nori) Cooking Spices, Miso, liquid aminos, favorite seasoning etc.						

## Protect Canned Food From Freezing?

### How To Store Without Power

Q: How can we keep canned food from freezing?- Lillian, United States.

Q: How to store food without power. - Kate, United States.

A: Temperature is the main consideration here. Even so, you're probably aware that most foods have a finite "storage life" when frozen. Some are okay in the freezer for a year or so, but others should be used within a few months. This means the deep freeze is really not the best long-term answer.

Bulk items in buckets, dehydrated and vacuum packed foods, are best kept at 70F or below.

An old fashioned root cellar, a basement or an underground storm shelter are all good candidates for storage areas.

["Basic Preparedness"](#) has a chart listing "Approx. Shelf Life of Wet Packed Canned Fruits and Vegetables Stored at 70F or Less." (When they say "canned" I'm sure they're talking about items preserved in glass jars, not actual metal cans).

Things like carrots, corn, hominy and beans last as much as 96 months – that's eight years! Berries, cherries plums and rhubarb are good for a year. In our experience, canned meats (chicken, beef lamb etc) have an extremely long shelf life as well. (More about that in my wife's upcoming ebook on Canning for Survival).

## Long Term Food Supply

### Seeds, animals etc

Q: While the immediate need for food is obvious, it may not be obvious to all what we will need to maintain a long term food supply. What do we need in the way of seeds, animals etc, to be certain of food after our "warehoused" runs out? - Ted, United States.

A: Good questions Ted. Obviously seeds are essential – so I'd say start collecting every variety you can, right now. Make sure to label them too. (But leave the thistle seed for someone else, okay?). Don't forget tree seeds, wild plant seeds, all sorts of seeds. Old fashioned hand operated gardening tools would be essential too. And watering cans.

As for animals, since everyone's situation is different, I can only suggest that the best position to be in is on land of your own where you can run chickens, maybe sheep and goats, even rabbits and ducks...the whole range of food producing animals and birds that were common to our pioneering forebears.

## Complete Self Sufficiency

Here's a review about a book by John Seymour called [“The New Complete Book of Self Sufficiency.”](#)

“I love this book. I doubt I'll ever slaughter a pig, shear a sheep, or make my own cowhide shoes but this book covers nearly everything - most of which is actually very useful to the average person - including a lot on gardening. He outlines how to be self-sufficient on the "one acre holding" and the "five acre holding" in pretty darn good detail.”

## Edible Wild Plants

Suggestion: Some reference to edible plants, roots, berries, etc., found in nature. One site said to sample a teaspoon's worth and wait 45 minutes, then if there is no cramping, vomiting or the like, proceed from there. Also, maybe something about water purification tablets for when you are away from your principle water source, or are simply living off the land. Low budget/no budget survival considerations. FYI, I expect hardship, but believe that preparation, good attitude and good luck may see me through. Life is good, no matter what. - David, United States.

A: There are many books and even courses available on the subject of edible wild plants in most countries.

In the United States, I'd be inclined to start with either [“The Illustrated Guide to Edible Wild Plants”](#) by the Department of the Army (simply because you've got to keep your soldiers alive long enough to get shot at) or [“Tom Brown's Guide to Wild Edible and Medicinal Plants.”](#) (simply because he's a top notch survivalist who knows how to escape from a bear by hiding under a Jeep).

## Water Purification Tablets

Water purification tablets? I carry them when trail riding but haven't had to use them yet. I think it's just a matter of reading the instructions – but to be honest, if my horse will drink the water, it's probably okay. (Update two days later..NOT...there was a dead mouse in his trough this morning).

Otherwise, boiling for five minutes is a basic purifier for most water – and you can improve its taste after boiling by tipping it back and forth between a couple of containers to aerate it a bit.

## How to disinfect water

From the [Texas Extension Disaster Education Network](#):

“Boiling water is the best way to kill harmful organisms that can make you and your family sick.

“Use clean containers (where possible) and follow these steps to creating safe drinking water:

“Strain the water through a clean cloth, coffee filter or paper towel into a container to remove any sediment or floating matter.

“Boil the water vigorously for at least 1 minute.

“After it cools, the water is ready to use. To improve the taste, you may add a pinch of salt to each quart of boiled water, or pour the water back and forth from one clean container to another several times.”

## Using chemicals

“If it is not possible to boil the water, strain it as in listed in Step 1 above, then disinfect it with bleach or iodine, whichever is available:

“**Liquid chlorine bleach** (from the home laundry or grocery store). Use common, unscented household laundry bleach. Read the product label to find percentage of chlorine and use this table to determine how much bleach to add to the water:

- Add bleach to the water and stir or shake the container thoroughly.
- Let the water stand for 30 minutes. If you can smell a slight chlorine odor, the water should be safe.
- If you cannot smell a slight chlorine odor, repeat the dosage and let the water stand for 15 more minutes before using it.

**Tincture of iodine** (from a medicine chest or first aid kit).

- For clear water, add 5 drops of iodine per quart of water. If the water is cloudy, add 10 drops of iodine per quart of water.
- Let the mixture stand for 30 minutes, after which water should be safe to use.



## Low Budget/No Budget

### The Antidote

As for the “low budget/no budget” survival considerations...been there, done that - lost the T shirt:-)...but the comment takes us from the subject of food, to food for thought.

If you're in that situation, and you're a whiner, you'll never get out of it. Same goes for anyone who prefers self-pity to self-propulsion.

The truth is that what we think is what we get. The power of the mind is truly incredible, but so is our general level of ignorance about that very subject.

Key speakers at [James Gilliland's](#) 2008 conference covered this subject in extraordinary detail and I wrote about it in my ebook, [“Earth Changes – Mind Matters.”](#)

**In everything to do with earth changes – including the idea of money – it is our mind that we must understand if we intend to create the best possible future for ourselves.**

Regardless of individual circumstances, rich or poor, low budget or no budget, the mind is the key to both change and creation. As Dr Ledwith says in that other book, the things we get (be that money or any physical item, encounter etc) are in reality the *symptom* (the *effect*) resulting from the *cause* (the *thought*).

Those in a no budget/low budget situation would benefit from learning and applying the following key concepts from my eBook [“Earth Changes – Mind Matters.”](#)

It's a comprehensive book in which the simplest way to change one's situation is spelled out by four great speakers.

Then, what they had to say was distilled into the basic steps or thoughtful methods of creating any desired circumstances.

## The Key Mind Matters Concepts

Fear Not...(Very important. Fear is very powerful. It magnetizes quickly. ).

We have enormous potential

Old programs need to be released

The Source says “As You Wish.”

To create our own reality, we must use the Superconscious (subconscious) brain.

Reality obligingly takes on the shape of how we observe it.”

It already does that according to the habitual thoughts, attitudes and emotions we express through the conscious brain, but this has been programmed to a “trance of scarcity” and “crippling attitudes.”

“ If we leave all our emotional stuff out of it we begin to co-create with the universe.”

“Consciousness is electromagnetic – faster than the speed of light – and we can use it to create anything we desire.”

“Just throw it out there. Believe it is done.”

“If we are in the Now we will be led without a doubt to a moment in time when we will meet that reality.

“As long as we send a clear message we're going to get back exactly what we send, what we want, or more, if we didn't limit ourselves.”

Visualize the dream without fear.

Visualize the after events with LOVE.

Listen for input from the Universe.

Continue for at least eight iterations. (Repeat frequently “as if it already is”).

**To summarize: Envision the future and hold the dream steadfast.**

**Understand that *today's* circumstances are the result of *past* thinking. Put up with it, but know that today's *new* thinking is creating the *new* future. It may not eventuate exactly as you expect (usually doesn't) but it will eventually become the new reality.**

## 2012

### Is It “The End?”

Q: What do you think about the 2012 year? Is it really the end of it? - Michelle, Canada.

Q: Do you really think that something devastating will happen to the earth in 2012?” - Donna, United States.

As soon as anyone mentions 2012 these days, we should immediately think “2013.”

We'll get to the reason why later, but first....

**Yes, it's extremely likely that something devastating will happen to the earth.**

It may even be something as serious as a shift on its axis – a pole shift.

But whether that happens or not in the next few years remains to be seen.

You will always find multiple schools of thought on these things. For example if you remember the so-called Y2K scare – when there was supposedly going to be a major problem as we hit the year 2000 (and absolutely nothing untoward happened), then you'll understand those who think all this talk about serious events coming up is just that – talk.

However, a journalist is supposedly dedicated to looking for facts. Facts are akin to truth. Or at least they should be considered close to it. Having done that, a journalist's chosen 'job' is to report or write about what he has learned – always with the caveat that he has not necessarily uncovered all the facts.

Therefore, it is up to the reader, the audience, in other words **you** to use your discernment and make **your own** evaluation and choices.

Don't waste your time analyzing the messengers. Some are clearly biased and that's easy to pick. But others do their best to provide you with links to the source material so you can cross check the information yourself. Then you decide your own response or reaction.

But again, when it comes to 2012, it's hard to pin down facts about the future, since the future is not set in concrete. This is not only true for the planet, it is particularly true for the personal future of each of us as individuals. We do have free will, or freedom of choice – which happens to be a grossly under-used or misused yet incredibly powerful aspect of ourselves as human beings.

There may be coming events that have been accurately predicted – including a pole shift – but if we know of the possibility ahead of it happening, it seems like it's a pretty simple thing to decide to survive it. Like getting out of the way of an oncoming train, or leaving your home for a while because a flood is on the way, or hopping into a storm shelter because a tornado warning has sounded.

Whether the warnings come as prophecies, or as the considered words of a scientific research project, or just from the local weather office, each of us must make personal choices based on what we know, what we learn, and what we personally consider to be sensible.

**It is not sensible to wait till the last minute before deciding to do something.**

Nevertheless, there will always be those who do the unreasonable thing or take the fanatical approach.

Among them you will find the sort of people who have on several occasions over the past 2000 years expected Jesus to reappear at some significant (to them) moment in time that would supposedly signal the end of the world.

This is a very big world. It is a big planet. How can it "end?"

There are others who are expecting the whole world and everyone on it to somehow go

through an ascension phase and we'll all find ourselves at a higher frequency.

Quantum mechanics tells us that all matter is coagulated energy, or atoms and molecules and photons and so forth that get together and solidify to create mass as we know it.

Ascension is the reverse of that process – imparting a higher frequency or spin at the molecular level (it can be done by an exercise of will, given the proper training). By way of analogy, ice is solid, becomes liquid, turns to steam, and then the vapor disappears.

We also know from quantum mechanics that there are many dimensions, each having its own individual frequency. Thus we have our level of frequency (Hertzian) plus there are the frequencies (dimensions) of low band and high band infra-red, visible light, ultra-violet, X-ray, Gamma to name just a few.

**But how can an entire planet and everyone on it make a transition to “Fifth Level Density” and emerge as a society with a universally altered consciousness in which there is no more war and devastation?**

## Mass Ascension

### What A Concept

That sounds like mass ascension with every individual suddenly getting a completely new brain and mind-set that ensures that the new society lives in total harmony.

That would certainly be “the end” of the world as we know it – but a welcome end to many for sure.

One should also note that just because one does not know how it could happen, does not mean it won't happen.

If and when it does we would surely hope there would be no child left behind and those who have been born in this realm with deformities and diseases might make the transition and leave behind their birth defects.

But what of those so-called adults this world is currently controlled by? Would mass ascension apply to them as well? Is there room in this “Fifth Dimension” for warmongering tyrants?

I won't include the links here, but on Youtube you can find numerous clips related to 2012. Some of them have a religious spin thrown in to the effect that it is the 'end times' come true and Satan is somehow involved in their favored script.

There's a word that free thinkers have in New Zealand. (Or is it Monty Python?) The word is “Bollocks.” It's not Jesus or Satan who are responsible for what we do and reap. It's us.

## Dread And Hope

Nevertheless, 2012 is a most intriguing date. It is surrounded by myth, mystery, speculation, anticipation, dread, and even hope and expectancy.

But what if our calendars are off?

Further, what if something does happen at some level like at the level of human global consciousness, or the level of a Higher Civilization, to alter all the worst expectations?

Frankly, that's worth hoping for – but still, being prepared for the worst would certainly be the sort of insurance policy you should consider taking out.

## The Mt Adams Declaration

### “A New Golden Age”

There are so many points of view and opinions about 2012 that it's really difficult to get a grip on the whole subject.

For example, there are men like Alfred Webre who in the 70s was writing books about the coming cataclysms, but who now takes a totally opposite viewpoint – that there will not be any disasters and we are heading down a different time line into a new golden age.

During the Science Spirit and World Transformation Conference at James Gilliland's Trout Lake Sanctuary this year (July 08) Alfred Webre and several others expressed their personal vision of the future – 2012 included – in what they call in their Youtube video, [“The Mt Adams Declaration.”](#)

## Drunvallo Melchizedech

### “Not 2012 – 2010”

Going back to the possibility that our calendars are off, consider the following email from a subscriber to Earth Change Report:

“Do you know the Mexican shaman Drunvallo Melkizedech (“the father of” Sacred Geometry and Merkaba)?

“He's been in Buenos Aires for a conference...in front of an audience of approx 230 people, all those who interpret 2012 as ‘a change of consciousness’, “ascension of GAIA”, etc.

“He told without a doubt: ....\*in fact, it's not 2012. But anytime 2010.’

“He’s talking about the shifting of the Kundalini of the earth, a 13000 year cycle.

“ The cortex of the planet will melt (It has to do with the magnetic field... I'm sorry I don't know the explanation he gave, not yet)

“nothing left on the surface. (This matches Horizon Project apparently.)

“This was unexpected. So what to do?”

Drunvalo apparently said

- “Don't worry, just Be,
- “go from the mind to the heart.
- “it's useless you buy a land, you dig a hole... to prepare materially.
- “Everything is melting down.
- “Focus on the ascension process.

“The picture of ‘those who stay on earth’ is kind of in prehistoric times.

“I'm interested in your opinion.” - MVZ from Buenos Aires.

My reply was - Yes, I have Drunvalo's VHS tapes from way back.

2010 may well be correct since our calendars have gotten out of kilter over the centuries.

However, while the catastrophic events on the surface may be true, it is highly possible for people to survive such by building an underground shelter.

If not - well, yes, I guess we start civilization all over again - but with a twist.

My expectation is that those of us who make it through (either by ascending or by sheltering ourselves) will be in touch with ETs who will assist in the clean-up and rebuilding.

In any event, the important thing is to learn everything we can about how to advance ourselves, open up the potentials of the DNA - which in turn leads to much higher levels of consciousness. The earth has been sadly lacking in that department for far too long.

# The Horizon Project

## Creating Panic?

After writing “Earth Changes – Mind Matters” I had a discussion with a friend in Argentina about the fact that I included reference to “The Horizon Project.”

The people who produced that DVD claim that yes, the world *is* coming to an end as our planet transits through a certain position in the galaxy.

My friend’s concern was that my mention of this might create panic. To which I responded that I have more faith in people than that.

It is my firm view that giving people information, even if it might be seen as scary, is better than keeping them in the dark.

I also said I think the Horizon Project people have opted for the “end of the world” scenario because it gets attention for their cause and their products.

But who is to say a pole shift is not possible? And I’m not talking about a shift in the position of the magnetic pole. I’m talking about a physical shift of the entire planet.

**That is why I suggest getting prepared physically spiritually and mentally.**

## Conclusion

To conclude - We have tremendous imaginations – and if we imagine ourselves alive and well in 2013, then do what’s necessary to make sure our bodies get there, we’ll find that just like Y2K the next great calendar moment - 2012 – or is it 2010? - has come and gone, and for us personally, the world did not end at all.

## Book Two Is Coming

The next book in this series will answer questions about rising sea levels, Solar Cycle 24, safe places in the world, tectonic plates and earthquakes, volcanoes, underground shelters (how and what and where to build), and many more areas of concern that subscribers have asked about.

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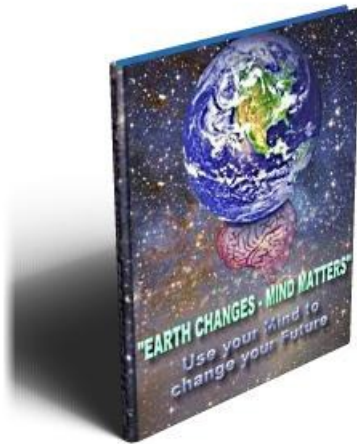


## Products That Solve Problems

### “Contact Has Begun”

The documentary [Contact Has Begun](#) was written and directed by Michael Knight as a **world-class production**. It is James Gilliland's true story about his life, his Near Death Experiences – his personal contacts with ETS – UFOs over his sanctuary - and insights into Earth Changes. **Where did we come from?** [Find out here.](#)

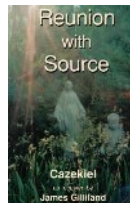
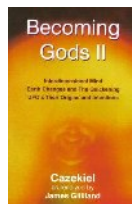
### “Earth Changes – Mind Matters”



[“Earth Changes – Mind Matters”](#) is a 27,000-word **video ebook** by Michael Knight that includes full coverage of the extraordinary 2008 Science Spirit and World Transformation Conference at James Gilliland's sanctuary. **Learn in depth** about **Earth Changes**, the **New World Order**, and from four keynote speakers **What You Can Do to Change Your Future**. It's **Powerful stuff**. And this instantly downloadable ebook not only includes many special video links, it also comes with a rare **money-back guarantee**. Buy it – read it – if you're honestly not happy with it you get your money back.

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## An Underground Home For All Seasons

### The Sea Egg

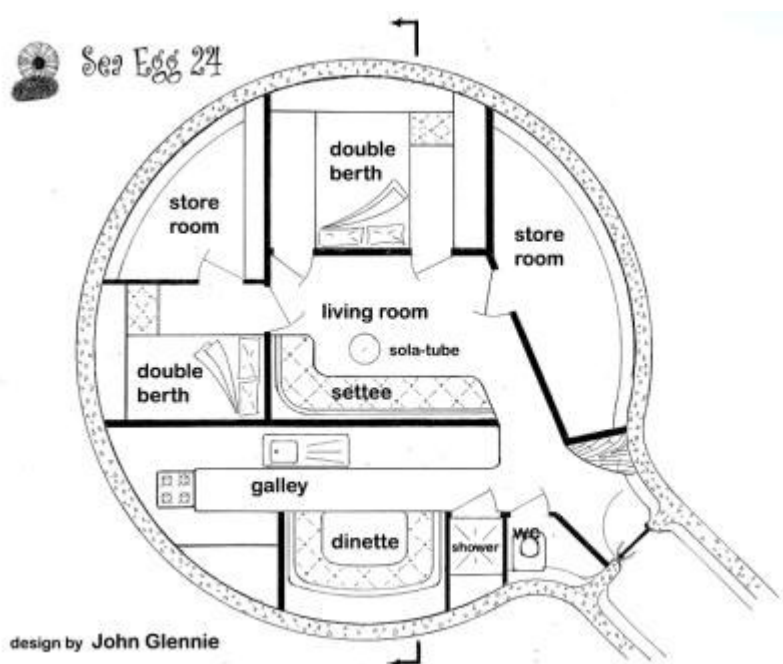
The Sea Egg as it is called is designed by professional boat builder John Glennie - based on his experience as a yachtsman who sailed 30,000 miles in many stormy seas.

Sailing in a storm is like sailing in a constant earthquake....

John also survived 119 days in his upturned trimaran the Rose-Noelle after it was capsized by a monster rogue wave in the Pacific Ocean.

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## Other Newsletters

### Kleiners Korner

Steve Klein's "[Kleiner's Korner](#)" is highly recommended. Its focus is on the latest scientific research – which should really be front page news everywhere. As he says: "Unlimited imaginations are the hallmarks of great minds."

### Greg Simmons

[Greg Simmons' Newsletter](#) "The Physics of Change" is awesome – as is his book, "These Things You Shall Do....and Greater" - "The extraordinary account of a common man's discovery."

## RSE Acknowledgment

I would like to acknowledge the [Ramtha School of Enlightenment](#), Ramtha® and JZ Knight for being the first to bring Earth Changes to my attention some 21 years ago (1987). I would also give them credit for encouraging students to do their own research and look for corroborative evidence within the various sciences. Thus, while RSE has taught me much about Earth Change potentials, this work is fundamentally the result of my personal off campus investigations and research specifically related to questions submitted by subscribers to [Earth Change Report](#) – Michael Knight, 2008

# The Global Economic Crisis Oct 11 08

Update

From the Earth Change Report Newsletter

Earth Change Report  
About Our Rapidly Changing World

## Dead Men Talking - About Today



**Jefferson Lincoln and Kennedy v. Today's Bankers...they want YOU and YOUR country.**

**Some people rely on messages from mediums and intuitives, channels and psychics to get their information about the future.**

Having seen intuition work in extraordinary ways, and also having had prophecies about my personal future come to pass, I'd be the last person to discount such out-of-the-ordinary things.

Nevertheless, I'd also be the first to say that when it comes to the bottom line, a person has to rely on their own judgment when evaluating information, from any source - me included.

Further, having been a journalist since 1960, I have a preference for being able to cross check whatever information comes my way on a subject of interest. In this case, it happens to be the world financial crisis.

**This week, natural disasters seem to have taken a back seat in the news to a man-made one - the global economic melt down that has almost every country in the world scrambling to prop up their financial institutions.**

There is a vast amount of classical punditry out there too...and it is so predictable it is almost not worth reading. Except that, if you ignore it, you could wake up tomorrow more penniless than you are today.

Before getting to the prognostications (that means something like 'forecasts') of several recognized psychics and mediums, let us briefly visit the global financial train wreck.

On the face of it, it appears that it was started in the United States through greed and stupid financial shenanigans. (I am going to go to the point of explaining how it was started deliberately, but we'll get to that later).

According to what the mainstream is telling us, banks and other types of lending institutions began lending to people who wanted to buy houses - but with very little down in the way of a deposit, and very little possibility of actually paying off the mortgage.

They were able to do this, along with other shady practices, because the US Congress some time ago lifted various regulations that were supposed to prevent this type of loan...called (and rightly so) "**predatory lending.**"

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**Sidebar:** A Countrywide real estate agent actually encouraged me to lie about my personal annual income when I was seeking a loan, so I know of what I speak. I backed out of that real quick, because dealing with dishonest people means you're dealing with a dishonest company, and if they go bust...where does that leave you? At the mercy of yet another predator most likely. Or out on the street.

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**What few people are aware of is that it was at the federal level that this rash of carnivorous behavior was enabled.**

By deregulating the financial institutions in various ways, the national banks were not only enabled in their predatory habits, they were quick to take the opportunity to add sleight of hand to calumny.

If you didn't understand what that means, let's put it this way.

Having conned 100 low income people into buying houses worth say \$300,000 each, the lenders then stacked those loan papers together, and said to some idiots in another financial outfit, "hey - look, 100 house loans with a face value of \$30 million. WOW! Imagine what they'll return over a 30-year mortgage...with interest it'll be something like \$60 million....PLUS the house will ALWAYS have intrinsic resale value...so how about you buy this bundle from us for, let's say, ONLY \$1 million?"

"Great idea," says Avaricious Idiot B. "I've got a line of credit with so-and-so, so I can borrow the money to buy this bundle..so it won't cost me a cent. Great idea."

And so this new game of US Roulette (or should that read u/s for 'useless'?) got started.

And eventually, inevitably, the roulette wheel spun out of control and started gobbling up everyone's marbles, raking in their chips, and giving the croupier a big big smile on his face. (We'll identify him somewhere ahead).

**Now that may not be exactly how it's done, but who cares? The fact is that they set up these "financial instruments" that were so convoluted and full of BS that all the other players in this get-rich-now game had virtually no clue what they were getting into....just like the low-income home buyers.**

Nevertheless, the game was not only country-wide, it went world-wide, with bigger and bigger players getting into it with more and more money backed by less and less anything.

Sure, the various governments can point the finger at the United States as the initial incubator of this disease, but the truth is, their banks and financial institutions were just as remiss in their own way - like people who know there's a possible plague coming on, but who insist on playing with the disease carrier anyway.

**Could this have been prevented?**

Yes, it could. But those who saw it coming were sidelined. Brutally.

Imagine the United States as a body with many parts - those parts being the states.

The states all have their own watchdogs, the attorneys general who are tasked with making sure predators and thieves don't get on to the property.

Now we switch metaphors and talk about something that could make you sick.

Like any body, even yours, if a virus gets a foothold, it's going to spread, and you're going to get very sick, and soon other people will get sick as well.

**Fifty 'doctors,' the attorneys general of the 50 states, diagnosed the disease in its early stages - but their efforts to contain and eradicate it, were stymied...and that is clearly spelled out by the former Governor of New York, Elliot Spitzer, in this [Washington Post article of February 14 2008](#).**



In the game room where the roulette wheel spins, there's also another table where you can play dirty pool.

Shortly after that op ed piece was published, Spitzer, who had been described by Fox News as **"the most feared man on Wall Street, Spitzer has made a name for himself as a crusader by fighting organized crime and political corruption"** was politically assassinated by an FBI sting operation.

Without pausing for a second to ask "why" the FBI leaked information claiming Spitzer was involved with a prostitute, the media put his head on the block, dropped the axe and watched his head roll. They also effectively cut out his tongue and cut off his writing hand.

But despite that, thanks to the Internet and its files, we can still read Spitzer's op ed piece, which tells us very clearly that **the states were aware of the sub-prime virus five years ago**.

And yet, as Spitzer says, the federal government, (he actually says the White House) rather than moving to put a stop to this gathering storm, actually did all it could to encourage it to grow bigger, and stronger, and more violent - until finally, like a hurricane gathering strength, it made landfall and started destroying everything in its path.

But unlike your usual hurricane, this one did not lose strength as it came ashore. Instead, it seemed to ingest sub prime loans as if they were jet fuel and before long, it had crossed the Atlantic, the Pacific, the Indian Ocean the Tasman Sea and all points in between.

Today, it is whistling round the ears of (almost) every banker and investor in the world.

Needless to say, the politicians and the pundits are doing their predictable thing. They're telling us they'll find a solution, or they're whipping us into a panic about the future.

**But what if you, personally, have a mental hurricane shelter?**

What if, from the calm space of that retreat, you are watching the storm from its beginnings, and you are objectively aware that storms do not "just happen."

They require certain preconditions in order to even begin to build - or, to use the virus metaphor, they require an unsuspecting host to fulfill their nasty destiny.

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So much for a brief history of how we got where we are, which is currently a global state of panic with governments everywhere nationalizing banks and saying they'll protect all your savings - plus they'll find a way out before the crisis turns into a recession and possibly a Depression.

In other words "Trust me, I'm from the government, I'm here to help you."

**Isn't that a bit like opening the door and you see the local undertaker standing there - with a smile on his face and a cocked .45 in hand?**

Adding strangeness to strangeness, the very banks that have been so instrumental in all this "recovery" planning, may soon be 'nationalized' - in the public interest.

Other banks and finance houses are rapidly restructuring themselves, going bankrupt, selling themselves off, buying each other up, turning the international stock exchanges to froth, foam and blood as the minnows and sharks thrash around in a blind panic...completely unaware that 'up there' there is a huge mother ship of a trawler with a monstrous invisible net that few if any will ever escape.

**Looked at objectively once again, we can see a couple of interesting issues.**

The first is that it appears from what we're being told that this was a totally unexpected, unforeseen, impossible to prevent situation - and the only people who can solve it are a few politicians and several hundred bankers and experts from the private sector (which created the problem) that they will rely on for advice.

(The obvious question is "why should I trust the guy who just stuck a K-bar in my ribs to sew me up?").

The second possibility - probability- likelihood - is that the whole deal was rigged, stacked and carefully dealt to us from the bottom of the pack.

It wasn't a K-bar (a Marine fighting knife) that was shoved into our ribs, it was a slim but very sharp stilleto inserted from the back in the dark of night as we lay sleeping.

If, as former US president Franklin D Roosevelt said **"In politics, nothing happens by accident...if it happens, you can bet it was planned that way,"** can the same not be true of this whole global melt down?



Yes it can.

Which brings us to dead presidents - talking dead presidents and founding fathers.

**"The very word 'secrecy' is repugnant in a free and open society; and we are as a people inherently and historically opposed to secret societies, to secret oaths, and to secret proceedings."** - [John F. Kennedy on Youtube.](#)



(What secret society was he referring to? Was it this one that Peter Jennings fronted and ABC News reported about [Skull and Bones](#) perhaps?).

Yes - that was one of them. But the secret society Kennedy referred to is in fact a global one. And it has been around for centuries.



**"I believe that banking institutions are more dangerous to our liberties than standing armies,"** said the late Thomas Jefferson.

Was he a prophet? It would seem so, according to [this interview with the late Aaron Russo](#), a one-time friend of one of the Rockefellers.

**Russo knew, because he was told face to face, that the banking families - the old established ones - were bent on total control of the world.**

He was also told that after an "event" (which turned out to be 9/11) there would be a war with Afghanistan and then Iraq, and a never-ending "global war on terror."

One way to control the world would be to control its finances, would it not? Another would be to have an endless war against an invisible and manufactured "enemy."

John Kennedy told us that there was a very grave danger that any "need for increased security...will be seized upon...to the very limits of official censorship and concealment."

Kennedy too spoke of a global conspiracy.

Kennedy was murdered. Russo died of cancer.

The aristocracy lives on, as do their banks which have outlived and (almost) out-maneuvered anything that Jefferson might have had to say.

Could ownership of the media, contributions to would-be presidents (of both main parties), and influence of the legislative process further a hidden agenda? Or is that a rhetorical question.

From our hurricane bunker, let us now look calmly at where this storm might go next - and what may occur once the full damage has been wrought.

But first, another word from a dead president.

**"Rightful liberty is unobstructed action according to our will within limits drawn around us by the equal rights of others. I do not add 'within the limits of the law' because law is often but the tyrant's will, and always so when it violates the rights of the individual." - Thomas Jefferson.**

The law as it stands right now in the United States allows for martial law to be imposed at the behest and will of the president alone. Other countries no doubt have their equivalents.

The law allows for banks to cease trading, without notice, to avoid a "run on the bank" that would - if it happened - reveal the fact that the money you thought you had placed in their safe keeping, is as ephemeral as smoke, as solid as plasma, as good as a click of the mouse that created it in the first place.

The institutions which have bundled all those pretend-money mortgages do not have anything like the cash reserves they would need to give you your money back.

Ironically, and it is stupefyingly ironic, **you** are expected to bail out **them**.

Oddly, strangely, as if speaking lines from a script that has an intended outcome (a surprise ending, at least to you) our politicians are now saying that their governments will take control of the banks.

Who told them to say that? - The bankers? Quite likely, since the evidence is that the banks control the governments - and a short term hurricane is no disaster when the clean-up operation has you owning the entire world.

**It seems obvious that 'appropriate' laws have been set in place well in advance of today's circumstances - laws that eerily foretold that they would be required and used when the situation developed...or was engineered.**

What was once freedom, is in grave danger of becoming true serfdom.

Lastly, instead of going to today's prophets and mediums and their talk of martial law, bank holidays, the New World Order and even the introduction of the draft, let us return to some dead presidents.





Lyndon Johnson (vilified by some as having been a co-conspirator in Kennedy's death) said: **"There are plenty of recommendations on how to get out of trouble cheaply and fast. Most of them come down to this: Deny your responsibility."**

Or shift the blame somewhere else.

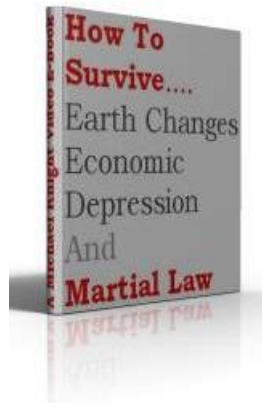
Now to Thomas Jefferson and Abraham Lincoln. Neither man was perfect, but both were honest.

Jefferson said: **"All tyranny needs to gain a foothold is for people of good conscience to remain silent."**



Lincoln for his part is credited as the originator of this quote, and he at least got it right. "You may deceive all the people part of the time, and part of the people all the time, but not all the people all the time."

And he also said: **"I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crises. The great point is to bring them the real facts."**



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**About the Author:** Michael Knight has been a journalist, author and documentary director since 1960. He is Editor of the international Internet newsletter, ["Earth Change Report"](#) and author of the ebooks ["Earth Changes - Mind Matters."](#) and ["How To Survive Earth Changes, Economic Depression and Martial Law."](#) He is also Director of the best selling documentary, ["Contact Has Begun."](#)

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