

Survival Guide

2009 Edition

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INTRODUCTION:

Survival Guide is written from both a physical and a spiritual perspective. It is current to February 2009. This informative guide will prove most helpful for the soon coming hurricanes, tornados, tsunamis, earthquakes, floods, high surface winds, wars, famines, occupations, genocides, pestilences, gangs, and severe weather.

The chapters are:

Physical Preparation:

Timing and Time
Safe Havens
Sanitation
Water
Food
Shelter
Protection – Short Range
Protection – Long Range
Clothing
Health
Light and Fire
First Aid
Nuclear War
Economic Survival

Spiritual Preparation:

Why you may not be spared?
Who are you going to trust?
How bad is it going to get?
When?
The Occupation
Return of the Christ
Dreams/Visions/Prophecy
Author's Note
Author's Prayer

PHYSICAL PREPARATION FOR SURVIVAL:

All things in each of the physical preparation sections of the Survival Guide - 2009 Edition could become very important for your future survival. Depending upon your situation, one area may be more important than another at different times. But they are all important. Each section has a section titled "What you need?" and another section titled "What would be nice?"

Most of mankind will see unbelievable catastrophes from 2008 to 2018. Since I first wrote this survival guide in the summer of 2008, the following events have occurred in America:

1. September 2008: Hurricane Ike slammed into Galveston causing major destruction to that city and the surrounding area.
2. January 2009: Major ice storm in Arkansas, Kentucky, and Tennessee causes power loss leaving many cold and thirsty without food.

This list will grow as the years go by.

This hour or so read and provident actions on your part will become very valuable to the survival of you and yours for what is sure to come and is coming at an ever increasing pace

Timing and Time:

It takes time and resources to prepare for the coming catastrophes. If you knew that your neighborhood's electricity was going out at 9:00 tomorrow night and stay out for 3 days, there are some definite things you would do before then. You might pick up a couple of flash lights and some batteries. You may wash and dry some needed clothes. You may try to preserve any frozen or refrigerated foods. You would delay buying items that require being refrigerated or frozen. You may buy propane or charcoal for an outdoor grill. You may want to obtain some cash from the bank. If you were so fortunate to have a wood burning stove, you may wish to buy some firewood if it were cold outside. You may even have time and opportunity to buy and install a wood burning stove if the weather is cold outside. You may move in with a relative or friend outside of the affected area until the electricity came back on.

A 3 day electrical outage event is not pleasant. But it is a minor inconvenience compared to what is coming and is already happening to more and more people throughout the world.

More catastrophe events are occurring that are adversely affecting larger numbers of the world's populations. These events are escalating in frequency and number of people affected.

The USA itself may be destroyed as a nation in the summer of 2013. I do believe that soon after 2012 the possibility of WWII taking place in America is very likely. I would not be surprised if the USA ceased to be a nation in 2013. What is really scary about such an event is that the USA government has made little or no preparation for the civilian population if war does come to American soil. Those nations most likely to attack the USA on the other hand have extensive civil defense plans and underground facilities/shelters for their people. Second, it is scary how dependent almost everyone has become on the system. Americans today are the least prepared for survival than at any time in their history.

So how much time do we have??? Well even if the summer of 2013 does wind up being correct, don't assume that you will be able to prepare right up to the time the country is destroyed or some other catastrophic event occurs in your community or neighborhood. I do believe we have a very limited time to prepare. A lot of scary things are on the horizon now and it looks even scarier down the road. Ask the Heavenly Father for guidance and direction on what He would have you to do. He will show you if you are humble enough to ask and if you are not a double minded man or woman.

Timing is vital in preparing and escaping what is coming. Time is also critical because we really don't have a lot of it left to prepare as of February 2009 before many natural and man initiated catastrophes occur.

One reason I wrote the Survival Guide was because I sensed that the time to prepare was quickly running out. I really think that each of us needs to use the time and resources we have left to prepare. The free time each we have can easily be taken up by distractions that will not produce a provident life. Sports, church, politics, entertainment, men, women, etc. consume most people's free time. Watching sports is not going to get you in any better shape. There is no longer a spiritual solution left for the USA and certainly not within the structure of the modern day church that only has a form of godliness but denies His power. There is no political solution because whoever does get elected will only do the bidding of the international bankers who are planning the destruction of the USA and its people. If you do not believe this, then just keep watching what is happening and start thinking a little. Ask yourself some interesting questions like "why are most of the USA factories being moved elsewhere in the world?" Or "why is the wealth of the USA being transferred out of her?" Or "why the rich are selling their USA real estate holdings and buying homes elsewhere in the world." The only true political solution was Ron Paul. And he was just a 5% blip on the Republican screen. Most spend way too much time watching something to be entertained.

We all need to spend some time every day, week and month planning and doing something to get ready for what is coming. Because it is a coming like a strong tidal wave and nothing is going to slow it down. So you may ask what I am doing. I am

spending time and money every week trying to get ready because I know in my spirit that we have little time. For the last 2 months I have been writing this book to help others get ready. What is about to happen is not just about ourself. It is also about serving God and helping others that have an ear to also hear. And for those who don't get it because they are too caught up with distractions, I really don't have time for them. They will most likely perish and I don't have the time or resources to do much for them. This may sound heartless but we are now in triage mode. You can help some but each of us is limited to what we can do to help others.

Stop all the distractions and ask yourself and God how much time you have. If you get the answer I did, you will get busy preparing to survive for you and your love ones.

The Prophets: God does nothing without first showing his prophets what will happen. The modern day church has so put down any word that is not lovely for the modern church's benefit. You will find no true prophet in today's modern churches that is free to speak the Word of the Lord. The modern day Christian church in America is defunct and almost all of them have taken on the mark of this world and serve the god of this world which is not the true and living God. Yet, in the midst of all this great falling away, God has preserved a few true prophets which have told and will tell the truth about what they saw is coming to America. If you wish to hear what the prophets have to say about America, then ask the Heavenly Father to show you who the true prophets are. He will show you if you are not a double minded person. A double minded person is one that receives wisdom from God but then does not act upon it or follow it. If you have been double minded in the past, then ask the Heavenly Father to forgive you and humbly submit to the will of the Father.

What You need? You need some idea of what is happening world wide and how it could potentially affect you. You need to have some idea of the timing and the events that may occur in what order that may be leading to the destruction of the USA. Above all you need to be locked in with the Heavenly Father by having a truly repentant life so that you hear Him when He speaks and you recognize His voice. Finally, you need the heart and soul to obey what God has shown you. Nothing of any significance is accomplished without obedience to the Spirit in which you are formed in. When one obeys the Heavenly Father, we are in faith and great things can be accomplished with even very little faith.

What would be nice? It would be nice to have a direct Word from God or His prophets when certain catastrophic events will occur and what sequence they will occur in. Knowing this information is extremely valuable in preparing for what is coming. It would also be nice to have enough time left to obtain the location and supplies that would help you and yours to survive. Noah starting preparing 120 years before the destructions of his day. The sooner one gets going to prepare the better. We don't have a 120 years. But then too we don't have to build a huge ship to be ready.

A Safe Haven:

In the recent past many have died because of where they were at a certain time. This is going to continue to be the case more and more often. On December 26th, 2005 a tidal wave originating from Sumatra buried millions of people in water and debris in a matter of a few minutes. The death toll was far in excess of what was reported. The “official” count was based on bodies found. But for every found body, 35 others were missing. So instead of 200,000 reported deaths (bodies found), the real toll was more like 7 million (200,000 x 35 = 7,000,000). There was a media cover-up on the true amount of deaths. Wow!!! 7 million die within a few hours. Our world has never seen anything like this.

In May of 2008 an earthquake in China buries tens of thousands in moments. In May of 2008 a tsunami hits Myanmar (Burma) wiping away tens of thousands. In many of these events the true loss of life is not known or accurately reported. But we are quite aware of the events and quick loss of life. Natural and man made tragedies are with us and will continue to escalate until the Summer of 2018. Now the world is facing a rice shortage and tens of millions if not hundreds of millions may die of starvation in 2009, 2010, and 2011.

Your location makes a big difference on whether you will or will not survive a particular event in the coming catastrophic events of our day.

I don't think you or your love ones are going to make it unless you are located in a safe haven that the Heavenly Father provides and directs you to. Being located in such a safe haven will be most important to survive what is coming. It is **MOST important** for you to find the Father's will in where you need to be now and in the future.

One of the most difficult things for any to do is to relocate. Many great men and women of faith throughout the ages have relocated as God led. Frankly, none should make such a major decision without first hearing from God. True faith requires that you begin by hearing God. Much of what man does may look good. But if it was or is not founded in what God is saying to the individual, then such is only dead works which will not yield the fruit of righteousness. Nor will it provide the best place for you and yours to be when some really terrible events do occur in this world.

If you do not know where to go, and you know you must go somewhere, then you are welcome to contact me at young749@yahoo.com. Put in the title line the word “Relocation.” I will do what I can to help you. Maybe that will be information. Or it may be an invitation to relocate where we are. I do not know yet, since I have not moved to a safe haven yet. Most likely I will in 2010. Each of us must do what we are able to and are lead to.

I cannot tell you where the safest place will be during the cataclysms that are soon coming. But I can tell you for sure where you don't want to be. And that will be in the cities and towns of the United States of America. The bigger the city the more dangerous it will be to survive in the future. Getting out of the cities and towns will increase your

likelihood of survival but will not necessarily insure it. One prophet has said that the Lord Jesus will preserve 5 large areas of the USA during and after the attack on America by enemy forces. These areas are Northern Arkansas (north of Little Rock), Northern Florida (North of Orlando), Northern North Dakota, Northern Washington state and Northern New York State. I do hope this prophet is hearing from the Lord about this. But whether he is or not, one should always take such matters to the Heavenly Father. I offer the following prayer for you to direct to the Heavenly Father. If you humbly pray this prayer with the willingness to obey the direction of the Father, He will show you what you need to do in His timing.

“Heavenly Father, I humbly request Your direction, Your help, and Your mercy in finding and relocating to a safe haven. Thank You for Your mercy upon me and those I will be able to help as I follow Your direction. I humbly make this request in the body and blood of the Lord Jesus Christ.”

I would also avoid all areas on or close to the Mississippi river since there will be major flooding there in the coming years. One prophet is saying that 2 of the great lakes are going to spill into the Mississippi valley washing everything away along the Mississippi river.

What You need? You need to have someplace to go in a rural location or out of the country of the United States of America before WWII. It needs to be a place that God shows you and is guiding you specifically to go there.

What would be nice? It would really be nice to already have a clear revelation from God where he is leading you. Second it would be nice to already be there and be preparing daily (except the Sabbath day) that place for survival without electricity or modern fuels. Having such guidance and preparation will prove to be of utmost importance in the soon future.

Sanitation:

More people have died prematurely from lack of sanitation than any other single cause. Food and water supplies become contaminated when proper sanitation is not followed. God clearly gave instruction in the Bible what man must do to prevent the disastrous results from the lack of sanitation. Those who have followed these basic sanitary laws have lived, multiplied and built great cities, and civilizations. Those who did not follow these laws died prematurely and their cultures have died out from disease. Nothing has changed. The same principles of sanitation apply today.

To have sanitation you must remove human waste and flesh (bodies and parts of bodies) from where you normally eat, drink, obtain your food, obtain your water, and live. The most effective tools that you can have is a designated area to deposit human waste and the ability to cover or remove that waste. In modern homes water flushes away waste immediately in a commode. This luxury has allowed modern man to live in very close quarters without disease. It has also brought much comfort because now the ability to

relieve one's self resides in the home itself. Without the ability of quickly and efficiently removing human waste, the cities would quickly fall apart from disease.

Discipline to use only designated areas for depositing human waste and burying this waste is most important in maintaining the health of the community. If you should find yourself with a group of people that will not keep these basic sanitation laws, then you will be much better off either trying to convince the group to do so or by removing yourself from them. Soon, they are going to have major disease problems that could have easily been avoided by following the basic sanitation laws of the bible.

What you need? A designated area for all to relieve one's self is a must. Any sturdy shovel which will allow you to dig into the ground where you reside is a great asset to maintaining sanitation. Human waste deposited in shallow holes should be covered with dirt quickly. Human waste deposited in deeper holes may be covered at a slower rate.

What would be nice? Not too long ago in American history the outhouse was common. This small house was placed on a deep pit dug into the ground. Boards were built to form a box around the pit to allow one to sit while they did their business. This arrangement placed waste in a deep hole, provided privacy, and allowed a more comfortable way to relieve one's self. Having a supply of boards and nails/screws and a sturdy shovel to build such a structure would be most beneficial when modern plumbing fails. Locate an outhouse away from water and food supplies and away from normal living areas and preferably downwind to where you live. If you have plenty of storage space, toilet paper would be nice. But this would be much lower on the survival list than many other items and certainly would not rate above any item listed in the What you need lists.

Summary: Sanitation is not an option for survival. **It is a must!!!** You can and must achieve good sanitation with a shovel and a designated place to go. It is almost impossible to acquire sanitation without a shovel when modern plumbing fails. You must completely remove or bury human wastes as well as bodies to have sanitation. If you should be so blessed to have boards and nails or screws, you can build an outhouse. Most now would laugh at such. But if and when modern plumbing should fail, an outhouse will be an item of luxury that will be most worthwhile in building.

Water:

The number one cause of premature death worldwide is lack of sanitation and more specifically it is the lack of sanitation leading to contaminated water. There is no standing surface water that can be considered safe today. In a survival situation the safety of water most likely will be further compromised. "Potable" water is considered safe to drink. This is water that has few or no microorganisms living in it. One can destroy microorganisms such as *Giardia* or *cryptosporidium* by boiling the water for a certain period of time. This requires a pan to hold the water and a heat source. Also, effective is building a sun heat trap which will trap the heat and water vapor and allow

for evaporation of the questionable water which condenses leaving harmful contaminants and organisms behind.

The best water situation is to have a flowing spring from the ground; hillside or mountain side that you know produces safe, potable water. Such a spring hopefully would remain safe during a survival situation. Just because a spring does flow from the side of a mountain or ground does not necessarily mean the water is safe. This summer we visited a cave that had water running through it. This cave was full of bats that placed some of their droppings directly into the water stream. This stream flowed out of a side of a cliff. From the outdoors this stream flowing out of a cliff looked like very good water to drink. But it had bat droppings in it and would not be safe to drink without filtration or boiling.

Few will be so fortunate to have a potable water spring or safe well to drink from. In these cases one will either need to boil or to filter water before drinking or cooking with. The best survival filter is a ceramic filter that will filter out micro organisms and larger particles to produce a safe, "potable," drinking water. These filters are found under the name British Berkefeld, Doulton, Berkey, etc. Doulton makes the British Berkefeld or Berkey and they are the same. These filters can be obtained with a very nice stainless holder. But any plastic bucket with a hole drilled in the bottom large enough to install the filter will work to produce needed drinking water. These filters are ceramic and will break if dropped on a hard surface or if water freezes in them.

I recommend that you have at least two Doulton or British Berkefeld ceramic filters. Store them carefully wrapped in bubble wrap or other cushioning material. If the temperature drops below freezing and they are wet, you must prevent the water in these filters from freezing. The pore size of these filters is less than 5 microns. Any freezing water in these pores will expand and is going to cause micro cracks throughout the matrix of the filter rendering it useless. You can use an ice chest or small cooler to place the filter in during very cold weather to isolate the filter from the cold. Also, you can drain one of these filters and dry it before extreme cold weather if you knew it was coming. In the dried state, no trapped water would be available to freeze to cause cracks.

American settlers and others facing the challenges of clean water used silver to help keep micro organisms from growing in the water. Often they would throw a silver coin into the water barrel. Not only would this keep the water from growing as many microorganisms but it allows some silver to be ingested. Silver internally can help keep micro organisms from multiplying. I do recommend a silver coin in the water tank, a silver cup or goblet and even silver spoons for babies to help keep micro organisms in check. Sterling silver is 92.5% or greater silver and any cup, goblet, or beaker that is sterling silver will work fine to add micro amounts of silver to your body. The silver should not be coated with anything else such as gold. A gold layer over silver will do little good to adding silver to your body.

What you need? A water source that is either proven-to-be-safe or can be made safe to drink. At least one ceramic water filter with gasket and one container with a hole in the bottom that will hold water. The container should allow the complete sealing of the filter to the container. There should be no leaking around the nut of the filter on the outside of the container. A leak can easily be detected by wiping your dry finger across the threads of the filter and around the nut. If it is leaking, then your finger will pick up water and become wet.

What would be nice? A proven-to-be-safe water source that provides fresh water year round. An extra ceramic filter, extra gaskets, extra containers with a hole drilled in their bottom, ScotchBrite or equivalent to scrub the outside of the filter when it starts to clog up to remove clogging. Plenty of bubble wrap to roll the filter(s) in to protect them from damage. A thermometer to keep track of potentially freezing temperatures. A small cooler to store wet filter(s) in if the temperature drops below freezing. A tube that will attach to the outlet of the filter with a clamp on it so you can direct the flow of water and stop it if you do not need to filter any more water. At 2008 prices you can obtain all the above including an extra filter for less than \$100. This is a very good investment for survival. Finally, it would be nice to have at least a few silver coins to place in a water barrel or pitcher. Or a silver cup, silver beaker, or silver goblet would be nice to drink from.

Food:

Food shortages: The first signs of coming food shortages will be the suppliers not being able to get their supplies to produce processed foods. Then certain items will not be stocked in the grocery stores. The stores will be out of more and more items for longer periods of time. More and more shelves will be empty or entire product lines will disappear from the shelves. This will be the first signs of trouble. Bags of bulk grains such as 25 or 50 pounds of rice will disappear from stores like SAMS. When you can't get large bags of rice at the Chinese stores or Indian stores, then for sure we got a problem. If one store is out and you can not find the same product at multiple stores, this will confirm that the food supply chain to the consumer is starting to break down. When this happens, be wise and get ready for major food supply shortages. It is wise to have 6 months of food supply always available no matter what is happening at the local grocery store. 2009 is a Sabbatical year. Most sabbatical years produce less crops than regular years. Actually, one is not to plant or harvest during the sabbatical year which occurs every 7 years. With potential lower harvests this sabbatical year (Spring 2009 to Spring 2010) and already major food shortages, many could be starving by 2010. Perhaps there will not be a big problem in the USA. But one should always have some food storage and be prepared for may come.

Historical Importance on Food: When the pioneers moved into a new area, the first thing that they did was get the land prepared for planting. If it was planting season, then planting and growing was the number one priority. This came before personal comfort or anything else. If that crop did not make, then it meant hunger and possible starvation. The crop was the most important thing going on for the early pioneers. It will become that way again.

If transportation and distribution breaks down, then the local grocery store will be without most foods within a few days or weeks at the most. What do you think is going to happen when it looks like the local grocery store is not going to have any more food? The little that is remaining will be bought or taken very quickly by desperate people.

Four basic areas of food need to be considered. First you need enough food until the first harvest. Second you need seed to plant. Third you need land that will yield a good crop from manual farming methods. Finally, you need a way to store your crops to keep them from moisture and pests.

Food until the first Harvest: You will need food to eat until the first crop comes in. Some sources are listed below:

- **Grains:** The best storage foods are bulk whole grains. They provide nutritious food that will store for long periods of time without spoilage if stored in a proper manner. This would be barley, wheat, corn, rice, etc. The grains is what keeps most of the world fed today and to store them properly you only need to keep them dry and pest free. Plus they are the least expensive food you can buy when bought in bulk. And you do need to buy in bulk if you store up any significant amount of grain. Whole wheat berries can be ground by the teeth. But it is far better to grind them with a mill. The best grain mill is a Country Living Grain mill. I have had one of these mills in my kitchen for almost 10 years and it is used continually. Other smaller mills are not going to hold up to the continuous use that would be required in a long term survival situation. And even if they did, you will be so glad to have the much larger wheel and crank that is found on the Country Living mill. Yes, this is a hand mill. And to depend upon anything other than a manual crank mill is foolish since there just may not be any fuel or electricity around someday in the future. The Country Living Mill costs around \$400. Buy extra burrs when you buy the mill so that if one set wears out, you will have another. Another big plus for storing grains is that they are the seeds of their plants and if they are alive, they can be used for seed in planting or for sprouting.

One potential source of grain is to buy feed grain from a feed store. The grain found there is not as clean as other grains but it can and will provide nutrition for you and your family at a lower cost than the grains bought from survival businesses.

- **Sprouting:** Sprouting is the practice of soaking, draining, and then rinsing seeds at regular intervals until they germinate, or sprout. The sprout is the early growth

of the plant. Most seeds will absorb moisture and swell from 2% to 10% before sprouting. This is why you submerge the seed in water as the first step of sprouting. After swelling the early plant growth will be evident as the outer casing of the seed breaks open and the stem and root emerges. You can sprout many live seeds to form a very nutritious food.

- [Amaranth](#)
- [Arugula](#)
- [Alfalfa](#)
- [Azuki bean](#)
- [Barley grass](#) - usually for producing juice powder
- [Broccoli](#)
- [Buckwheat](#)
- [Clover](#)
- [Garden cress](#)
- [Dill](#)
- [Fenugreek](#)
- [Lemon grass](#)
- [Lentils](#)
- [Lettuce](#)
- [Milk thistle](#)
- [Mizuna](#)
- [Mung bean](#)
- [Mustard](#)
- [Pea](#)
- [Quinoa](#)
- [Radish](#)
- [Soybean](#)
- [Sunflower](#)
- [Tatsoi](#)
- [Wheat grass](#) - usually for producing juice
- Kamut

List of edible sprouts

Sprouts are most nutritious and they provide many benefits not found in the unsprouted seeds. However, some sprouts such as kidney bean sprouts are poisonous. Do not sprout kidney beans for food.

To sprout live seeds first soak them in water per the specified time which is 8 to 12 hours for most sprouts. Pour off the water and rinse the seed and store out of direct sunlight. Soak, Rinse and Drain per the indicated schedule. If the seed is alive, a tiny root will emerge within the total time indicated. By continuing to rinse and drain the sprouted seed on the same schedule, one can harvest larger sprouts.

Sprouting Seed

SEED	SOAK TIME	RINSE and Drain 1 st Time	RINSE and DRAIN 2 nd Time	Rinse and Drain 3 rd Time	Total TIME TO Sprout
Wheat	8 - 12 hours	Immediately after soaking	8-12 hours	8-12 hours	36 hours max.
Barley	8 - 12 hours	Immediately after soaking	8-12 hours	8-12 hours	36 hours max.

Wheat and Barley Grass: If I needed to live on very little food for a long period, I would choose barley or wheat grains and grow them to produce wheat and barley grass. You can extend the nutritional value of wheat or barley seed (grain) tremendously by growing wheat into small plants to 7 inches high. Cut the green leaves with scissors and eat these tender stems or mix with other foods. Allow the plant to grow to 7 inches again and cut it again. This process can be repeated multiple times from the same plant. Wheat or barley grass is the early growth of the wheat plant and will provide a tremendous amount of nutrition. It isn't too difficult to grow barley or wheat grass. Here is what to do:

Step 1

Soak the seeds in water for 6 to 12 hours. (Optional: Use a LITTLE bit of food grade H₂O₂ in the water to increase the amount of seeds which will sprout.)

Step 2

Mix organic top soil with peat moss (50/50 mix) and place in a seed or cafeteria tray. (Sometimes I find recycled seed trays at gardening centers for free.) The soil/peat moss mix should be 1 1/2 to 2 inches deep.

Step 3

Drain the seeds and spread them over the soil. The seeds should be touching each other but not overlapping.

Step 4

Lightly sprinkle peat moss over the seeds to cover them.

Step 5

Water the tray being careful to not disturb the peat moss and seeds.

Step 6

Keep the trays in indirect sunlight for about 7 to 10 days and continue watering as needed.

Step 7

When the grass is about 7 inches tall, cut it so it is ½ to 1 inch tall and either eat or juice it.

You will get more nutritional value from wheat and barley grass than any food you could possibly store. All you need is the whole, live wheat or barley grain, peat moss and top soil, water, and containers to grow the barley or wheat grass in. If I had to survive a couple of months and all I had was 10 pounds of wheat or barley grain, I could make it if I could grow the barley or wheat grass.

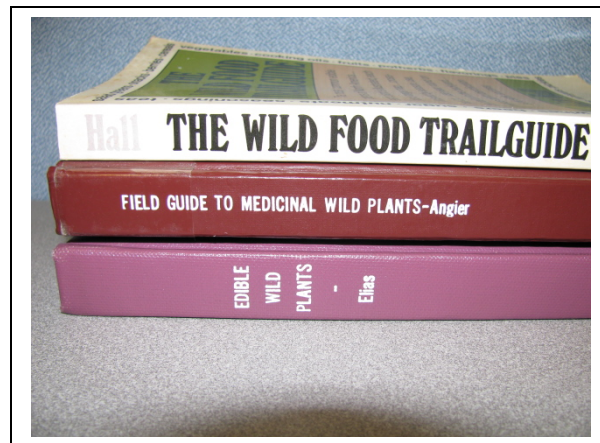
If you have scarce food stores for the people you must feed, you must sprout and grow your grain to produce wheat grass or barley grass to stretch the nutritional value of your food stores.

- **Cooking Oil:** Store good quality cooking oil to enhance your cooking. I like olive oil. I buy it in the 3 liter size from SAMS. You may like other cooking oils better. Store up what you like best if you are sure it will not become rancid. Many of the cooking oils will become rancid in a year or less. So you will be limited to how much cooking oil you will be able to store. Storing your cooking oils at a lower temperature will extend shelf life.
- **Storage and Use of Grains:** One of the best things you can do to insure future food is to buy pest free grains in plastic buckets and an excellent grain mill to grind them. The next best thing you can do is to start grinding your meal and cooking and eating from it. Yes, you need to also grind it so you can get an ideal of how much work it is to grind a certain grain. A lot of work has to go into grinding grain from the whole seed to a meal. As soon as you grind the grain, it will start to spoil at room temperatures. So grind only what you are going to cook and eat immediately and no more. Stored food in buckets, cans, and packages should be foods that can store for long periods of time. All grains will be nutritious for years or even decades if you keep them dry, cool, and pest free. A sealed 5 gallon bucket stored in a cool, dry place will provide these requirements for your grains. You can add dry ice to your buckets to drive out the oxygen which will kill weevils

- **Wild Plants:** Some food can be added to existing stores of food by eating native plants. Wild plants can help one survive when there are no food stores. One of the safest and most nutritious foods is the common dandy lion. This yellow flowered “weed” packs a lot of nutrition in a small plant. All parts of the dandy lion can be eaten except the seeds. Save the seeds for planting a dandy lion garden. I have eaten all parts of the dandy lion except the seeds. This little plant is a miracle herb that can save your life if it is available. Last year I traveled to Colorado above 9000 feet. I had a little altitude sickness. The meadow that we were camping in was filled with dandy lions whose flowers were in full beautiful bloom. For about a day I ate many yellow dandy lion flowers. The next day my altitude sickness was gone and I had an incredible amount of energy for the rest of the week. I do believe that those little yellow dandy lion flowers really helped. There are hundreds of edible plants.

Buy a book or books that show(s) edible wild plants in your area with plenty of good pictures and/or sketches so that you can for sure make positive identification of the edible ones. A good wild food book will also identify the poisonous plants so you can avoid them. If you can positively identify 12 common plants that you can eat and 12 plants to avoid, you will be well prepared to supplement your diet with wild plants. Add 2 or 3 really good books or identification cards on edible wild plants then you will be very well prepared to supplement your diet with these natural growing plants in an emergency.

It will also be most beneficial to start eating some wild edible plants in your area on a limited basis. This way you will be sure to identify them when you may critically need them.



Be careful not to eat a poisonous plant. If you do eat a poisonous plant, most likely you will vomit and have diarrhea. If this happens immediately take charcoal. Charcoal will absorb the poisons and keep you from dying if you take enough charcoal fast enough. A good general rule is to take charcoal anytime you vomit or have diarrhea. At worst the charcoal is not going to hurt you and at best it could save

your life. You can get all the good charcoal you need from burning wood and grinding down the burnt pieces of wood.

- **Game:** A lot of men think that they will hunt game or fish for food in a survival situation. Don't count on this. What do you think is going to happen to the game and fish populations when thousands of people get hungry? In a few weeks most of the large game and fish are going to disappear except in the most remote areas. And even there, the large game is going to be hunted to almost extinction. If you happen to be one of the fortunate hunters that takes down some large game, what do you think is going to happen when hungry folks in the area hear a gun shot? They are going to come a running to see if there is anything for them to have or take. There will no longer be a game warden or enforceable game laws nor the fear of the law to take your life. You will just have a lot of hungry people killing whatever game they can whenever they can to stay alive.

If you can hunt game silently, this would give you a big advantage to be able to keep it when a lot of hungry folks may be willing to do anything to get your food. Silent hunting can be accomplished with a bow and arrow, by trapping, with subsonic ammo and with a silencer on a gun.

It would be nice to have a shotgun with plenty of bird shot to take down fowl which will be much more plentiful than the larger game. If you do go hunting, go with others that you absolutely can trust. It may require a hunting party to insure that you come home alive after killing something to eat. Other hungry, desperate people may be more than happy to hunt you down once you have shot game. They get your gun, ammo, food, and whatever else you may have on your person plus the game. This is going to be a big temptation to desperate people who may not have prepared as well as you.

SEED TO PLANT:

Seed: You need food until the first harvest comes in. But you also need seed to plant the first harvest. Store your seed in a Cool (55-70 F), Dry (less than 70% humidity) and Dark environment to maximize the life of your seed. **Seed life can be maximized by Freezing** - which will increase shelf life 4-5 times or Refrigerating - which will at least double it. In all cases it is essential that you avoid condensation - which will shorten a seed's life.

Grain is seed. If the grain is alive, then you can plant the same seed you are eating off of for your first crop. Grain that has been stored for a long time in plastic buckets may not be alive. Nutritional value may be there. But the seed may be dead. Dead seed is not going to sprout and grow a plant under the best of growing conditions. Make sure your seed is alive and non-hybrid to insure that you can produce a first crop and crops thereafter from the seed. You can quickly determine if your seed is alive by sprouting the seed. See the section under Food on "Sprouting." If a small roots grow out of the seed in the indicated time, then your seed is alive and will produce a plant.

Avoid hybrid seed because it may produce a good first crop. But the seed from hybrid seed will not produce well in subsequent plantings. One reason hybrid seed was formulated was to insure that farmers would have to come back to the seed companies every year to buy their seed. In other words the farmer could not keep back a portion of his seed to plant the next crop.

Check your seed every 6 months to make sure it will sprout. If it will sprout, then you are good to go. But if not, then you had better get some new seed for planting.

Even if you get to a safe haven (see safe haven section) and you do not have seed, you can find edible plants such as dandelion and plant its seed until you can find good non-hybrid grain seed to plant and harvest.

Different types of soil will yield different results when growing crops. It is important that you start growing different plants to understand what a certain plant needs and does not need. I planted rosemary several years ago in my front flower bed. Rosemary herb is very good for cooking and making foods tastier. But it does not grow very well in soil that does not have good drainage. Several of my rosemary plants died where the ground was lower and the roots stayed too wet too long. Other plants would thrive under the same conditions, but not rosemary. Now I have my rosemary plants in pots so they get good drainage and do not suffer from this problem.

Start growing food plants even if it is small scale. It is best to start so that you can get experience with what a certain plant does or does not need to grow abundantly.

Land: To grow crops you will need land that will support plant growth. That land should also have a water supply so that if the rain fails you can always haul water to your plants. Hauling water is hard work. But in a survival situation your life may very well depend on the life of your plants. Take care of them and they will take care of you. Ideally you already live in a safe haven and learned all that you can about the soil that you have. Ideally you already know what will and will not grow well in the soil. If you do not know what will grow well in a certain location, you can always look at what is already growing on the soil to get some good ideal of what crops might grow well there. If no plants are growing in a certain area, then there is a reason, and I would avoid planting there. If the soil supports a wide variety of plants, then it may very well support your crops especially if your crops are of the same types of plants already growing there.

Planting: For every plant there is an optimal time, an optimal depth, an optimal seed, with optimal soil, and optimal weather. The best of farmers and gardeners don't always optimize everything. But still they often produce a lot of food through hard work and perseverance. In a survival situation where all support structures fail, you will need to plant and grow food to survive. This was the first priority of the early settlers in America and in a survival economy it will become the priority. Hopefully, you will have enough food to live on until your first harvest. If not, you will be hungry or not make it.

I can not tell you the best time to plant which crop. But I can outline the optimal depth to plant your live seed. And YES, you need to make sure your seed is alive. If not, then you are going to plant and not get any plants. This will cause you to lose valuable time when a crop could be producing. I have discussed this most important aspect of seed in this section on food.

Wheat should be planted at 1 to 1 ½ inches deep to produce an optimal crop. A Farmer's Almanac will give you more information on when to plant what.

Tools: It would be nice to have a few tools to help grow food. I would not depend on electrical or fuel driven tools to grow food. Manual tools like hoes, manual plows, plows that can be pulled with animals, shovels, and rakes can help towards growing food tremendously. A manual pushed cultivator with wheel would be most helpful. These can be bought new for around \$100 to \$150 US.

Storing your crops: You can use 1, 5 gallon buckets or even 55 gallon barrels to store grain in. Canning fruits and vegetables is something that was commonly done not too long ago. Now it is a lost art with most. It would be wise to start canning foods. Plastic buckets can be obtained cheaply from most donut shops. They use fillings that come in 5 gallon or less buckets. These are ideal for food storage. Get dozens of buckets to store your food in. Make sure they come with good lids to allow air tight closure. Tin or steel containers are better than plastic container because rats can gnaw through plastic buckets and containers. In a catastrophe dead bodies will cause the rat population to explode. They can gnaw through almost any plastic. So go with steel tin containers. Smaller cans with good replaceable lids can be used to smaller amounts of food to keep them from rats and mice. A few bags of rat and mice traps will really come in handy for those that escape the cats. A cat is most valuable at keeping the rodent population down.

What you need? You need enough food to get you to a first harvest. This food could be local game, wild plants, and stored food. To produce a harvest you need non-hybrid seed and good soil for growing.

What would be nice? It would be very nice to already be in a safe haven growing a large garden. This would allow you to learn about growing your own food, harvesting food, and storing food at a non-critical time when mistakes don't mean that you go hungry. It would be nice to have a lot of buckets with reusable lids to store harvested food in.

Shelter:

Good shelter will keep you dry, warm in cold weather, cool in warm weather, and protected. Also, shelter can serve a secondary role for safe storage of goods, protection, and for privacy. The most basic and inexpensive shelter is found in a tent. Most modern camping tents fail miserably in keeping you dry. The rain fly in light weight nylon tents needs to almost completely cover the tent to effectively keep out rain. I have seen many get wet in their tents over the last 12 years of camping. And almost every time it was from a tent in which the rain fly did not adequately cover the tent. For long term use a heavy canvas wall tent works best. The light weight back packing and camping tents that most campers use just don't hold up very well to continual day to day use over a long period of time. When a tent is put up to last for a long period of time, it usually is a wall tent made from thick canvas. Some of the better camping tents that are made from lighter weight nylon are NorthFace, MSR, and Sierra Designs. These better light weight tents will better keep you dry than the lesser and usually much cheaper tents. One big advantage of a tent is its light weight structure that can easily be moved from one location to another. When properly supported and constructed it can stand up to moderate winds and keep you and your gear dry. Most tents will not keep you warmer than the outside temperature and they can be much hotter inside during warm weather. Tents just don't do too much good for keeping you either warmer in cold weather or cooler in hot weather. But they can keep the wind, snow, rain, sleet, dew, and hail off of you. In this perspective they keep you warmer by keeping you dry and keeping the wind from flowing around you. If you are depending on a tent for shelter, you need to set it up occasionally to make sure all poles and ropes are accounted for and are in good condition. Once set up, check for rips and tears in the material and repair as needed. Finally, you may want to spray the tent down with a water hose to determine that it does not leak. There is nothing very pleasant about a tent that leaks and gets you wet. In cold weather this can endanger your health and even life.

The pioneers built from whatever they could find or lived in dug outs in the ground. Many pioneer homes were nothing more than logs tied together on poles or onto an existing growing tree. Roofs sometimes were made from sod with the roots of plants holding the dirt together. Floors were the ground. Walls were a stack of logs from cut trees which did not fit together well so the cracks where filled with mud mixed with grass.

Many may have no choice to return to such simple living just to live in the near future. Boards, nails, screws, wire, and shingles may not be available to many if they have to relocate quickly to survive a catastrophe.

American pioneers and forefathers found themselves living this way at some time of their life just to survive. As times got better for them an outhouse was built, walls were replaced with tighter fitting boards or logs and roofs where covered with wooden shingles.

Shelter can be made from just about anything. If what you built can keep you dry and the wind off of you, this may be the best you can do. In the building of any shelter a good air supply needs to be available to insure that you do not suffocate.

Hopefully, you will not be down wind to fall out. If you are, you will need around 3 feet of soil over you or be in a basement 6 to 7 feet deeper than the ground level. If you are faced with fallout a radiation detector or dosimeter will be very helpful to determine when you can come out in the open to avoid destroying levels of radiation.

I have worked 3 hurricanes now. Each time I find many houses in which large trees have fallen into homes. If you can, avoid putting up your shelter near large trees that could fall into your shelter. Of course if you need to hide from dangerous men, then trees do provide a covering from being found. And this may be far more important than the potential of a falling tree. But if you are in a safe haven and you know it, then avoid the large trees that could potentially fall into your structure.

Underground Shelter: An underground shelter should seriously be considered as an alternative shelter area. We are going to enter a period when high winds are going to destroy more and more above ground structures. Also, having an underground area will protect you from fall out. If the weather is extremely hot, it will keep you cool and will serve as a good place to store foods provided you can keep the moisture out of the underground shelter.

What you need? More than anything else you need ingenuity to be able to build a shelter out of just about anything that will keep you dry and hopefully the wind off of you. If you have a light weight campers tent with proper rain fly that covers either all or most of the tent, this could provide good shelter until something more permanent is built or rebuilt. A heavy duty canvas tent would be better because it will last a lot longer than the lighter weight tents. If you faced with fallout from nuclear blasts you will need to be under ground or in the middle building of tall buildings. In a rural area, the tall buildings do not exist. So the best you will be able to do is get under the ground and stay there until it is safe to come out. This is usually 2 to 4 weeks after the nuclear blasts.

What would be nice? It would really be nice to already be relocated to a safe haven (see section on this) and have shelter already built. Second it would be nice to have building materials safely stored at a safe haven location that would allow the building of a sturdy shelter. Also, it would be nice to have some tents stored up at a safe haven to be able to put up either during the build of a more permanent structure or for others to use.

Short Range Protection – 35 yards or less

Need for Short Range Protection:

In a survival situation many will become very desperate. If you have something they want or even if they think you might have something they want, you could be endangered by their aggressiveness regardless of how passive or giving you are. Actually, those that are not so desperate but systematically prey on others in gangs, will be more of a threat than the desperate. These men and their gangs will become ruthless when there is no established law and order. To protect yourself from their plundering, raping, maiming, and murdering ways you will need to be very clever or be a good shot with a large enough caliber bullet to quickly put an assailant or assailants to the ground.

I have one friend who placed biohazard labels on buckets of food to keep people away from his food storage in a remote area. Other things were stolen from his site. But none touched his buckets labeled “Bio Hazard.” Most are not going to take the chance of risking a biohazard and will leave such alone. But this may not be the case if people are hungry. If you are starving, then eating food labeled “Bio Hazard” is not really that big a risk since you are going to die anyway without something to eat. This same technique could be used to protect your home or possessions. Just place “Bio hazard” labels on everything and hope that others stay away. But if they see you coming in and out and you are well fed, then this is not going to work long. There are all kinds of clever things like this that could be done. But eventually some really rough dudes may come along that don’t even know what “Bio Hazard” means or they don’t care or they are so desperate it is worth it to them to take the chance.

When that day comes you will need to be armed with more than some fancy labels. You will need a weapon.

Awareness:

Awareness of danger can be obtained with guards, electronics, dogs, fences, gates, walls, communication, and always being conscious about what is going on around you. If you are aware that a potential threat is coming your way or is already present, then you can take action to protect yourself and others. Awareness of potential danger is most needed in a survival circumstance. Bars on windows and doors and alarms can help to protect and to provide awareness in a structured building. A dog that will bark when an intruder comes close is of great help towards awareness. Fences can slow or even prevent some aggressors. A wide variety of electronic devices which can detect movement or infrared can be of immense help in warning when a threat is present. If you are depending upon an electronic device for warning, insure that it can be solar charged so that you are not dependent upon non-replaceable batteries. When you are not in a protected area, always be aware of what is going on around you.

Best Survival Handgun Ammo

Below are listed the requirements for a good survival ammo.

1. Ability to quickly place the largest man to the ground with one shot to the torso in most situations.
2. Ability to quickly place the largest man to the ground with two shots to the torso and one shot to the head in any situation.
3. Ability to quickly incapacitate the largest man with one shot to the torso in most situations.
4. Ability to quickly incapacitate the largest man with two shots to the torso and one shot to the heat in any situation.
5. Ability to always fire. Preferrably no dry fires.
6. Ability to shoot repeatability.

When an assailant goes to the ground, you can more easily escape their presence and potential harm. Almost all calibers are sufficient to cause a fatal wound. But if the time of bullet impact to falling to the ground is more than a few seconds the aggressor has time to cause you plenty of harm. It is very important that the time from bullet impact to going to the ground is minimal. The .45 ACP is the best overall handgun round for minimizing this time. However, it may require more than one shot to take a person down. The aggressor may be high on drugs or have body armor on. In these cases it may require 2 shots to the torso and one to the head between the eyebrows and the upper lip to take an assailant down.

How much handgun ammo?

Most gun enthusiast spend way more on their guns than on ammo. They think that they will always be able to pick up ammo. And this is the case today. But for what is coming ammo is going to not only go up in price significantly it may become very scarce. I do believe that we may see many more guns to shoot than the presence of ammo to be shot.

I would have at least 500 rounds of ammo for each handgun that you own.

Most ammo can be stored for decades if it is kept in a dry place. The army ammo cans have a gasket on their lid that allows them to be snapped down to form an air tight seal. With this seal in place ammo will stay dry and will last for decades. Any cartridge ammo you buy now should easily last through the difficult times that are ahead until the Summer of 2018.

If you do wind up with too much ammo someday, you will be able to trade it or sell if for other items that you need. Don't trade your ammo with those who might use it against you.

Best Handgun:

Below are listed the requirements for a good survival handgun.

1. Ability to shoot accurately.
2. Ability to shoot a large enough caliber to quickly place a large man on the ground with one shot to the torso in most situations.
3. Ability to chamber ammo without jamming or with minimum jamming
4. Ability to be easily concealed
5. Easy to carry
6. Ability to be quickly drawn from a concealed position
7. Ability to be non detected in the dark or low light.
8. Durable
9. Easily maintained

You need a handgun that will accurately and reliably shoot .45 ACP.

There are a variety of reliable .45 ACP handguns that will deliver accuracy.

Some good brands and models are: STI, SVI, Springfield Armory XD, Kimber, H&K, Smith and Wesson M&P, Glock, and many others.

The gun should be a darker color with a dull gloss finish. The military uses colors that do not reveal location. We need to learn from them. In a situation in which your life may be stake you really don't want to reveal your location with a flashy handgun. If you have a handgun that is really colorful, shiny, and bright, you may want to parkerize it or sell it and buy a more practical handgun.

Handgun accessories

Extra magazines

Holster: Having a holster that will allow you to quickly draw from is a very nice accessory to have. A comfortable in the waist holster will provide a way to conceal your handgun yet it will be accessible to you when you need it.

Gun cleaning kit

Safe to lock guns and ammo in

Plenty of old rags and cleaning/lubricating solutions

Spare parts for the most likely parts to wear out

Gun adjustment tools

Best Shotgun Ammo for Short Range Protection:

The best shotgun caliber is 12 gauge 00 buck or slug or combination thereof. Second would be the 10 gauge or 20 gauge 00 buck or slug. I place the 12

gauge a better caliber to go with than the larger 10 gauge because the 12 gauge is more available and costs less.

I recommend that you utilize handguns or shotguns within your group that utilize the same caliber bullets. For example if you choose to go with a .45 ACP caliber handgun, then all your handguns should utilize .45 ACP. If you choose to go with 12 gauge shotguns then all your shotguns should utilize 12 gauge rounds. This way ammunition is readily interchangeable from one gun to the other within a group. This may not sound so important. But if you ever find yourself in a firefight, having the same ammo for all the handguns or the shotguns between others in your family or group is most important. There is a wide variety of 12 gauge shotguns and .45 ACP handguns. The pump shotguns allow you to chamber a new round after "pumping" the slide down and up once. This type of shotgun is very popular and is usually very free of jamming. The tactical shotguns have a shorter barrel to allow for maneuvering in tight quarters. Usually the shorter barrels are 18 ½ to 22 inches long. Some shotguns fire and chamber a new round each time the trigger is pulled. These semi-automatic shotguns do not require you to pump the slide between each shot and can deliver a lot of lead very quickly in a hostile situation.

Best Shotguns:

For the money I like the tactical pump Mossberg or the Remington 870. There are different things I like about both the Mossberg and the Remington 870. Either will serve you well in a survival situation in which short range protection is needed. If money was not a concern my preferences are: Saiga 12, Mossberg tactical, Remington 870 tactical. If you wish for a higher end shot gun, the HK and Bernilli shot guns are excellent pump shot guns. If you have a trusted shot gun that works well for you and you are comfortable with, then stick with it. If you need close quarters protection, then you can always cut the barrel down to 18 inches with a hacksaw. If there are no longer any laws in effect by the USA, then cut the barrel down to whatever will best suit you. However, realize that as long as the laws of the USA are in effect, that going below 18 inches is producing a shot gun that is illegal without special paper work with the BATF.

Things I like about the Mossberg pump shot guns: The slide release is very handy just behind the trigger guard. Inexpensive in price. Durable and reliable.

Things I like about the Remington 870 shot guns: Well built, durable, reliable, many accessories available. Relatively inexpensive.

Things I like about the Saiga 12: Wow!!! You can not get more close range fire power than the Saiga 12 for the money. You do not have to pump a slide between shots. Only pull the trigger. Utilizes the AK-47 type of load/unload mechanism which is very reliable and almost jam free. Can quickly load another 10 to 12 rounds by detaching the previous magazine and quickly snapping the new loaded magazine in place. As of the fall of 2008 magazines for this shotgun are getting more difficult to find. Without the

large capacity magazines, this shotgun is pretty much limited in its defense ability. The Saiga 12 comes with a magazine which will hold 5 rounds.

Most people are killed by an aggressor within 35 yards. This is even true for most conventional warfare. Sure a sniper with 50 BMG or .408 ammo can take someone out at a 1000 meters or more. But the amount of troops taken out at these distances is few. Most are wounded and killed within 35 yards by an aggressor. In a survival situation, most will be killed by others within 35 yards. I am not against long range protection and the next chapter will address this important aspect of survival. But having short range protection is more vital.

If I could only have one gun, it would be a .45 ACP pistol hidden away in a waistband holster. Why? I can easily carry it while conducting daily chores such as gardening, milking, feeding, cleaning, building, etc. without being encumbered. A .45 ACP pistol can be quickly drawn when needed. It can take most men or women to the ground with one shot in the torso. If they have body armor on or if they are high on drugs then it may take 3 shots. Two shots should be placed in the torso and one in the head.

Second for short range protection, I recommend a 12 gauge shot gun with 00 buck or slug. Third, I recommend a 20 gauge 00 buck or slug. All these calibers of ammunition will take a large man down quickly if shot in the torso and if he does not have body armor. These calibers are mostly for close range.

For close quarters or close range, a 12 or 20 gauge tactical, pump shot gun works very well with 00 buck or slug ammo. The tactical shot guns have shorter barrels which make them more maneuverable in tight quarters such as a home. Usually their barrels are around 18.5 to 22 inches long. Most pump shot guns will work well as a tactical if they have a shorter barrel. I prefer a dull black or matte black or dark green finish on the barrel and receiver. The darker, dull colors will not give away your position in the dark to an aggressor. Any 12 gauge pump shot gun that has a smooth action will work well.

You should work the slide and practice shouldering a shot gun before you decide which would be best for you. I was considering buying a new tactical shot gun recently. I shouldered a Remington 870 shot gun dozens of times aiming at a target. In the process of doing this I found a really big problem with the newer 870s. The butt pad was soft and gripping. So as I shouldered the shot gun, it grabbed my shirt and did not allow me to quickly place the butt into my arm pit area. If I were to buy this shot gun, I would need to place a different butt pad on the rifle to insure quick, unhindered shouldering.

You really don't want anything to get in your way when you need to quickly prepare to defend yourself. For this reason I stay away from fold out or pull out stocks or anything else that requires an extra step or slows preparing the shot gun to fire. A really soft butt pad that grabs your clothing or a stock that you have to fold out will slow you when speed may be so critical for the defense of your life.

If you do not have a good background in guns, I recommend that you receive some training on gun safety.

Training

- **Skill Training:** Many instructors and schools exist for defensive and tactical handgun and shotgun training. The gun shops may be a good first place to ask for who provides good gun training in your area. If you have the time and money, I recommend that you go to Front Sight training in Nevada. There you can obtain some of the best training anywhere. Front Sight has figured out the best way to consistently train its students with the best available techniques and does not vary from that training.

Most gun training is done by those who are very opinionated and not necessarily practical nor correct. It takes a very good instructor or organization to surpass their own opinions and pursue what works and is best for the real live situations that their students may encounter. Few have achieved this level of excellence. I do believe Front Sight has done a good job at achieving this level of competence. Maybe there are better than Front Sight. But I would place Front Sight as one of the best when it comes to gun training.

- **Gun Safety:** The below rules will help to achieve and to maintain gun safety.
 1. Always assume a gun is loaded and ready to fire.
 2. Never point a gun at a person unless you are potentially going to shoot them.
 3. Unload your gun before cleaning. If it has a removal magazine, remove the magazine and open the action to insure there is no shell in the breach. Open the action at least twice to insure no shell is in the breach.
 5. Keep you finger off the trigger until ready to fire.
 6. Make positive identification of your target before firing.
 7. Avoid shooting where a bullet could ricochet such as on steel, hard rocks, concrete, or water.
 8. When handing a gun to another, make sure that he or she has a good grip of the gun before releasing your hold. The person receiving the gun should say “Thank You” to indicate that he or she has a good grip and control of the gun. Then the person handing over the gun to another can release.
 9. Never trust a gun’s safety to keep the gun from firing. Safety mechanisms can and do fail.
 10. Keep guns away from children and anyone else that has not been trained in gun safety and proper gun handling.

Good Theology for Putting Predators in their place: If your bullet kills a predator, that is OK too if they were there to do you harm. Most of those who prey upon others don’t care much about either God or their neighbor. Those in this category are going to hell anyway. If my bullet used for protection from their

evil ways can put them there faster, it not only protects me but others from their wicked ways. Now that is a good twist on loving your neighbor. But it is true nonetheless.

What you need?

In a survival situation you may be too busy to always be able to carry around a rifle or shotgun. For this daily situation you always need to have on your person a hand gun with a large enough caliber to put an aggressor down quickly (I prefer the .45ACP). An in-the-waist holster that will allow you to carry the hand gun without showing, extra clips and plenty of ammo and a cleaning kit are a must for short range personal protection. If you do not have a hand gun to always carry with you, then a 12 or 20 gauge shotgun with sling will allow you to more easily keep your shotgun close to you. The best close quarters shotgun is a tactical pump shotgun. The tactical shotguns have a shorter barrel. The more rounds your shot gun will provide without having to reload the better. Many shotguns come with a plug to allow only 2 rounds to be loaded. Take this plug out to allow for more shotgun shells to be loaded.

Ammo: You need at least several hundred rounds each of 00 buck shot and slug ammo for each shotgun. You really can't have too much ammo. If you realize you have too much ammo, you can always trade it with others that you trust.

With a compact pistol at your side during the day while you are working and a tactical shot gun for back up, you will not be an easy target for predators. Predators don't like difficult targets and will usually go elsewhere to prey if it appears you may be a significant deterrent to them. And if you need to clean up some of those predators keep your .45 ACP pistol loaded and ready to draw when they come around to kill, steal, maim, and rape. They will think you are an easy target and will not be expecting that you will quickly and accurately draw your weapon and place bullets into their torso and face. You need to practice drawing from your in-the-waist holster often so that you can quickly present your weapon. Begin by drawing with an unloaded weapon until it becomes automatic with you.

What would be nice?

Having plenty of cleaning equipment and ammo would be nice. I like the GIBBS brand lubricant for cleaning. It is one of the best for your handgun or shotgun. Also, having a water proof container to store you gun and ammo is nice. Army ammo cans have a gasket around the top that will seal the can to keep the contents dry. These cans provide a good seal between the top lid and the top edge of the can when the lid is latched down. Having a sling for a shotgun makes it much easier to carry and do chores. Finally, it is nice to have a safe or equivalent to lock up your guns when you are not using them so they will not be stolen by others. A table with chair is nice to have a place away from the ground to clean and load guns. Finally, it would be nice to have a bullet proof vest that will stop most hand gun or shot gun shells.

Protection – Long Range:

In long range protection you need to identify someone as friend or foe before you start shooting. But if you are sure they are there to harm you, then taking them out as far away as possible significantly reduces your risk.

I would consider long range protection as more than 35 yards out to as far as you can accurately shoot. In these cases it is best to take an aggressor out with a rifle or with a shotgun with rifled slug.

Most likely you will want a semiautomatic rifle or a sniper rifle for long range protection. The most commonly utilized military calibers for this task are .308, .223, 7.62 x 39, 30.06, 50 BMG.

Semiautomatic rifles: Semi auto rifles are excellent for 35 to 200 yards. A loaded semi auto rifle will fire each time you pull the trigger. Most semi auto rifles will work fine up to 200 yards and perhaps beyond depending on the terrain and how good you are at aiming and at firing your rifle.

For the money I really like the AK-47 semi auto rifles. The AK-47s do not easily jam. Other excellent semi auto rifles are the HK-91 and the Galil. The .223 is more accurate for greater distances than the 7.62 x 39 ammo used in most AK-47s. But it is a puny round shot from a rifle that is much more likely to jam in the M-16 type of rifles. If I am good enough in the intense situation of battle to hit the enemy with a bullet, I sure want it to do as much damage as possible. Generally the 7.62 x 39 will do more damage. I know that I am going to get a lot of flak from those who love their AR-15s shooting .223. But there are a lot of dead soldiers out there that were shot up by the Viet Cong with their AK-47s while their M-16 rifles were jamming. It has taken 40 years and the finding of a super lubricant to get the M-16 type of rifles to become somewhat reliable. In a survival situation the more robust your rifle is without special lubricants, the better.

Sniper rifles: I like the semi auto rifles long range protection up to 200 yards. But a good sniper rifle has the great advantage of using much less ammo far more accurately at greater distances. Ammo could and most likely will become very scarce especially in a survival scenario. Almost any accurate rifle used for hunting can be turned into a sniper rifle with a good scope. A sniper rifle will work well from 35 to 1000 yards or even beyond depending upon your scope, rifle, caliber of ammo, consistency of ammo and your skill. Ammo that shoots very consistent from one lot to another is called “matched” ammo.

Almost all the sniper rifles are bolt action rifles with excellent scopes. In most situations it is more important to place a bullet accurately than to scatter a lot of bullets. This is much more saving of your precious ammo. “Field and Stream” magazine had an article in their June 2008 edition about very accurate hunting rifles. Now you can buy a factory prepared “hunting” rifle with very good accuracy. In the past it required a lot of expensive custom work to produce a rifle which would provide a group of three shots

within an inch at 100 yards or a group within 10 inches at 1000 yards. Such rifles are called minute of angle (MOA) rifles. Realize that most snipers only shoot once. It is very difficult to locate a sniper that shoots only once. After the second shot it becomes much easier to locate a sniper. 3 shots by a sniper will definitely reveal his or her location. If you are a lone sniper realize that the 3rd shot means discovery and most likely death unless you can quickly relocate after shooting or unless you are with others that will collectively fight with you. A sniper could place a 3rd shot to bring enemy troops that way. And if that sniper was supported with hiding others, the sniper can be used as a decoy to lead the enemy to a trap. But if a lone sniper is not supported by others, they can easily be tracked down and eliminated after more than one shot.

If you have a silencer for your sniper rifle, you can place a shot without generating noise. This is the ideal situation especially at closer distances. With a silencer multiple of the enemy can be taken out (depending upon their location) without notice.

Fully automatic rifles: A fully automatic rifle will rapidly fire ammo as long as the trigger is pulled back and there is ammo feeding into the breach. Most semiautomatic rifles can be converted to fully auto. But it is illegal to convert a semi auto to a fully automatic without a proper license. I do not recommend it. Also, going fully automatic is not desirable because it uses a lot of ammo very quickly. As firing rate increases, the opportunity for the rifle to jam goes up. Also, accuracy is lost because the rapid firing rate causes a lot of barrel movement. To get really good with a fully automatic weapon is a skill that takes a lot of time and a whole lot of ammo. There are few situations in which you would need a fully automatic rifle. And each of these circumstances is dangerous to be in. There are many other survival needs that are much more important than having a fully automatic rifle. But if you are impressed that you must have one, then get proper training, the proper class 3 license and pay the \$300 stamp. Also, get plenty of ammo. I would say 10,000 rounds for each fully automatic rifle. Any licensed fully automatic rifle will be prime property to be confiscated by the US government in the near future. This is especially true now that the Democrats control both the Congress and the White House.

Ammo for Long Range Protection: There are a lot of rifles that can serve well as long range protection. But I keep seeing (that is in the future) a shortage of ammo. If you have a sniper rifle you need a minimum of 200 rounds of matched ammo that you know the performance of with your rifle. For a semi-auto you need at least 2500 rounds. And for fully automatic, I would have at least 10,000 rounds. This is for each gun. The best rifle in the world is useless without good ammo and plenty of it. My sons believe that a frequency can be emitted that will cause the primers in ammunition to explode. If this is the case, then the government could drive up and down the streets and roads and direct a beam of certain intensity and frequency to cause ammo to explode. If this is the case, then keep the bulk of your ammo buried at least 3 feet down. I don't know what will be required to protect the ammo from such a frequency but burying it should certainly help. A lot of things can be done with frequency. Did you watch the Hulk and the frequency cannons used on him. Well those weapons are not just science fiction. They are real. The US military has weapons that you and I have never heard about. I don't think it too

far fetched to believe that primers can be made to explode at just the right frequency. Have you ever driven through an area that is using dynamite. Always, they will request that you do not use your Ham or CB radio. Why? Because frequencies can set dynamite off. Maybe they can be used to set off primers too.

Legislation: The USA Supreme Court ruled 5 to 4 in June 2008 that it is OK for USA citizens to have a traditional firearm for home protection. This is not what the constitution says and opens the door now for the governments to confiscate any firearm that is not deemed suitable for home protection. I fully expect this to happen. Any assault rifle or high capacity hand gun could be confiscated by the government in the near future. I fully expect this to happen especially since Obama has become president with a Democratic Congress.

I would place long range protection in priority behind close range protection except in a battle ground scenario. But the future may become a battle ground and a rifle's importance will certainly increase in this scenario.

What you need for long range protection? A good rifle that can accurately and consistently sight in on a target at least 100 yards away and place a 3 shot group within 1 to 3 inches, plenty of ammo, cleaning kit and supplies for the rifle, extra spare parts that are most likely to break down. A good scope on a rifle for long range hunting and protection would be nice too. At least 5 magazines for rifles which them.

What would be nice? Extra spare parts for your rifle. Reloading supplies if it is cheaper to reload than to buy ammo. Plenty of ammo.

Clothing:

Clothing is critical to survival in extreme weather situations. It is important to buy according with the ability to protect and to last. Ability to last is durability and is a good investment anytime.

Realize that if you are on the typical standard American diet that you most likely will lose weight during a survival situation. It would be best to get to a stable lower weight before being forced to by limited food supplies. By achieving this you will not be wearing sagging clothes throughout a survival situation.

Color of clothing and foot wear: Go with the military colors and patterns as much as possible. White and red easily give up location. Avoid white anything even T-shirts and underwear. White stands out terribly even in dense foliage.

Foot Wear: You need to ask yourself one question when buying shoes or boots or sandals for what is coming. That is: "which pair of shoes/boots will best protect my feet the longest." It could be years before you can find another pair of shoes or boots if and when war comes to the USA. If you have a hard to fit foot now, this question becomes

even more important. My sons wear size 13. It is not always easy now to find comfortable, durable shoes/boots/sandals while the supply chain is still in-tact.

Boots: I like the mid high hiking boots because they protect your ankles and they are still somewhat easy to put on. But everyone will value different aspects of shoes/boots differently. For me a mid high boot with a very good gripping sole and a Gortex or equivalent liner is important. Such a boot should last for years, provide good traction and keep your feet dry in wet weather when you may be outdoors much more often. Don't count on a shoe/boot that says "Waterproof" to continuously keep your feet dry. Most of those labeled "waterproof" only have a coating on the leather that will fade away with wear. Continual applications of oil, wax, etc is needed to keep such shoes dry. The best way to go is with a shoe/boot that has a Gortex or equivalent liner.

I was in Cabellas trying to find a pair of boots for my son's summer camp in Colorado. We tried on many size 13 boots. The "Water Proof" boots we bought the year before were not worn out, but they just didn't keep my son's feet dry any longer. Cabellas sells their own brand of shoes/boots which does have a sock liner similar to Gortex called "Stay Dry."

The best boot I found for my son was a Danner boot with Gortex. It was well built and would be quite durable for many years of use in a wilderness area. It had a good gripping sole and Gortex. This was an ideal boot for a survival situation. I only considered the Danner because it was first comfortable to my son. I am not saying that Danner is the best for you or your situation. But for the few size 13s we could find and the quality and comfort of the boot, it was a good match for my son. Other excellent brands of boots/shoes are Merrells, Raichle, North Face, RedWing, REI, and Vasque. There are many other store brands such as Cabellas that may be a good survival shoe/boot.

Traction: Before I will buy a pair of shoes or boots, I always place my hand on the sole of the shoe/boot and press my hand into the sole. Then I slide my hand across the sole to determine if there is good traction. If my hand easily slides across the sole and the sole does not grip my hand, I am not interested. If it grips my hand well, then I know it has good traction and I will consider buying that shoe or boot. Merrells usually have great traction. But I always evaluate each shoe or boot individually. You can quickly become aware of the traction of a shoe or boot by sliding your hand across the sole and sensing how much grip there is to your hand. This is a quick and easy test to determine the traction of the sole. Traction becomes more important as you spend more time outdoors. Buy shoes and boots that have good traction.

When it comes to shoe/boot durability, overall the heavier shoes/boots will last longer. My son at first did not like the heavier weight of the Danner boots I offered him. But I pointed out to him that they most likely would last longer than his lighter weight Merrells. The Merrells are excellent boots. But I can tell from their lighter weight construction that they are just not going to last like the Danners. After some reasoning, my son accepted the Danners and the extra weight that they required to lug around. He now has both a good pair of Gortex water proof Merrells and Danners.

If you buy the heavier boots, wear them only a few hours each day until you wear them in. The heavier boots are going to generally last longer. But no matter how comfortable they are when first worn, you may need to wear them in gradually to protect your feet and maintain comfort.

Socks: When obtaining socks, the same question applies as to shoes and boots, “Which pair of socks is going to provide the best foot protection for the longest time.” I would want a medium weight of wool sock. Smartwool and others sell socks that will hold up to wear for a long period of time. It would be nice to have many pairs of dry, clean socks. But many will only have one or only a couple of pairs (if any) in a severe survival situation. I would want to have socks that could be easily washed and dried and would hold up to many washings and many days of wear. Wool or wool combination socks will work best. Wool will keep your feet warmer in cold weather. It will stand up to many washings and wearings. And it will wick moisture away from your feet. Overall a medium weight of good wool socks will be most desirable in a survival situation.

In addition to a good pair of shoes/boots, I like some kind of sandal. I like the new Crocks sandals. They provide good cushion to the feet and protection and they quickly slip on for use. I love mine and for warmer weather. They are ideal for foot protection in most flat terrains. I have heard that the Crock brand is much better for lasting longer than the other brands which are designed like the Crocks. Always go with the longer lasting.

Head Wear: In a survival situation most likely you will be outdoors more. If you are partially bald like me, you need at least a cap to keep the sun off of your head. A larger rim hat is better because it will also protect your ears and the face and neck. A large durable hat is ideal to keep your head protected from the sun. A cotton or hemp Tilley hat will work well for warmer weather. Buy a darker color hat. In cold weather, most of your body heat is lost through your head. So it is important to cover your head when it is cold. At night when the temperatures drop further, it is important to keep your head covered if you sleep in a cold environment. Keeping your body heat in cold weather is important for health. A wool or polar fleece stocking type cap will allow you to maintain much needed warmth.

Recently I bought a wool hat from Bass Pro shot. It was the Red River brand. Cost \$29.95 plus tax. It is a nice 100% wool hat with a wide brim which will protect my ears and neck from sun burn. It looks good on me and will protect my bald head from sun burn and help me to retain body heat in cold weather. While driving around I had to take it off to keep from getting too hot in the car. Just by removing my cap my body temperature went down and I was comfortable again.

Many of the stocking type caps are very porous. In extreme cold weather placing a paper sack over the stocking cap will retain much more heat than the cap alone. A paper sack will allow moisture to escape but will help to retain heat much better than the stocking cap alone.

Pants and Shirts: The ideal pants in my opinion are the new cargo pants that quickly dry when they get wet and the lower legs will zip off if you need shorts. If I could have only one pair of pants, I would go with these. I like cotton shirts for warm weather. For colder weather wool shirts work well and will last a long time. Another good pant are overalls. These pants have suspenders up and around the top and provide some upper covering also. Overalls work well to keep you protected and you don't need a separate belt to keep them up.

Cold Weather Clothes: For colder weather layer to stay warm. This way you can peel off layers if you start to get hot. I like a good wool or polar fleece sweater to go over my shirt. And then a down vest followed by a good Gortex coat. The army uses Gortex cold weather gear. Last year my son went to a 7 day outdoor camp. It rained hard for 3 days during that time. My son was the only one out of about 125 boys that stayed dry during this trek. He had military Gortex pants and coat on. He stayed dry and warm. The same could not be said about any of the other boys. Wow!!!! My son was grateful for my planning for him.

In cold weather, the number one priority is to stay dry. Once you get wet, you are in a dangerous situation that must be corrected quickly or one can start to lose too much body heat. When you lose too much body heat this is called hypothermia and can quickly lead to death. The best overall material to use to stay dry is Gortex or equivalent.

Gloves: In a more rugged environment like you will find in most survival situations, good work gloves can make life a lot easier. Go with gloves that will give you plenty of wear and protection for your hands. Lowes, Home Depot, and WalMart sell a wide variety of gloves which are good for hand protection. Try on many different pairs until you find a pair that is comfortable, durable and protective.

What you need: You need clothes that will protect your body from sun, heat, cold, and rain and will last. You need shoes/boots that will protect your feet and keep you dry while providing good durability and traction. Clothing as well as shoes/boots with Gortex or equivalent are ideal in helping to keep you dry. You need: at least one pair of shoes/boots that will keep your feet dry, several pair of socks, pants and shirt, stocking cap, hat, Gortex or equivalent coat and pants. In colder weather you need a wool or polar fleece sweater and other clothes to layer under your light weight Gortex coat to stay warm.

What would be nice: It would be nice to have an extra pair of Gortex or equivalent light weight shoes/boots. Extra socks and under ware would be nice so you don't have to wash so often. Extra pants and shirts would be nice too.

Health:

In a survival situation your health is most important. Actually in any situation your health is important. But if you are in poor health going into a crisis, you just may not make it through it. Many have become aware that their life style has a profound affect upon their health. This is absolutely true!!! What you eat and don't eat greatly affects your health. What you drink and don't drink greatly affects your health. How you rest and sleep greatly affects your health. How you exercise or don't exercise greatly affects your health. Even the way you breath and think affects your health. You do have control over what you do and do not put into your mouth. You do have control over when you go to bed and wake each day. You do have control over what exercise you get each day. You can control how you breath and even think. The human body has a tremendous ability to heal itself if we will just cooperate with it by developing a healthy life style.

There are 2 things that one must do to maintain or gain health. First we must find out what to do to be healthy. Second we must act on that knowledge.

The health equation that woks is: Find what to do. Then do it.

We can make excuses all day long when it comes to the "do" part of the health equation. One that stops a lot of people is the truth that the quality of our food has drastically gone down. This is true. But the much bigger problem is which foods we are putting into our mouths. Choices can be made to greatly enhance your health by stop eating and drinking certain foods and starting to eat and drink others. There is a big difference between truly "organic" grown foods and regular foods. If you eat bananas buy a regular banana and an organic banana. Slowly take a bite of the regular banana and thoroughly chew it and dissolve it in your mouth. Now take a bite of an equally ripen organic banana and thoroughly chew it and dissolve it in your mouth. I think you will be surprised at the difference. When I found out how much better tasting organic bananas were, I never though twice about spending the extra 30 cents a pound for them.

The lack of knowledge is brought about by the confusion caused by often conflicting commercial interest. Commercial interests including the doctors are going to promote what makes them the most money whether it is good for you or not. Don't think the health food or herb stores are much different in this respect. In this maze of commercial confusion there is hope. There are a growing number of authors who write the truth about health that are not beholden to commercial interests in selling a product other than their book. More important than what human authors have to say, there is the Heavenly Father. If any goes to Him for wisdom, he will give it to them. But one must be humble enough to go to Him and not be a double minded person. If you are humble and determined to do what the Heavenly Father shows you about taking care of your body, then He will show you what you humbly ask.

The following is a good short but powerful prayer you might consider praying.

"Heavenly Father, I humbly ask you for wisdom to know what I need to do to achieve and maintain health. I humbly ask in Jesus Christ's name." If you are not a

double minded man or woman, God will answer this prayer for you and clearly show you what you need to do to take care of your body.

The problem with going to man is that you get varying opinions depending on who you go to. Even the doctors don't always agree and they came from similar training from their perspective medical schools. Only God can show you what to do and in what order to obtain optimal health.

Ability to change: Even after we know for sure what to do, the ability to make those changes is not always easy. This is the second half of the battle and perhaps the most difficult. Often if one has serious health issues, changing only one thing will not overcome the deteriorating results of years of unhealthy living. Most spend most of their lives battling the same thing. The problem with this approach is that to overcome any serious health problem it usually takes multiple changes to recover and to restore. Depending upon how critical your condition is will determine how fast you need to make what changes.

Two great tools are available to help make difficult changes. One of those tools is **motivation** and the other is **positive affirmations**. Wanting to live is motivation for some. Others may be motivated to feel better each day or to achieve a better appearance. Without motivation to change, it usually does not happen. We are creatures of habit and really don't like changing what we do even when we do things we know are harmful to us. If it were easy to stop smoking, the tobacco companies would have gone out of business long ago. Most have spent most of their lives battling one thing over and over again with limited success at best. Why? Because we are creatures of habit and to break a habit is breaking our past nature. That is difficult. Often it takes a combination of motivation, positive affirmations, and God's help to change.

Positive affirmations are statements about what you wish to obtain. The positive affirmation I use for healthy change is, "**I will eat, drink, exercise, breath, and rest for a vibrant, good feeling, good looking, healthy body.**" I have made more changes in a shorter period of time ever by taking a few minutes each day and saying and writing this statement. There is tremendous power for your personal good by making positive affirmations. You are welcome to use my statement. It is most powerful to help you change towards a healthier life. By saying and writing this simple sentence each day, I have been able to make 5 significant health changes very quickly. Never was I able to change so much so fast. Each of these 5 changes is allowing me to live a healthier life each day.

Even if you are not tremendously motivated to make changes, you will be surprised how much help saying and writing my positive affirmation sentence each day will bring. I give it to you. Or write your own. Say and write that sentence down every day for a month and you will be surprised how 5 minutes a day starts changing your life for the better. Things that will help you be healthy will start coming to your mind that you never thought of before. Each new ideal when followed up on will help you to achieve a greater degree of health and well being.

The good news about habits is that after you have made a change for 21 days it becomes much easier to keep. Your new change now is becoming part of your habits. It does not matter if that change is good or bad for you. It starts to become part of you. If you have a serious life threatening illness, you may not be able to wait 21 days to break each bad health lifestyle. If you go to God, He will show you what to change when.

He is very concerned about your body. If you are willing to go to Him for wisdom of what to do and when, He will show you. Combine the power of positive affirmations with the motivation of being healthy and you will find the power to change.

A wonderful healthy, good feeling, good looking, vibrant body awaits you. But you got to wisely pursue it. With what is coming it is wise to begin that pursuit as soon as possible.

What You Eat: Maintaining and improving physical health is a must for what is coming. Personally I believe most people's physical health is directly related to how much seeds, raw fruits, vegetables, sprouts, wheat grass you eat. Those who eat very little of these most important foods are going to find it difficult to maintain excellent health into their 50's, 60's, 70's and beyond. So above anything else, I recommend that one consume good portions of raw fruit, raw vegetables, and nuts every day.

Drinking good water, plenty of exercise, and rest are important in maintaining health. But most fail in their diets which leads to health problems and to premature death. The USA is full of examples of health failures. People are dying and having major health problems everywhere. And most of that premature death and misery is directly related to a lack of eating wholesome, live foods.

Once you get out of the produce section of your grocery store, you had better be very careful about what you buy to eat. Few typical foods in the grocery store are going to maintain or improve health outside of the produce section. In recent years coffee houses have been proliferating greatly throughout America. At the same time cancer has taken off like wildfire. Coffee is very acidic for your body and creates an environment that causes cancer to grow. Avoid coffee and the new food trends such as pizza, etc. They are fueling degenerative disease throughout the USA.

If you start eating more high quality fruits and vegetables, you automatically will start cutting other less healthy foods out of your diet. Your stomach can hold only so much each day. And filling it with quality healthy food is going to mean less healthy foods are going to be reduced and hopefully eventually eliminated.

Always eat fruit on an empty stomach. Fruit digests very quickly and needs to pass on through you stomach soon after eating. If you have other longer digesting foods in your stomach, the fruit is going to stay longer in the stomach than it needs too causing gas, fermentation, etc. None of it is good for your system. The best time to eat fruit is in the morning to break your fast from the night's sleep. Most fruit will digest in 10 to 20

minutes. So wait around 20 minutes after eating fruit before eating any other type of food.

Well there are a lot of things you can do to improve your health if you are eating the Standard American Diet (SAD) and living a typical American life.

Coming Pandemic: The international bankers who run the world's money and banks and control the politicians don't want more than 500 million people on the earth and they have been making plans for decades to eliminate 90% plus of the world's population by any means. Now they have a weapon to do just that. It is the Spanish Flu virus of 1918 to 1920. This virus has been resurrected from the tissues of bodies buried in the permafrost of Alaska. This virus has been mass reproduced now and modified so that it does not revert back to a benign virus after 4 or 5 generations like it originally did from 1918 to 1920. The bird flu epidemic that officials are talking about now is really the resurrected Spanish Flu virus (RSFV). The "bird flu" has only killed a few people compared to other diseases in the last 10 years. Yet, you hear about every bird flu death regardless where in the world it occurs. This is to sensitize the populations to the coming threat of a new a virulent "bird flu." A threat that is man made and man distributed.

Plans are being made to wipe out a large portion of the population with this virus. Avoid taking any "immunization" shot that supposedly will "cure" this virus. Most that take these shots will die especially if they are between the ages of 18 and 35. This is all planned to bring about population control by the power brokers of the world and the politicians have no alternative but to comply or lose their jobs.

If your body has no toxins in it, this virus can not get a hold. But with the toxic bodies most Americans have, they are easy targets for the destructive results of the Spanish flu virus. Do you know what the effects are going to be in the USA with it losing 10 to 50 million people to this virus? And the age group will be mostly 18 to 35. It will be absolutely devastating.

Do not, **DO NOT, DO NOT, take the inoculation against the bird flu virus.** If you do, you will have a good chance of dying. It will be illegal not to take the inoculation and you may go to jail in 33 different states. But it will be better than dying.

In the last 5 years the top micro biologists world wide have been murdered. One reason for this was to cover up and to prevent a cure of the coming "bird flu" release.

In August 2008, 100 million vials of "bird flu inoculations" were delivered to the US government's Center of Disease Control made for a French company by the Chinese. These untested vials are full of live Spanish flu viruses and if you take them you will have live Spanish Flu viruses running through your blood. This is absolutely scary. What a massive cover-up there will be on the records of who got this shot and who really died. All the people will know is that the inoculation did not work and their loved one in the age of 18 to 35 died. All the correlations to this will be very controlled and kept from the public.

It is nothing short of massive genocide of our society's strongest and most viable to have children which will significantly lower the USA population for generations to come if it were not destined to be destroyed already.

Cancer: Many are suffering from cancer and other autoimmune diseases such as allergies, etc. In all these diseases, the same problem exists. The body is being overwhelmed by the build-up of toxins within. To improve health we go back to the original equation. Find out what to do. Then do it.

Knowledge about cancer: If you have cancer or know someone who does you really need to carefully read and consider the below list of Cancer Truths. These truths will help with improving the knowledge about cancer that is very hidden by the current corrupt system.

Cancer Truths

This information is not intended to diagnose or to treat.
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Clint Young

Cause: All cancers are caused by the build-up of toxins in the tissues where they are found.

Purpose: The purpose of cancer is to capture and to isolate deadly toxins.

Blessing or Curse: Without cancer life would be shortened as deadly, free floating toxins destroyed vital tissues. Cancer captures these toxins and keeps them from doing major direct damage to tissues. When cancer can no longer grow due to the spatial limitations of the tissues it is growing in, additional toxins can no longer be captured. At that point death may soon follow from the destructive results of the non-captured and over-flowing toxins or from the increased size of the cancer itself.

Cure: The cure for cancer is to detoxify cancer laden tissues.

Cure Known for Over 60 Years: The cure for cancer has been known by the USA establishment for 60 plus years. Dr. Max Gerson presented the results of his cancer therapies to the US Senate in the 1940's. The senators that supported his findings and his tremendous results were quickly silenced by the powers that were and are still in place.

Surviving Cancer: Those that survive the deadly toxins associated with cancer and cancer do so by changing their life style to allow the removal of toxins from cancer laden tissues.

Detoxification: There are effective, inexpensive ways to remove toxins from cancer tissues (detoxify). Extended fasting is a very effective way of removing toxins but should be done very cautiously when one is in a weakened condition that often is associated with cancer.

How Chemotherapy Works: Chemotherapy sometimes works because it may cause the patient to be so sick he or she cannot eat or keep food down for long periods of time. This places the patient in a fasting or semi-fasting state which is highly effective in removing toxins from cancer laden tissues. When the toxins are eliminated, the cancer cells die.

Too Little Chemo: If too low a concentration of chemicals is given during chemotherapy, the patient continues to eat and does not go into detoxification. In this case the continual build-up of toxins and resultant cancer growth most likely will kill the patient.

Too Much Chemo: If too high a concentration of chemicals is given too fast during chemotherapy, it can kill the patient either directly or indirectly through malnutrition.

Iodine and Cancer: Dr. Max Gerson found his cancer patients to be iodine deficient. If you have cancer, you may be iodine deficient and may need to take supplemental iodine.

Acidity/Alkalinity and Cancer: Cancer cannot grow in an alkaline body. But it thrives in an acidic body. One can change their body's pH toward alkalinity by eating/drinking less acid forming foods and eating/drinking more alkaline forming foods.

Dangerous Way to Detoxify: Chemotherapy is a very dangerous way to detoxify. There are much safer and inexpensive ways to detoxify.

Current Cancer Research - Ineffective: Modern cancer research is conducted without considering the cause of cancer. Any research that does not address the real cause of cancer and defining effective ways to detoxify will continue to be fruitless in finding a “cure.” Cancer research is big money, big promotion, big salaries, big buildings, big hope with TINY or NO results. “They are ever learning but not coming to the knowledge of the truth.”

Why So Little Progress in Finding a Cure: The establishment makes a lot of money off of each cancer patient. The money keeps rolling in for ineffective and expensive treatments and research. Those that have a vested interest in the cancer industry and the food industry (which significantly contributes to cancer) have no monetary motivation to bring about a “cure for cancer.” Little progress towards a “cure” is continual good news for their pocket books. “The love of money is the root of all evil.”

Alternative Sources of Help: Some alternative treatment facilities are available outside of the USA that have produced phenomenal results compared to the extremely poor results of mainstream therapies of radiation, chemo, and surgery.

God’s Design: Most tissues have cellular cancer triggers that will activate cancer growth when deadly toxins reach a critical level of concentration at those triggers.

Cancer Stinks: Cancer ridden tissues often reek from the smell of captured toxins. This is why dogs can smell if someone has cancer. Often doctors and nurses gag because of the terrible smell as cancerous tissue is cut and removed from a patient. Those toxins stink.

Reversible: When toxins are removed from cancer laden tissues, cancer cells and tumors dissolve back into the tissues they came from. The need for the cancer is no longer present. However, damage that either the toxins or the cancer growth caused may be irreversible. So it is most important to quickly detoxify.

Act Quickly to Save Your Life: To effectively deal with cancer you must make significant changes in your life style. If you want to live, it is worth the sacrifice to do so. If you have cancer, the voices of man may very well be leading you to an agonizing, early death. Instead of listening to men that have a vested monetary interest in keeping the status quo or may just be ignorant of the truth, humble yourself before the Heavenly Father and ask Him what you should do. He will show you if you are humble enough to ask and are not double minded.

Prayer for Wisdom about Cancer:

“Heavenly Father I humbly ask for Your wisdom about cancer. I will humbly respond to You in whatever You show me regarding cancer. I ask and obey in Jesus Christ’s name and by his blood. Amen.”

What to do about cancer:

If You Have Cancer?

You NEED to make the following changes in your diet.

1. **Raw fruits and vegetables:** Eat more raw fruit and vegetables. Cancer is caused by a build-up of toxins in the tissues where it is found. Raw fruits and vegetables act as cleansers to the body to help remove the build-up of toxins in these tissues.

2. **Coffee:** Stop drinking coffee. Coffee causes your body to be acidic. Cancer grows in an acidic body. By changing your body from acidic to alkaline, cancer will slow its growth, stop growing, and eventually dissolve back into the tissues it originated in.

3. **Colas:** Stop drinking carbonated beverages. Colas put added strain on the liver which is key to processing toxins so the body can easily eliminate them. The caffeine in some colas places a tremendous strain on the liver.

4. **Alcohol:** Stop drinking alcohol. Alcohol causes the intestinal lining to become more permeable to toxins in the colon. Alcohol causes more intestinal toxins to be released to the blood stream. This increased toxin release causes a tremendous burden on the liver. When the liver is overwhelmed it sends unprocessed toxins to different tissues where they are stored. If the concentration there is too great cellular cancer triggers become activated.

5. **Cigarettes and Cigars:** Stop smoking. The smoke from cigarettes and cigars carry toxins that build up in the lungs. When these toxins reach critical levels in lung tissues, then cancer triggers in the lungs activate. Cancer starts to grow. The same mechanism is occurring in other tissues when cancer starts growing. It just is different toxins delivered in a different way that causes the activation of the cancer growth elsewhere.

6. **Animal Products:** Significantly reduce eating animal products. Meats, cheeses, eggs, milk, etc. add a tremendous strain to the liver and cause the body to be more acidic. A non-strained liver can more easily process the toxins that are causing cancer. The more alkaline the body is, the better it can throw off cancer.

7. **Refined flour products:** Don't eat any food with refined flour products. Refined flour lacks fiber and becomes a gooey glob that coats the insides of your intestines. This abnormal coating inside the intestines becomes a source of toxin generation which are released through the intestinal wall into the blood stream.

8. **Sugar:** Avoid all food with added sugar in them. Sugar not only causes blood sugar problems, but it causes the body to be acidic. High insulin releases from eating sugary foods causes the retention of toxins that need to be released from the body.

9. **Iodine:** Take supplemental iodine daily. Max Gerson found all his cancer patients were iodine deficient. If you have cancer, most likely you are also iodine deficient and

need to be taking supplemental iodine. Max Gerson had a phenomenal success rate at helping his patients cure their cancer. Yet, the corrupt USA system of 60 years ago shut him down. It is a whole lot more corrupt today. The best supplemental iodine is Magnascent iodine found at www.magnascent.com.

Those who overcome cancer make significant, multiple changes in their life styles. Don't depend only upon what the doctors can do. If this is all you do, then you need to find out the survival rates for the particular type of cancer you have. Those survival rates also include those who did significantly change their life styles. These are the ones that ultimately survive and are starting to improve the survival rates slightly.

Why don't you read or hear much about what I have written here??? Because there is **NO MONEY IN IT**. Money drives everything (even the churches) in the USA society. When there is no money to be made, then you just don't hear much about it. Yes, we are a greedy and corrupt society.

If you have cancer and don't follow God's natural ways for healing, then your journey is not going to be easy. All the prayer in the world is not going to save you if you refuse to follow God's way of doing things. This just does not work. The graveyards are filled with cancer patients that got a whole lot of prayer but no direction.

Hopefully, these 2 pages will help you find direction regarding cancer in a crazy, greedy, corrupt world.

Spiritual Help: Often one needs spiritual help to change their life style to a more healthy one. The spiritual aspect of each one of us is locked into every aspect of our lives. I have found that if I set down every day and read the bible out loud either alone or with other family members that things start improving in my life, including health. It is difficult to change anything about our lives on our own. So get Gods help by getting into His Word and making positive affirmations.

What you need? You need to say “**NO**” to the Bird Flu Immunization when the “Bird Flu” pandemic occurs. If you or one of your family has cancer you need to quickly detoxify your body. You need a good bible to read out loud from. You need to make positive affirmations. And finally you need plenty of wholesome, organic fruits and vegetables to eat.

What would be nice? Continual guidance from God on what you need to do to become healthy. He will show you if you ask Him and you are not double minded.

Light and Fire:

Getting Around in the Dark Flash Light:

In a survival situation a flash light can bring some comfort and help in the dark. For a long term survival situation you also need rechargeable batteries and a solar battery charger. When choosing a flash light look for durability, battery life and lumens.

Go with high durability and long battery life. The most reliable and durable flash light I have found that provides adequate light and is long lasting is the Attitude flashlight made by Princeton TEC. This flashlight does not provide as much light as many others. However, it does provide 150 hours of light on standard batteries. I would rather have less light over a longer period of time that a lot of light for a shorter period of time in a survival situation.



Now Energizer has come out with their 8X batteries. With these batteries you should be able to get 200 to 300 hours of good light from the Princeton Tec Attitude flash light. This small flash light is compact and water proof which adds greatly to its durability. I have owned an Attitude now for 5 years and it has never failed me and has been with me in the wilderness on many occasions. If you use an Attitude flash light for 10 or 15 minutes each night, then you should be able to get 800 to 1800 nights of use from the 8X Energizer batteries. This is 2 ½ to 5 years of use. If you have a solar recharger and excellent rechargeable batteries you should be able to have a good, reliable source of light for 10 plus years with a Princeton Tec Attitude flashlight.

With a durable flash light, rechargeable batteries, and a solar recharger you are setup for light for years. And a little light in the dark when you need to go to the rest room, or change a baby's diapers, get a drink of water, etc is really nice.

If giving away your location at night is a problem, then no flash lights should be used at night in the open. But if this is not a problem, light going to the rest room and for other needed night time activities is surely a blessing and a comfort.

Gun Flash Light:

One flash light should go on the barrel of your hand gun and one on the barrel of a tactical shot gun. This light will serve to identify potential predators in the dark before you shoot. You can attach a flashlight to the barrel with a strip of bicycle tire inter-tube. The best lights for attachment to a tactical shot gun will come on easily and quickly by pressing a button on the battery end of the flash light. For a gun application you need a flashlight that provides a lot of light (high lumens). The battery life is not as important for this application. Most likely you will not be turning “ON” your shot gun or hand gun flash light that often. If so, you are in very dangerous surroundings indeed and need to move to a safer area if possible.

Fire:

For fire, light anywhere matches are very good to have. In the pioneer days of America a family always kept hot coals burning in their home because the luxury of a match just was not present and lighting a fire from flint or other means is difficult. By keeping hot coals continually, a fire can easily be made. A lighter is going to become exhausted if used for a long period of time. A large magnifying glass works well to start fires too and ready to go anytime the sun is out. Flint struck against a file will produce a lot of sparks and if you have ignitable tender you can eventually start a fire. But it is not easy to do so.

It would be worth while to start a fire from branches or other materials you could find in the yard or pasture. Learn how to start a fire from one match without fuel. This is an art and you will be surprised how difficult it is to start and maintain a fire.

What is needed? Matches, lighter, or magnifying glass and a place to keep a fire continually going to provide hot coals. Rocks piled in a ring with a roof over the ring will insure that coals are retained and that they are not extinguished by rain. Usually rocks are available and if not a dirt or mud burm can be made to hold the fire.

What would be nice? A durable flashlight with rechargeable batteries and a solar charger. Extra bulbs, flashlight and batteries. Plenty of firewood. A good supply of Light Any Where matches.

First Aid:

Typically when we think of first aid we think about bandages and antiseptics and this certainly should be part of a basic first aid kit. These basic kits can be bought at WalMart for a low price. But survival first aid must be able to deal with a lot of different types of needs many of which occur outdoors.

Activated Charcoal: Charcoal formed from a burning wood fire can be used to absorb poison both on the skin and in the gut. If you ever get food poisoning, you can swallow charcoal from burnt wood and it will absorb a lot of the poison in your gut. If you get a bite of any type from an insect or reptile, adding charcoal to the affected skin area will absorb the poison near the skin into the charcoal. I always have activated charcoal in my medicine cabinet.

Last year at camp a boy scout had a terrible rash that was expanding up his arm from his hand. He went to the camp nurse that applied the common medical items for poison ivy and poison oak to treat the young man. It did not work and the scout was getting quite uncomfortable as the rash continued to spread up his arm. I told him to apply charcoal over the area and talked with his father who had the good sense to agree. I provided a handful of capsules from Nature's Sunshine that contained activated charcoal therein. Because of the mess that charcoal can make, I like to keep small amounts contained in capsules and they are ready to swallow in this form also. The father mixed the activated charcoal in sun tan lotion and applied it to his son's arms and hands on Friday night. The next morning, all the rash had disappeared. Washing with soap and water just was not enough to remove the poison from this young man's skin. It took charcoal to absorb the poison that he had gotten into.

The great thing about activated charcoal is that you can either buy it cheap or you can easily and readily make it by burning wood at no cost. This item is a must for your medicine kit and can be made in a survival situation if you have a wood fire.

Bite Kit: In a survival situation the possibility of getting a bite from an insect or reptile will go up simply because you most likely will be outdoors more. To address this change in life style it is a very good ideal to have a Sawyer Bite Kit available. This little kit can be a life saver. I have used it to pull copper head snake poison from my leg. This saved me a lot of swelling, pain, cost and even potential death. The Sawyer bite kit is inexpensive at around \$12 to \$15 and can be bought at most WalMarts in the sporting goods section. This little kit definitely needs to be part of a good first aid kit.

Vinegar: I highly recommend that you have vinegar as part of your first aid kit. Have at least one gallon per person. Why? Vinegar works wonders to kill out fungus skin infections. Vinegar can get rid of the worse athlete's foot or even warts by soaking the skin for 30 minutes to an hour every day until gone.

Earlier this year my son had plantar warts on his feet. I took him to a podiatrist. The doctor immediately recognized the problem and said "plantar warts." The doctor had

only one solution for my son's warts. This was to cut these warts out. This was going to leave my son with a hurt and swollen foot for 4 to 6 weeks. I asked the doctor if he knew of any other alternative. He directly and frankly told me that in the past his patients could get rid of the planar warts with acid. But the manufacture of the acid took their product off the market due to problems the FDA had caused with them. Frankly, they just did not make enough money for all the testing the FDA was requiring even though the acid therapy had worked just fine for decades. The real reason the FDA was giving the acid manufacturer so much hassle was there just was not enough money in getting rid of warts by treating them with cheap acid. I took the good doctor's information and recommended that my son try vinegar which is a mild acid (5% acetic acid). He did not want to soak his feet in vinegar. But I kept reminding him what the alternative was. He got the message and tried it out. After 1 hour soakings each day for several weeks, the warts slowly but surely disappeared. Vinegar is so great for skin fungus infections, I would say to have it in your medicine arsenal if you at all can.

What you need? Band aids, antiseptic, soap, activated charcoal, tweezers, Sawyer Bite Kit, Vinegar.

What would be nice to have? A really good survival first aid book. Teeth extractors for pulling molars and incisors. These pliers could potentially save one in your community a whole lot of pain and discomfort.

Nuclear War:

The true prophets of our day and yester year knew/know that the US will burn in one hour. All of her cities will be nuked within an hour. During this time the best place for you to be in out of the "midst" of America.

Jeremiah chapter 51 records the destruction of Babylon. This chapter was not talking about the Babylon of thousands of years ago. When the Medes took over Babylon there was no total destruction. They dried up the river going into Babylon and surprised the Babylonian guard in the night and took over the city of Babylon. The next day it was business as usual for most that dwelled in Babylon. The citizens of Babylon just starting paying taxes to a different government the day after the Medes took over. Jeremiah 51 is talking about an event that has yet to occur. And that Babylon she is talking about is the United States of America. If you look at the definitions found in the bible for who "Mystery Babylon the Great" is, no other identity can come close to meeting that definition except the United States of America.

Jeremiah 51 tells the inhabitants of Babylon to come out of the "midst" of her. The midst of Mystery Babylon the Great is her cities and towns. If you live in an American city or town you really do need to move to a rural area or elsewhere before she is burned in one hour. And this will be by nukes from submarines, planes, and ground based rail nukes. To avoid the fallout you will need 3 feet or more of dirt between you and the fall out. If you have a Geiger counter you will be able to monitor the radiation levels.

Most levels will be safe after 3 or 4 weeks in rural areas. But it would be very nice to have a radiation meter or Geiger counter to know for sure.

If you belong to the Lord Jesus Christ, then someday you will hear the warning to move out of the “midst” of Mystery Babylon the Great. You really do need to heed this warning and do as he directs. The religious leaders of America will be useless in warning you of the coming destruction of America. They cannot and will not preach this because it is not good for their business nor does it agree with the contract they have signed with the IRS (that is a 501C).

One month after the nukes fall on America, foreign troops will be moving in to the cities and towns to enslave and genocide whomever they wish. Even if you survive the nuclear blasts and fall out, you most likely will not survive the Chinese (West Coast) and Russian (East Coast) troops. They will be absolutely brutal to the American people. Don't believe their radio broadcasts of how wonderful they have made things for America. Many will turn themselves over to these occupying troops hoping for better only to find their lives soon being taken from them.

Move out of the midst of the American cities and towns as God leads you.

What you need: You need to be in a safe haven before the United States of America is nuked. You need a radiation meter. You need an underground shelter with at least 3 feet of dirt on top of it and around it. You need good stores of water and food in your underground shelter to last at least 1 month. You need iodine to keep radioactive iodine from collecting in your thyroid and destroying this vital organ. You need a Word from the Lord Jesus and God to know when to leave the cities if you now live there. You need the guidance and help of God to move to where He leads and only as He leads.

What would be nice: It would be nice to already be living in a safe haven or somewhere else in the world that will not fall to the antichrist.

Economic Survival:

Many are now losing their jobs. But this has been going on for some time now. But the job loses are now exponential as of January of 2009. For years I have heard the advice of the “experts” to get out of debt. This is good advice at any time. Now many are facing the loss of everything they own. Some are already killing themselves over their current and foreseeable losses. If your household does not have enough total income to survive, then consider becoming part of a household that can combine incomes to survive. Children may need to move back home to help mom and/or dad to survive. Parents may need to move in with children. Our entire culture teaches against this because the bankers don't want people to have others to rely on. They want people to always have to go to the bank to get the money they need so they will always be in debt.

When multiple incomes are combined in one household, then extra money results. Extra money to help each other out and to purchase goods needed for today and future survival.

The system does not like this. It does not like people getting too independent from the banker's money and the other goods and services of the system. When I buy something for the house my children pay for ½. Last year we removed our carpet and tile from the living room and stained the concrete. The children paid for ½. The year before we bought a refrigerator. The children paid ½. Just 2 days ago we bought new wood blinds for the kitchen at Home Depot. Each year we support each other to make more money. And every year their income goes up.

I have a garage that can be converted to a bedroom with several thousand dollars. I am thinking of placing an add at the local grocery store to rent out that room for \$495.00. If I can find the right person, I will be happy to do just that. This may help out someone that needs a place to live and will help me to pay the electric, phone, gas, water, and insurance bill each month.

Maybe you are not making it now and have an extra bedroom or even garage that could be a blessing to someone else. Maybe you have a son or daughter that is barely making it that needs to move back home so both of your households can do better. Those families that are going to fare well in the future are going to be those who can combine multiple incomes for the good of all the members therein. This is the way God intended it to be and those who go this route may not have the space they want but they sure may always have something to eat and someone to share their lives with.

SPITITUAL PREPARATION FOR SURVIVAL

Why you may not be spared?

If you are a member of a 501C church which in most in the USA, there is and will be great spiritual hindrance to you finding a safe haven before the destructions come upon America. All 501C churches belong to Satan by the contract their so called "spiritual leaders" signed with the IRS. The problem with being a part of such an organization is that their spiritual leaders have authority to turn over their congregations to Satan and his demons for destruction. And most of these "spiritual leaders" either have or will do this to keep their positions of money and honor. This is what will happen to many "church goers" in America. If you are a member of a 501C sold-out church then Satan has a certain authority over you to keep you from a safe haven and from surviving what is coming to America. I would plead with you to come out of these vain, sold-out-to-Satan organizations before it is too late for you and those who depend upon you. It is not worth the death, destruction, and misery that will come upon you and yours to hold on to any of these worthless institutions that have a form of godliness but deny the power of God. They are worse than worthless because they are being used by Satan to destroy their memberships both spiritually and physically.

Many today are part of Satan's kingdom here in America. Many religious people have no ideal this is the case. Many are serving Satan and have no ideal this is the case. A

deceived people have no idea that they are deceived. Everything is not what it appears. Almost all, if not all, in the 501C churches think they serve the true God. But they are deceived. Actually, they are serving the god of this world which is Satan. And they cannot see it. Nor do they wish to. The apostle Paul thought he was serving the true God when he went about to destroy the “Christians” in his day. Yet, he was fervently serving the religious leaders of his day which were sold out to Satan for their own money, fame, and glory. Nothing has really changed. And the religious leaders of today in modern day Christianity have done just the same as the religious leaders of Jesus’ day. They readily bowed to the god of this world and signed those 501C papers with the IRS. Now they have their big, beautiful buildings, plenty of money, their fame, their cushy religious jobs. But they do not have the power of God nor will He extend it to them because they have sold out to another god. They have betrayed their flocks and will readily allow them to be sheared and frayed by Satan and his minions for their own selfish desires. If you are in one of these vain 501C organizations, don’t take my word for it. Go and ask the Heavenly Father if what I write here is correct or not.

May I suggest you pray the following:

“Heavenly Father, I humbly ask Your wisdom about the church I am part of. Is it really of You or not? If not, please be merciful to me and show me and remove me from that place. I humbly ask in Jesus Christ’s name.”

Who are you going to trust?

When it comes to surviving what is coming each of us must determine who we are going to listen to about the future. If you trust the wrong voices, most likely you will not survive. Some believe they will be safe in their homes or their church or a temple. Don’t count on this regardless who told you. The only one each of us should trust for sure is the voice of God. And yes, He does talk to his. Jesus said his sheep know his voice and follow him. Most are not the sheep of Jesus. If you are not his sheep, it is most important that you become one not only for survival for what is soon coming but for the well being of your soul for all of eternity. If you do have any questions about where your soul is heading, let me recommend that you go to www.escapehell.com and read it and strongly consider what it has to say.

Which voice are you going to trust? The best voice to trust is the voice of the Lord Jesus Christ. I hope to trust his voice first and foremost. Beware of the words of today’s religious leaders. They will continue to assure their flocks that everything is OK and everything is going to be alright up to the point when it is obvious this is not the case. They have no choice but to take this line because they have sold themselves and their organizations to the world system and the god of this world. They dare not bring forth the possibility of catastrophes that would bring an end to their existence. Their position of “everything is going to be just fine” is best for their pocket books. **YES, THEY HAVE SOLD OUT TO THE GOD OF THIS WORLD.**

Any church or religious organization that has agreed to sign a 501C contract with the IRS has decided who their god will be. And it is not the true and living God. It is the god of this world which is Satan. Don't trust either you soul or your physical survival on what they say. They don't represent the Lord Jesus Christ nor the Kingdom of Heaven. They represent their father the devil. This may sound kind of rough folks and it is. But we live in a very perverted and wicked generation. And the churches in America have pretty well been taken over by those who sold them out for money. The love of money is the root of all evil. And we have plenty of evil in the modern American society including the American "church".

How bad is it going to get? This is a spiritual question because you can not really know without a spiritual answer. I do believe that we are living in the last of the last days of man's rule on the earth. Because of this, we are going to see some really great upheavals that are going to severely affect the populations of the world. If you are not hearing from God and responding to what you are hearing in a correct manner, I really don't think your odds of surviving are that good regardless of how physically prepared you might be. Yes, I do believe it will be that bad. The sad truth is that people today are less prepared to survive than ever before. So it is going to be extremely bad for most.

So how do you hear God's voice? Let me recommend that you repent of all sin in your life and start asking the Heavenly Father for direction and guidance. As you humble yourself, the Heavenly Father will reveal Himself to you and start speaking to you. He resists the proud but gives grace to the humble. Part of that grace is His guidance and direction for your life and lives of your family. If you are not hearing God and walking in faith to what He tells you, you are on very dangerous ground for future survival either physically or spiritually.

The most important aspect of survival is that you hear and obey God. He may tell you and your family to relocate to another area. In fact if you live in a city area within the USA, more than likely He will tell you soon to relocate. And you had better quickly move as He leads. Most likely many (if not all) cities and towns within the USA will be destroyed. And this may occur quickly and at the same time. Now you may be in disbelief that this could happen. But one major city in this country was quickly destroyed. This happened in August of 2005 when New Orleans was hit with hurricane Katrina. Now another city, Galveston, has been destroyed. So don't think a city can't be taken out. And don't think more than one city can be taken out at the same time. I do believe this is going to happen either by natural disaster or man made disaster to many USA cities in the next decade. If you are walking in faith, then it is very likely that God, The Lord Jesus Christ, or one of His angels is going to talk with you about relocating before these events happen. Many have been saved because they listened to the promptings of God within their spirit in the past. This will repeat itself with many, many others in the future.

To have faith you must stop listening to man and even yourself. You have to go against the natural tide of mammon or man. But it is well worth it. You may have to turn off the voices of religious leaders, or friends, or relatives, or the TV, or the radio, or even your

own thoughts. Faith does not come by hearing others or yourself. It comes by hearing God and Him alone. If you think you are going to survive by listening to others that have no clue of what is about to happen and are not hearing God, then you have been deceived. Wake up! Wake up! Before it is too late.

So what do you do to spiritually prepare for survival?

1. Seek God with all your heart and all your soul and all your mind and all your strength. Humble yourself in this way and you will start hearing Him.
2. Turn off the voices of men, including your own. Most men are clueless of what is about to happen because they have allowed themselves to be deceived. This is especially true of most religious leaders. They have no ideal of what is coming!!!!
3. Ask God what He wants you to do to prepare for what is coming. He will show you if you are a humble man or woman or child.
4. Obey God when He shows you what to do.
5. Come out of any 501C church. It does not and can not legally represent the true and living God. It represents Satan and his kingdom here on earth. Get as far away from these vain organizations as you possibly can. Don't attend them. Don't give to them. Don't go near their door.

WHEN?

Our natural curiosity drives us to ask, "when certain events will occur?" I do believe the seasons when certain main events occur can be determined through revelation and/or calculation. Even the specific day can be determined in some cases.

There is only one date which will NEVER be revealed. Yet, this is one of the most speculated on date found anywhere. That is the day and hour when Jesus Christ will return. Even though we can not know the date of this event, scriptures do strongly imply that the season of this event will be known. It just will not be known down to the day and hour.

God can and does reveal dates of events through his prophets, in visions and in dreams, and in direct word. The last days of man will be like the days of Noah. Noah was told 120 years before the flood that it was coming (Genesis 6:3). As he finished the ark, he knew the flood date was soon approaching. Finally, God commanded Noah to move into the ark. Throughout this time, Noah knew when the destructions of his day were coming. Noah may not have known the exact day nor the hour when the flood was coming. But he had a general ideal. As that day approached, it became more evident. Those who did not believe mocked and scorned Noah. They could see the building of the ark as evidence of how much time they had left. But they discounted what Noah had to say.

They perished just as many will in the events that are will occur until the Summer of 2018.

There are 3 significant dates I wish to know in relationship to survival. They are:

- when world war III will begin in the USA,
- when the great tribulation will begin
- when the great tribulation will be over.

Knowing these 3 dates will greatly help any to prepare.

Note: Many Christians believe that they will not have to go through these times because they will be “raptured” away. Well don’t count on it. God has never removed His people from bad events on this earth. God does not change so don’t count on the rapture mania and the misinterpretation of a few scriptures to provide for your survival.

God can reveal when WWIII for the USA will begin. For years my best guess for the beginning or WWIII has been the summer of 2012. In January 2009, I was shown a vision where the USA was being nuked in the summer of 2013. I was also given a specific date. But for now I am hesitant to reveal it. Before you quickly discount the Summer of 2013 as the day when America is nuked, I would urge you to go to the Heavenly Father and find out for yourself if this is true or not. I am sure there will be many that will mock this date and me. I figure there is nothing new under the sun. It was about the same way in Noah’s day. The vision I saw is recorded in the vision/dream/prophecy chapter towards the end of this book.

The prophet Daniel of the days of Nebuchadnezzar did know the timing when the end of man’s rule would be. But he was told to conceal this God given knowledge. This knowledge is being sealed until the last days by God the Father. I do believe the time for unsealing this timing is rapidly approaching.

The timing for the three mentioned critical survival events is based upon the following:

- Specific revelation as defined in a vision on January 27, 2009
- Belief that the USA will be destroyed prior to the great tribulation
- Belief that the end of the great tribulation will also be close to the end of the 6000th year of man’s rule since the fall.
- Belief that the 6000th year can be determined by cycles of 7 years and that these cycles have been effect since the beginning of the fall of man.
- The fact that the great tribulation is 3 ½ years long
- The observation that the crop yields fall every 7 years and correlate with the sabbatical year.
- The sabbatical year begins in the Spring of every 7th year.

I do believe it is quite possible to determine the 6000th year from cycles of 7. I have found varying dates for the sabbatical year throughout Christianity and Judaism. Trying to determine which date to go with from multiple sources can become quite confusing. So I developed my own way of determining the Sabbatical year based upon the law that man was not to plant crops on the sabbatical year. This being the case I do believe that crop yields on sabbatical years are down because the crops are either planted or harvested in violation of God's law of the Sabbatical year.

If you study the crop yield cycles from the 3 largest grain producing states (Iowa, Indiana, Illinois) you will find that in both wheat and soybean crops the yield was noticeably lower in 1988. What is also of interest is that the 7 year cycles before and after 1988 showed a lower crop yields. These cycles of low crop yields places the next sabbatical year at 2009.

SABBATICAL YEARS BASED ON LOW CROP YIELDS

1988	1995	2002	2009	2016	2023
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If the cycles of Sabbatical years goes back to the beginning of man's fall, one could determine the 6000th year based on its relationship to the Sabbatical year.

When you divide 6000 by 7 you get 857 with a remainder of 1 year. So the next possible 6000th year would be the end of a sabbatical year plus one (1) year. The next sabbatical year begins in the spring of 2009 and ends in the spring of 2010. Adding 1 to 2010 you get 2011. But we know that 2009 can not be the 857th Sabbatical year because events that must precede the 6000th year have not taken place.

For example, the great tribulation will begin 3 ½ years prior to the end of the 6000th year. So if 2011 is that year, then 2011 – 3 ½ gives us 2007 when the great tribulation would have begun. And the great tribulation definitely did not begin in 2007.

The next possible 857th Sabbatical year ends in the Spring of 2017. If this is the 857th sabbatical year, then the 6000th year will end the Spring of 2018.

To obtain the approximate year the great tribulation begins subtract 3 ½ years from the proposed 6000th year. The below chart shows potential 6000th years, beginning of the great tribulation, and the destruction of America.

SABBATICAL YEARS IN RELATIONSHIP TO OTHER KEY EVENTS

SABBATICAL YEAR BEGINS	SABBATICAL YEAR ENDS	Possible 6000 th YEAR ENDS	Possible BEGINNING OF THE GREAT TRIBULATION	Possible DESTRUCTION OF AMERICA Based upon the Sabbatical Year	DESTRUCTION OF AMERICA Based upon Vision
2009 Spring	2010 Spring	2011 Spring	Fall 2007 <u>DID NOT HAPPEN</u>	Before Fall of 2007 <u>DID NOT HAPPEN</u>	No Vision
2016 Spring	2017 Spring	2018 Spring	Fall 2014	Before Fall of 2014	Summer 2013
2023 Spring	2024 Spring	2025 Spring	Fall 2021	Before Fall of 2021	No Vision
2030 Spring	2031 Spring	2032 Spring	Fall 2028	Before Fall of 2028	No Vision

If 2017 - 2018 is the 6000th year, then the Great Tribulation would begin in the Fall of 2014. The United States of America would be destroyed before this time. I do believe this is very possible. The ten kings will destroy the USA because they hate her and wish to establish their ONE WORLD RULER. One of their many purposes of destroying the USA is to place fear in the nations so that they will quickly submit to their world leader as lord. As long as the USA is in place as the world leader, that just is not going to happen. They know it.

Everything is in place for the great tribulation to begin in the Fall of 2014. Whether this will happen or not will become more evident as we approach that date. If the USA is still in place as the world leader in the Fall of 2014, then the next possible date for the Great Tribulation to begin will be 2021 and multiples of 7 years beyond that.

We do know that in the end times that there will be famines and pestilences (disease). Recently the US isolated and genetically modified the Influenza virus known as the "Spanish Flu." The Spanish flu from 1918 and 1920 killed a lot of people. This flu is now ready to be released by wicked men upon all mankind. It will be called the "bird flu." This name will prove to be a lie. But it will not help the 100s of millions, maybe billions that will die from it.

The world wide food stores are at an all time low. Many will soon die as rice shortages ravage through one country after another. From the Spring 2009 to the Spring 2010 is a Sabbatical year and crop yields during this time most likely will be even worse than they have been leading to great famines in 2010 and 2011 and 2012.

Prince Charles is the most likely person to be the one world ruler based on what the bible says are the characteristics of the antichrist. Prince Charles became 60 years old in November 2008. He would become the world ruler at the age of 66. It would be difficult for me to believe he would be 73 or 80 when he became the world ruler.

So maybe 2018 is not too far fetched a date for the end of man ruling himself. Now take 3 ½ years off of this to account for the beginning of the great tribulation and you have the Fall of 2014.

Can we know this? Is God starting to reveal His timing? Well I do believe we can know the timing before it happens. Noah certainly knew in his day. Actually he knew 120 years before. 9 years of time compared to man's life's span of around 70 today is proportional to 120 years of time compared to Noah's life's span of 950 years.

Summary: The “when” of future events is something only God can show you either through visions or dreams or a word of knowledge or his prophets or another that has truly heard from God. Please don't take my word alone on what I have written in this section. Take it to the Heavenly Father. He will show you if what I have written is accurate/close or not. I have completed this section on “when” in the best of my ability. I could have easily said “no one knows so do everything you can to get ready for the worse as fast as you can.” Well that may sound good. But how in the world do you go about to follow that advice when you don't know when. God gave Noah the “when” for his day before he commissioned him to build the ark. The “when” is most important to know. Hear God and you will be able to walk in faith. If you are always just listening to man (and that includes the religious leaders), then you will not walk in faith.

The Occupation:

When the USA goes down, I do believe that there will be safe havens of protection within the territory of the now US. It will be important for you to go to one of these safe havens. Hopefully, you would go before the beginning of WWII in the USA (estimated to occur in 2013). Many in the safe havens will be tempted to give themselves up to the occupying forces. This will prove to be a fatal mistake. Your likelihood of survival is much better with those that have some concern for you than the occupying troops. These troops will be brutal to Americans and will slaughter almost all of them that turn themselves over to them. There will be NO mercy there. The occupiers will use mainly radio to convince many that they are making life better for Americans and that those who have given themselves up are living a nice, comfortable life. Of course this will be a lie. Don't ever give yourself up to the foreign troops. Doing so will prove to be a fatal mistake. You really don't want to be part of this. No matter how bad it may become for you, you will be better separate of the occupiers.

What do I think will happen to the USA:

I think that the USA will go to war with Iran and this will lead to one bad event after another until the USA is destroyed in WWIII. Going to war with Iran is a war trap that the USA will absolutely not be able to get out of.

I do believe that the world wide bird or avian flu will be released on mankind and will kill many Americans, mostly those who take the bird flu “immunization” shot. After tens of millions die from the “bird flu” the economy will totally collapse with too many cars and too many houses because of too many dead from the range of 18 to 35.

Famine could come to America but whether it does or not, I think that the USA of America will be attacked in WWIII in the summer of 2013. This will occur 30 to 40 days after a huge earthquake empties 2 of the great lakes into the Mississippi Valley washing away all the cities along the Mississippi and dividing the country.

Until this happens the economy will get worse and will become more of a military economy with the few good jobs remaining going to the military industrial complex. Gasoline and other fuels will increase in price and will eventually be rationed.

After America is nuclear attacked, it will take almost a year until all her standing armies will be destroyed. This is my take on what will happen. We will see. And if I am wrong, I am OK with that. If I am right, I had rather be wrong. I am neither happy nor proud about what I think or know what is going to happen.

Return of Jesus Christ:

I have given dates and times in this guide. I know many “Christians” will think of the verse stating “No man knows the day or hour.” When one looks at the context of this scripture found in Matthew 24, we see that this verse is specifically talking about only the day and hour when Jesus Christ will return. Making it to mean more than this is neither accurate nor scriptural. Yet, Satan has used the lack of understanding of these scriptures to establish the ideal that no dates of any end time events could be determined. His purpose in doing this was to discredit the prophets that God always sends to warn His people. Those who fail to heed the prophets will most likely perish. And one goal of Satan is to destroy as many men as possible. Many will perish.

All those who use this scripture to discount all timing are not using it within the context of the verses. When you take scripture out of context, you can make it mean anything. And this is what most of the religious world has done with many scriptures. Most of the religious “leaders” and that includes so called “Christian” leaders are the blind leading the blind.

Yes, I do believe that Jesus Christ will return. And I do have a general ideal of when this will happen. But I also believe the scripture that no man will know the day of hour of his

return. My best guess of when Jesus will return is the Spring or Summer of 2018. Now there is nothing wrong with making that speculation because it does not define a specific day or hour.

Jesus Christ will return and if he did not shorten the natural progression of what wicked men have begun and are about to do, all flesh on the earth would be destroyed.

Dreams/Visions/Prophecy:

Vision: In January 2009, I asked the Father when the USA would be destroyed. In the spirit, I went to the year of 2012. There is a barrier or block in time at 2012 that can not be penetrated. This barrier is like a continuous wall. I have gone there before and could not pass through this time barrier. There is no way to go through the time barrier or wall of 2012. I came to this barrier and though that again I would be blocked from knowing what the time would be. But this time I was taken above the barrier. There is a lake of fire above the barrier. At first I was afraid to move into it but I soon realized the fire had no affect upon me. I crossed this lake. I was not walking across it for none can cross it by walking. I was like gliding across it but I only glided in the direction that would normally be walking but it was not walking. There was a black object in the path as I crossed the lake of fire. You could look into the object below at time after 2012. I was attracted to it. But the Spirit told me not to stop there or to look into it. I was afraid not to do what I was told to do. I continued to cross the lake of fire. The flames did not hurt me because I was protected. Then I went through a dark, long tunnel and came out on the other side of 2012. When I came to the end of the tunnel, I immediately saw nukes going off throughout the American cities. I was shown a date. I do not know if I have permission to give that date, so I will not. Prior to this experience, I though that the summer of 2012 would begin WWII in the USA. But this is not what I saw.

You don't have to believe this. But whether you do or not, the USA does not have much time left. Until its end in WWII, there will be many destructions throughout the land. These will serve as warnings that the time is short. I am not afraid of what people think. If I were, I would not have shared this. I have already lost the most important thing in life to me. So really I don't care much about what people think or don't think. Actually, when you look at what is coming, it really does not matter much.

Until having this vision or revelation, my best guess or calculation was that the USA would be destroyed in the summer of 2012. If this vision is accurate, then it looks like the USA will have until the summer of 2013 until its final destruction in WWII.

The bible tells us that without a vision the people perish. The modern church has used this verse as a motivation for their many building programs and getting people all hyped up about what their church was doing. Now I see this verse in a

different light. Perhaps the vision that was given to me can be used to help some not perish if they take it to heart and act accordingly.

Author's Note:

A lot of people are dying now. Many are being called out of this life before the horrific events that are about to unfold occur. Every funeral I go to, I thank God that the

OptionButton1 deceased could be buried in peace and that they will not have to go through what I know is soon coming.

Hopefully, this survival guide will help you to find the direction you need to survive and/or see your love ones survive. This book strongly encourages you to go to the Heavenly Father for guidance and direction. And frankly what is coming is going to be so bad that you will need to go to Him often to find divine help. You will need it.

This book is just the words of a man. But hopefully, it will encourage you to find the words of the Heavenly Father and His divine guidance for you and yours. Hopefully, it will help you along with the guidance of the Heavenly Father to more quickly and wisely prepare.

Author's prayer:

“Heavenly Father I humbly ask You to bless the reader of this book with the faith to hear and obey You. Help his or her faith to grow to clearly hear and obey You. I ask Your Spirit of repentance and salvation to fall upon those that need such now in their lives. For I do not ask amiss but I ask in the name and the blood of the Lord Jesus Christ.”