

2012 & Beyond

The Aquarian Age Is Producing

*A Whole New Earth*

# New Earth

**Changes Preparation Guide**

*Only One Thing Is Certain About the Future:*

**Everything changes**

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*The 2 Main Questions Are:*

**How Fast?**

**What Next?**

This guide is especially dedicated to those  
with the courage and foresight to think ahead.

Creative Solutions'

Emergency  
**Preparation**

**Guide**

and

**Check List**

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### About the author:

He is both a degreed engineer and spiritual healer, actively studying and applying basic operating principles for more than 40 years. Stephen has successfully integrated a well developed analytical perspective [engineering] with the spiritual [intuitive] for a practical, multi-dimensional approach to spiritual expression and understanding. As a “natural” teacher, he brings excitement and clarity to a whole range of subjects.

He is an accomplished spiritual healer, teacher, creator, designer, author, publisher, artist, counselor, minister, engineer and philosopher. He teaches subjects ranging from spiritual healing and personal energies all the way to practical repair techniques for home and auto.

Highlights of his many accomplishments include:

- Degreed Engineer in mechanical chemical and electrical disciplines from Trinity University brings solid grounding for discovery and practical application of basic principles involved in all aspects of life; with more than 25 years practical engineering experience in design and fabrication of microelectronic circuits. Understanding basic principles helps us convert the mysterious to clear understanding.
- Certified practitioner of Integrated Etheric Healing [Spiritual Resonance Healing] – a special and particularly effective healing mode with a wide range of applications, and an established history of powerful results.
- Reiki Master [Reiki is another powerful spiritual healing method.]
- Experienced facilitator for guided meditations and past life regression.
- Developed a series of workshops designed to enhance both awareness, understanding and application of personal power principles in your life. Subjects include stress reduction, nutrition, quartz crystals, awakening to who you are, Earth changes, communication, creativity, relationships, and more.
- Dedicated to being a source of the Light Of Love, working for the highest and greatest good for all concerned, within the Will of God.

This guide is intended to help you open the door to new awareness for expanding your understanding of self and the world around you.

# Emergency Preparation Guide and Check List

## Introduction

### **What is the problem?**

We are surrounded by dire predictions of all sorts. The actual energies of the planet are changing whether we like it or not. Society is growing more violent acrosss the globe. Nuclear/radioactive disaster is alive and well in Japan, and spreading worldwide. Warmongering is on the increase. Political stability grows less and less. Weather extremes are happening all around us. It has become easy to feel challenged by all the changes and fearmongering. Meanwhile, many stay immersed in full denial of any significant impact on their part of the world. Changes will force new choices.

### **Who cares?**

We have become totally dependent on computers and electronics for much of our existence. At best, our electrical grid is running at capacity. We are dependent on trucks and autos for just about everything we consume. Fuel prices keep going higher. Destructive weather systems keep happening with increasing frequency all over the globe.

What would you do if one or more of these critical systems went down for several days or even weeks? What if the power in your area went out for two weeks? How would that affect your life? Remember, the food in the freezer is only good for about three days without electricity. The grocery store only stocks about 2-3 days of food in times of normal demand. What if your water stopped flowing for a week? What would you do? Disruption of important services is quite likely. What is not clear is how many and exactly when or where it will happen. Your bet is already on the table, but there is still time for you to make changes in your lifestyle.

### **Isn't someone fixing the problem?**

In some cases, yes. In most cases, not yet, or not at all, and time appears to be growing shorter. The more complex the system, the more difficult it is to fix and the more people it takes to do it. There are not enough replacement parts available to fix it all. Most people wait until after a problem happens to give it any thought.

How many stores do you know of that can do business without their computers? How many factories operate on just-in-time inventories? What happens when they run out of one or more parts? With most manufacturing now overseas, the shipping time alone makes timely replacement of many important supplies very questionable.

What about systems that do get fixed, but are tied into other systems that are not? The malfunctions can be contagious in any complex network.

### **Is it the end of civilization as we know it?**

Not likely. What happens in the aftermath of a large hurricane, earth quake or flood? People working together, adjust their lifestyle and rebuild. There are lots of personal changes in the process. Priorities change, new skills are acquired, and new perspectives evolve. However, some planning ahead can produce dividends later on.

Staying rooted in denial, ignoring the potential problems until they hit you in the face is an expensive and possibly dangerous approach. So are the other extremes of mass stockpiling things for a doom scenario, or giving up everything and awaiting a magic rescue by some supernatural force. History is filled with accounts of groups who made these mistakes.

Our society is changing all the time. This is a time of *accelerated* change. Whether we make these changes easier or harder on ourselves is up to us.

Even if there were no electrical glitches, we will still have problems, disruptions and dislocations. Rising fuel prices are sufficient to cause all kinds of dislocations.

The national and world economies are in disarray and getting worse, and problems will result. Here are two simple examples.

- a. Rising fuel prices mean higher food and travel prices. For many, this stretches already tight budgets. Loss of a home is already a large factor and growing. Financial disaster is only a layoff away for many. Weather changes have caused many crop reductions worldwide.
- b. Preparation efforts can add more challenges to the system. What if 10 million people decided to buy an extra case of canned goods, just in case? If a case holds 24 cans, that is a sudden increase in demand of 240 million cans of food. Where would it come from? What would that do to the stores, the manufacturers and their suppliers? Shortages and higher prices are guaranteed, at best.

## **What will these changes be like?**

A few problems have already occurred with nuclear radiation, regional wars, floods, tornadoes, earthquakes and unusual weather. As the year progresses we will see more. Many severe problems will probably be fixed within weeks or months of their inception. The bigger the damage, however, the longer it takes to make repairs.

*Fear is the biggest problem, particularly when widespread,  
especially when it leads to panic.*

When you are ready, in advance, to deal with a variety of potential changes in lifestyle, panic is avoided and fear minimized. That requires preparation.

Start using the “what if” question and consider what you might do in various situations. The results will help lead you to sensible preparations for challenging times ahead.

Whether that means keeping some extra food in the pantry, or learning some new skills, your efforts will bring new awareness of who you are, your relationship with others and the world itself.

Denial is the handmaiden of fear, especially when it leads to unpleasant surprises. Maintain the denial, insisting that nothing significant will happen, and you will find your fear bucket adequately filled quickly down the line.

## **What if nothing happens?**

The odds are stacked heavily against this possibility, yet it is worthy of consideration. When you are preparing, it is always possible to go overboard in one area or another. Focus most of your preparation on things that will benefit you in the future, no matter what.

Taking a personal defense course can only expand your awareness, increase self confidence and help tone your body. Having a several week supply of food only makes reasonable sense at any time, and you can always eat it later, if properly stored. Learning new camping skills will expand your abilities, and outdoor enjoyment. Then, when a freak ice storm, hurricane or other natural destructive impulse hits your area, you will be far better equipped to easily deal with it.

## **How likely are other disasters?**

Anyone who watches or reads the news already has some of the answers. Every year at least one or two areas suffer some sort of major destructive event.

There are endless lists of predicted Earth changes from psychics and visionaries. There have been so many predictions, it takes a conscious effort to completely ignore them. We are already in the midst of major changes on economic, social and spiritual levels. It may be reasonable to consider the possibility that some manifestation of physical disruption may not be that far away.

Realize we are living in delicate balances – virtual tightropes – in many areas.

electricity	water	food	sewer
autos	shipping	oil	travel
gasoline	airplanes	radio	television
computers	telephone	finances	internet

*What if one or more is interrupted for days or even several weeks?*

*What would you do?*

*Think about it.*

How would you heat your house, food and water?

Would you necessarily have running water?

How much food in your freezer would last more than three days?

How would you do laundry?

What if there was insufficient water to flush your toilet?

*Think about it some more.*

## **Psychology of personal change and emergency action**

### **Mental flexibility is critical**

The more rigid our denial, the more shocking the change. If someone sneaks up behind you and yells BOO!, your reaction is automatic – all logic stops, if even for an instant. Your specific reaction depends on your training and surroundings. What if you woke up tomorrow and the power company said “BOO!” by turning off the power in your city? It would instantly change the entire fabric of your day. By thinking ahead, panic can be avoided.

The more prepared you are, especially in mind, the less emotional stress is involved. Preparedness removes the fear and gives you power over your circumstances.

### **There are three basic steps to actualization of any idea or skill.**

- It begins with awareness and expands into playing with it in the mind. Just thinking about what might happen opens the door for action. However, avoid getting caught in the mental trap of intellectualizing your way thru something and thinking you know how to do it.
- There is no substitute for experience – getting your feet wet, trying it out.
- Proficiency comes from practice. Then you will have a better perspective to determine how much more experience you need to reach your desired level of ability.

*Whatever the skill or activity, if you haven't done it several times,  
you don't really know how.*

### **The target position**

- Make “reasonable” preparation, – based on understanding, not fear. Each person is responsible for their own definition of reasonable.
- Avoid overreacting.
- History tells us that nothing goes for long without change. Thus, we should always be in some state of growth and preparation.
- Most preparation, by now, is catch-up – doing most of the things we should have been doing all along. We have been spoiled & lazy. It is time to awaken!

## **Practical guidelines**

### **Taking a new mind-set**

1. Combine new awareness with a sense of acceptance and adventure. Get out of the fear mode and activate the adventure mode. Figure out ways to make preparation interesting – even fun.
2. Continually expand your skills, abilities and knowledge. Nothing on this world stands still for long before it is swept away by change. Expanding your abilities helps you grow as a person, and creates new opportunities for enjoyment.
3. Constantly expand and refine your interpersonal connections. We cannot make it alone. It is time to shed any illusion that we could, and begin to develop cooperative connections with others. If it ever comes down to what you can carry, all bets are off.

### **Be aware of the fear sellers**

Religions, governments, even many businesses thrive on fear. The focus is doom! They trumpet gloom all around, painting their vision of our impending victim-hood in all kinds of stark colors. If we join in their “great cause,” we easily become *their* victims.

When someone else controls or manipulates our fear, they control us. Eliminating fear short circuits such control. Understanding the situation combined with effective preparation dissolves fear.

### **“End of the world” – earth changes**

There are long lists of predictions over the years of massive changes to come, upsetting the surface of this planet. So far, most of us have ignored, or even scoffed at these predictions. Some of them have been proven wrong. Does that mean they are all wrong? Even if they were just guesses, odds are good that some of them could happen.

In fact, Earth is changing all the time. In this last decade we have seen record hurricanes, tornadoes, floods, increased earthquake activity and several volcanic eruptions. While none of these events were global in their immediate effects, they certainly made a severe impact on the people involved. Where might the next one happen?

Geological evidence abounds suggesting many examples of dramatic upheavals, climactic changes and disturbances on Earth's surface. The people buried in volcanic ash at Pompeii are a stark reminder of the folly of denial.

The millennium bug was an example of overblown predictions, but there was a lot of last minute repair work going on behind the scenes to keep things running. Preparations made a huge difference.

The universal law of perfection continues to operate whether we acknowledge it or not.

*All things rise to their highest level of perfection, then decay and die.*

Certainly this suggests the eventual end of the “old ways,” which the fear-mongers interpret as gloom and doom.

It also suggests fertile opportunity for new growth and adventure!

Let go of your fears, and get ready to live!

### **So, what's really going to happen?**

One of our first personal preparation challenges is to develop our own estimate of likely events. This requires a bit of looking, reading and listening. Start digging into various sources of information to find out what is and isn't happening.

You have to gather enough information to cut thru the hype and misinformation too. Books, magazines, the internet, government, churches, businesses, friends and neighbors all can become resources. As the time marches on, new information can be used to adjust your estimate.

Meanwhile our most important challenge continues to be discernment, as we sort out the important from the garbage.

### *Projected Worst Case:*

Some disruptions of routines and limitations in utility services can be expected. As the year progresses, we may also see some disruptions caused by unexpected problems or local outages. Any routine difficulties are likely to be fixed within weeks, as the motivation to fix them is very high. What would you do if the power went out for three weeks? Remember hurricane Katrina? Think about it.

### *The Aftermath:*

- Prices and availability of most common items will readjust themselves, with some short term instability as those who overbought quit buying for a while and demand returns to "normal".
- Government will orchestrate the appearance of some readjustment with reactionary legislation and policies, few of which actually offer real solutions.
- Those who over-prepared will seek ways to recover their expenditures.
- Other dislocations may follow.

### **Our real challenges [and potential benefits]**

- Relearn to work together. [Few will survive any catastrophe very well by themselves.]
- Expand individual knowledge & skills. [What can you do today that you couldn't do last year?]
- Increase awareness of our society and world. [Start a shift in outlook and personal values.]
- Increase self awareness. [Who are you and why are you here?]

*The most important answers only come from within.*

PREPARATIONS CHECK LIST

**Food**

*A 2 week supply per person is a minimum. Be sure to rotate by expiration date.*

- know effective food use sequence
- 1. First, use perishable foods from the refrigerator.
- 2. Then, use the foods from the freezer.
- 3. Finally, begin to use nonperishable foods and staples.

**Nutrient Priority**

- |            |                                |
|------------|--------------------------------|
| 1 protein  | 2 EFAs [Essential Fatty Acids] |
| 3 fat      | 4 vitamins                     |
| 5 minerals | 6 calories [carbohydrates]     |

*Select and stock to taste and nutrient needs*

**Live food keeps well for several days or weeks.**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> onions       | <input type="checkbox"/> potatoes |
| <input type="checkbox"/> carrots      | <input type="checkbox"/> celery   |
| <input type="checkbox"/> tomatoes     | <input type="checkbox"/> apples   |
| <input type="checkbox"/> citrus fruit | <input type="checkbox"/> eggs     |
| <input type="checkbox"/> cheese       |                                   |

**Dry Foods**

- |  |   |
|--|---|
| <input type="checkbox"/> meat [jerky & freeze dried} |   |
| <input type="checkbox"/> fruit                       | <input type="checkbox"/> nuts           |
| <input type="checkbox"/> beans, peas & lentils       | <input type="checkbox"/> soup mixes     |
| <input type="checkbox"/> tea                         | <input type="checkbox"/> coffee         |
| <input type="checkbox"/> grains                      | <input type="checkbox"/> dried potatoes |
| <input type="checkbox"/> powdered milk               | <input type="checkbox"/> powdered eggs  |

[remember, most dried foods require extra water]

**Supplements**

- |                               |                                   |                                   |
|-------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> EFAs | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Minerals |
|-------------------------------|-----------------------------------|-----------------------------------|

**Canned Foods**

- |                                 |   |
|---------------------------------|---|
| <input type="checkbox"/> meats  | <input type="checkbox"/> fish           |
| <input type="checkbox"/> fruits | <input type="checkbox"/> vegetables     |
| <input type="checkbox"/> juices | <input type="checkbox"/> milk           |
| <input type="checkbox"/> soup   | <input type="checkbox"/> military meals |

**Junk Food** [certainly not needed for survival]

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> candy        | <input type="checkbox"/> cookies     |
| <input type="checkbox"/> cereal       | <input type="checkbox"/> pasta       |
| <input type="checkbox"/> chips        | <input type="checkbox"/> crackers    |
| <input type="checkbox"/> bakery goods | <input type="checkbox"/> soft drinks |

**Other**

- |                                 |  |
|---------------------------------|--|
| <input type="checkbox"/> sugar  | <input type="checkbox"/> pepper        |
| <input type="checkbox"/> spices | <input type="checkbox"/> baking powder |
| <input type="checkbox"/> yeast  | <input type="checkbox"/> sauces        |

### **Cooking Oils**

- olive oil
- peanut oil

### **Special Utensils**

- manual can opener
- aluminum foil
- hand mixer
- flour sifter
- kitchen knives
- knife sharpener
- empty storage containers with tight lids
- eating utensils [disposables don't use precious water for washing ]
- hand cranked meat grinder
- hand cranked grain mill

### **Beverages**

- vodka [also useful for first aid]
- beer
- wine
- other booze

## **Storage**

*No power means no refrigerators or freezers.*

Canned foods store best. Boxed foods should be stored in rodent and bug proof containers. Dried foods can be stored in bulk, but similar containers are required.

It is useful to add some food grade diatomaceous earth to the dried grains, beans etc. to eliminate insect damage. [1 – 2% by weight, well mixed]

If you purchase large cans of dried foods, once opened, the contents will spoil within a few days, so be sure you have small enough package sizes for the number of people who will be eating.

### **Storage Routine**

1. Build up your stock of canned goods until you have a two-week to one-month supply.
2. Buy some freeze-dried & air-dried foods. This is the best form for stored meat.
3. Rotate your stock periodically – use the oldest stuff first. [Date it to keep track.]

### **Storage Practices**

- Keep food in the driest, darkest & coolest spot available.
- Keep food covered securely at all times.
- Use screw-top jars or air-tight cans for opened packages.
- Inspect all food containers regularly for signs of spoilage, and before use.
- Without refrigeration, leftovers have a short life.

### **Nutrient Quantity**

Note: military meals were designed as short-term emergency rations, not meant to be eaten for an extended period of time. Do not rely on them as your sole source of food as they have been known to cause digestive problems.

Are you prepared to get enough?

- total protein
- variety of protein
- EFAs [essential fatty acids]
- water
- vitamins
- minerals
- avoid getting too many carbohydrates

**Home Food Preservation**

- drying [low heat with air flow]
- pickling [salt & vinegar]
- canning
- home brewing
- wine making

Do you have the

- knowledge?
- experience?
- equipment?

**Food Preparation**

You can treat emergency situations as an unplanned camp-out. A propane or kerosene stove works fine for most stove-top cooking. Be sure to have enough fuel, and proper ventilation. Fire danger increases as well. Make sure you have several multi-use fire extinguishers close at hand – small canister, ABC type. These can be purchased at most hardware stores. Never leave an open flame unattended, especially when small children are nearby.

An outdoor charcoal or propane grill is effective, as is your wood stove and fireplace. You can also heat food with candle warmers, nonelectric chafing dishes and fondue pots. Canned foods can be eaten right out of the can without cooking, adding water or special preparation, though it may affect taste. If you heat the food while in the can, be sure to open the can first and remove the label. Heating a sealed can may give you a very explosive and messy surprise!

One of the most effective methods for cooking foods is an old fashioned Dutch Oven. That is a cast iron pot with legs on the bottom to provide space for charcoal and a rim around the top of the snug fitting lid to keep charcoal on top. A 12-inch version can easily cook a meal for as many as eight, with little effort and as few as 30 charcoal briquettes. They come in a variety of sizes. For optimum use, careful breaking-in or "seasoning" is advised before cooking in them. Though not difficult, there is a bit of technique to be learned for best results. Once again, it is time to plan ahead, and learn a new skill.

Most camping-supply stores have quite a wide variety of devices with which you can cook – from solar, to the old Sterno cans. Make any purchases well in advance. Prices may go up, and availability may go down as "the day" approaches.

- camp stove
- fuel for stove
- spare parts
- Dutch Oven[s]
- charcoal
- charcoal igniter

Do you have the

- knowledge?
- experience?
- equipment?

**Basic Supplies**

You might want to store the following in large covered plastic storage bins until needed.

- Flashlights and extra batteries
- Matches in a waterproof container
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Battery operated smoke alarm
- Plastic sheeting in case of leaks, etc.
- Toilet paper, towelettes especially for babies
- Soap & liquid detergent [Antibacterial soap that doesn't use water is available.]

- Feminine supplies
- Personal hygiene items like antiperspirant!
- Corn meal for dry-cleaning hair
- Baby needs diapers, ointments, etc.
- Contact lenses and solution
- Denture needs
- Extra eyeglasses
- Plastic garbage bags, ties, various sizes for personal sanitation uses, etc.
- Spare plastic buckets with tight lids
- Disinfectant
- Rope or wire for a clothes line & anchors to attach it
- Clothes pins for hanging clothes outside to dry
- Large tub suitable for washing clothes
- Anti-fungus powder, like a good foot powder
- Household chlorine bleach
- Room deodorizer - no wall plug-ins!
- Miscellaneous hand tools [hammer, pliers, hand saw, etc.]

knowledge?  experience?  equipment?

### **Pets**

- Food
- Chew toys
- Litter
- Bedding
- Extra water
- Diatomaceous earth [for non-toxic insect control]

### **Water**

#### **How Much Do You Need?**

Plan for at least one gallon of water per person per day. That's two quarts for drinking and two quarts for food preparation/sanitation. Add more for pets.

A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and sick people may need more.

#### **Water Treatment**

Boiling is the safest method of purifying water. Bring the water to a rolling boil for 10 minutes. Let the water cool before drinking or storing. Water will taste better if you put oxygen back into it by pouring it back and forth between two containers.

knowledge?  experience?  equipment?

*Distillation* is boiling water while collecting the vapor and condensing it back to liquid form. The condensed vapor is free of salt and virtually all other impurities. The down-side: efficient use of heat and water calls for specialized equipment.

A simple, makeshift method utilizes a large pot, some way to suspend a smaller container in the pot and a curved lid to fit the large pot. To distill, fill the pot halfway with water. Place the smaller container in the center of the pot above the water. Place the inverted lid on the pot so the lowest point is above the center of the smaller container. Boil the water and keep the lid filled with water for cooling.

The steam from boiling will rise, condense onto the surface of the lid and fall into the smaller container. You will need lots of water, plenty of heat and a dose of patience.

knowledge?  experience?  equipment?

*Reverse Osmosis* is a very effective method for purifying water. It offers the lowest cost per gallon, but requires the right equipment and a reliable source of water pressure. Since there is no visual indicator of water purity, it is a good idea to test the output periodically with a dissolved solids tester. For maximum safety in emergency situations, you will need to know the type of membrane it uses and its proper handling and storage procedures.

knowledge?  experience?  equipment?

*Disinfection* is a chemical treatment method for killing dangerous microorganisms in the water. It works by adding small amounts of toxic chemicals to the water. The amount used is a careful balance between killing the microorganisms and harming your body. None of the water “purification” chemicals remove dissolved chemicals or heavy metals that might be present. While non-chemical methods are preferred, emergency situations can force us to choose between less than ideal choices.

- The simplest and most widely available water purifying chemical is *chlorine bleach*. Use liquid bleach that contains only sodium hypochlorite. Add four drops of bleach per quart of water or two scant teaspoons per 10 gallons, and stir. Seal your water containers tightly, label them and store them in a cool, dark place.
- Iodine* can also be used if available and appropriate concentrations are known.
- Other chemicals are available in the form of water purification tablets designed for camping and survival.

*Beware of simple water filters.* Some may be quite effective, but most simple filtration methods do not remove all the dangerous microorganisms and can become a breeding ground for more. Activated carbon filtration may improve the taste, but does not kill the microorganisms.

For additional methods of purification, contact your local Red Cross.

### **Water Storage**

- Store water in thoroughly washed glass, stainless steel, plastic, fiberglass or enamel-lined metal containers. Never use a plastic container that has held toxic substances – tiny amounts may remain in the pores. Sound plastic containers, such as soft-drink bottles, are OK. You can also purchase food-grade plastic buckets or drums.
- Avoid using containers that will decompose or easily break, such as milk cartons or thin glass bottles.
- Rotate stored water at least every six months.

### **Sources of Drinking Water**

- Obviously there is *tap water*, which is usually pre-chlorinated and the lowest cost.
- For *purified water* at the lowest cost per gallon, install your own reverse osmosis purification system. As long as there is good water pressure, it will give you a continuing source of pure water. Be sure to routinely test the level of purity with a dissolved solids indicator.
- The purified water *dispensing machines* found near most grocery stores offer the lowest cost per gallon without any capital investment. The trade-off is having to supply your own containers, then filling them in the parking lot and the hassle of lugging them around.
- Bottled water* is the most expensive option, but it is already conveniently packaged for storage, and readily available. Distilled or purified varieties are probably the healthiest choice and the best bet for the longest stability on the shelf. On the other hand, how do you know what's really in the bottled water on the shelf?

Your *hot-water tank*, contains at least 30 gallons of water. Be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty. Purify before use to avoid microorganisms that can grow in warm water.

To empty the water in your *pipes*, let air into the plumbing by turning on the highest faucet in your house and drain the water from the lowest one.

As a last resort, you can use water in the *toilet reservoir tank* – not the bowl – unless you have put toilet cleaner or other chemicals in it. If it is clean water, you still need to purify it first.

Water beds hold several hundred gallons. If you use a water bed in your home as an emergency resource, add chlorine bleach before use, or use the water only for toilet flushing. Putting bleach in a water bed is NOT recommended and may shorten its life.

Do you know the location of your incoming water valve?

If you hear reports of broken water or sewage lines, you'll need to shut off your water to stop contaminated water from entering your home. In cold climates, frozen pipes may burst if there is no heat. If this is likely to happen, you may need to shut off the water and drain the pipes.

### **Emergency outdoor water sources**

Consider rainwater, streams and rivers, ponds and lakes, natural springs, and snow. Be sure to purify the water before drinking it.

- Avoid water with floating material, any odor or dark color.
- Avoid flood water.
- Use saltwater only if you distill it first.

Water testing kits can help monitor water quality.

knowledge?  experience?  equipment?

## **Garbage and Trash**

### **Plan Ahead**

Don't allow garbage or trash to accumulate outside your home.

Expect delays in garbage collection and other services. Trash can be a particular attractant for a variety of wildlife – some dangerous. Rodents can be a major health threat where garbage accumulates. The garbage itself can also be a breeding ground for disease.

The first step is to minimize trash and garbage generation by avoiding excess packaging.

Keep easily decaying garbage separate from the rest. Set up a compost pile for biodegradable organic matter.

Collapse boxes and make discards as compact as reasonably possible. In some areas you can burn trash – like paper, plastics and cardboard.

Make sure you have enough sturdy containers with reliable lids for holding refuse produced over a two-week period. Be prepared for extra volume if other peoples' trash finds its way to you.

If waste builds up, consider burying it. Sprinkle lime over it to cut down on smell and contamination.

## **Sanitation** [when your water or sewer is cut off]

What goes in [all that food & drink] must come out.

Don't use your precious drinking water for flushing the toilet, or washing.

Be prepared to flush less often to conserve the water you do have. Filling up the bathtub ahead of time may provide enough water for a week or more.

Use chlorine bleach to deodorize and disinfect the toilet. Add a teaspoon to the water to eliminate excessive odors.

- If the local sewage system fails, you will benefit from a chemical or composting toilet. Portable ones can be useful for camping, or used in RVs.
- Be sure to have a supply of sanitizing solution.
- In worst case, a sturdy bucket with a tight fitting lid can be very helpful.
- Don't forget a supply of toilet paper.

*If the sewer system stops working,  
you will need to dig a hole to bury the output.*

- Do you have a good shovel? You will benefit from additional understanding of septic systems and processes – don't put that hole just anywhere. Also figure out a good way to keep it covered.

## **Health**

Basic nutrition is the cornerstone of long term survival. Without a healthy body, all other tasks become increasingly difficult.

The typical trim body carries enough fat for about 30 days worth of energy. Most of us have even more. If you run a little lean on total calories, you may feel a bit hungry, but you will function OK. Because the easiest types of food to store [grains, beans, pasta and other carbohydrates] are almost entirely composed of empty calories, meeting calorie needs will be the easiest part.

The biggest challenge will be getting enough protein. The more physical activity, the more protein is needed. No one type of protein will provide all the essential proteins your body needs to rebuild muscle, digest food and maintain a strong immune system.

- You need a sufficient variety of protein sources – eggs, real cheese, chicken, beef, fish, soybeans, nuts, etc.

**Caution**, there is no specific, “in your face” early symptom for protein deficiency – your body just won't regenerate or heal as well as it could. A longer term side effect is a shortage of digestive enzymes which hampers the digestive process. A person short of protein typically experiences some digestive upset when they eat high protein foods.

Another critical cornerstone of nutrition is a daily supply of EFAs [essential fatty acids]. Every cell requires them, and they are the source for many of our hormones. They regulate the oxygen transfer in all cells and give the cell walls flexibility. The body can't make them – that's why they are called essential. Processed foods have had the EFAs removed to extend shelf life. The primary sources are fresh fish, fresh meat, whole seeds and nuts.

Excellent EFA supplements are available from many sources. A supply of flax seed and/or flax oil is one of the best and are readily available in most food stores.

When your body has a sufficient supply of these critical EFAs, the appetite drops by as much as 50%, plus personal energy, endurance and rebound from stress increases dramatically. EFAs have also been shown to boost the immune system. You will benefit by adding them to your diet now.

When your basic protein and EFA requirements have been met, a good supply of vitamins from fruits and vegetables is the next most important item on the list. Fresh is always best, but canned is way ahead of none. Dried supplements are also widely available from health food and supplement sources.

How are your gardening skills?

knowledge?  experience?  equipment?

## **First Aid**

Understand basic first-aid

Learn CPR

EMT [emergency medical treatment] training would be a real plus

Understand fire safety

knowledge?  experience?  equipment?

Many First Aid courses are available from the Red Cross, local community colleges and fire departments. Some are even available on the Internet.

## **First Aid Kit**

Put together a basic first-aid kit.

You can obtain a first-aid manual from your local American Red Cross representative.

## **Basic First-Aid Kit Contents**

Sterile adhesive bandages in assorted sizes

2-inch sterile gauze pads 4–6

4-inch sterile gauze pads 4–6

adhesive tape [hypo allergenic is best]

Triangular bandages 3

2-inch sterile roller bandages 3 rolls

3-inch sterile roller bandages 3 rolls

Scissors

Tweezers

Needles and sterile thread

Moistened towelettes

Antiseptic

Thermometer

Tongue blades 2

Tube of lubricant

safety pins [assorted sizes]

Cleansing agent/soap

Latex gloves 2 pair

Nonprescription drugs:

- Aspirin
- Anti diarrhea medication
- Laxative
- Syrup of Ipecac [use to induce vomiting if advised by the poison control center]
- Activated charcoal [use if advised by the poison control center]
- Other pain reliever
- Antacid

## **Medical and Dental Care**

- Make sure any immunizations you consider important are up to date, including shots that you would get if you were traveling to a third-world country. Take care of any medical or dental problems you've been putting off – do it now.

*The medical establishment is heavily based on computers.*

- Get *hard copies* of your medical file, X rays, and other records.
- If you require *medication*, encourage your doctor to give you a prescription in advance. Some HMO's will not allow doctors to write advance prescriptions. You'll need to discuss alternatives with your provider and local pharmacy.
- Avoid scheduling any *elective surgery* within weeks of the turn of the century.

## **Medical Emergencies**

If the phone lines are down, you might be able to reach emergency services by CB. However, even if phones work, there's no guarantee that all of the emergency machines and equipment will all work correctly.

- Find out what to do in a variety of situations, such as a knocked-out tooth, fever, broken bones, falls, and other emergencies. Learning how to deal with such situations yourself will reduce the likelihood of panic, and increase the chances of survival for the ill or injured person.
- Make sure you know the location of the nearest emergency facilities, and try to contact them before you go.
- Check with such places before the turn of the century to see what their contingency plans are.

## **Medical Devices**

- If you are dependent on medical devices, contact the manufacturer and get their assurance in writing that the device will function correctly and safely.
- Ask your doctor what alternatives there are to electronic or electrical medical devices, or what you can do if the device fails for any reason.

## **Existing Medical Conditions**

- The frail, elderly, people with particular medical problems requiring a care giver, and people with other disabilities must make special plans for their safety.

## **Pharmacies and Medication**

Pharmacies depend on computers. They may experience any number of problems or delays filling prescriptions.

- Don't forget to bring cash with you.
- If you do get medication at or immediately after the date change, check to see that your that everything is accurate. Errors are always possible, and it's a good habit to check these things anyway.

## **Spiritual Healing**

Think of it as focused prayer. There are many modes of spiritual healing that have demonstrated powerful results in many areas. With some emergency conditions there is no substitute for direct physical aid, but even in these cases proper application of spiritual healing energies can speed healing and recovery.

The basic concept behind spiritual healing is an understanding that our spiritual being is the real source of our existence – not the physical. This can explain why many conditions do not readily respond to physical ministrations alone. When you fix the problem at the source, the changes automatically manifest in the physical. An additional benefit is the lack of negative side effects.

The worst that can happen with spiritual healing is no change in the condition.

- One of the more powerful and widely available modes is called *Reiki*. Proper training can be accomplished in a few weeks for most people and we all can benefit from this ability.

knowledge?  experience?  equipment?

## **Communication & Entertainment**

### **Phone**

When phone communication fails, you could be cut off from emergency medical, police, and fire services.

Consider alternative methods.

- CB radio
- HAM radio
- walkie-talkies [for local communication].

### **Television**

You may be forced to watch TV by candle light.

Have plenty of :

- games
- books
- hand craft projects and supplies

### **Radio**

In any an emergency, information is extremely important. Radio is most likely to be available.

- Make sure you have a portable battery-operated AM/FM radio with good reception, and enough battery power for at least a week of continuous play.
- Check out how many batteries you will need ahead of time. [How long will a set of batteries last?]

## **Emergency Power**

*Gas powered generators* may be a handy thing to have, but they drink lots of gas. The bigger they are, the more appliances they operate, but the price goes up dramatically as well as their appetite for fuel. They are best used periodically to maintain operation of a freezer and operate a well, if available. They don't store well – especially if special storage precautions are not followed. They also take a lot of room. When the power goes off the pumps at gas stations don't work either.

- Consider carefully how much fuel you can store safely before buying one.
- If you intend to buy a generator, figure out the minimum size you will need, then get one that is capable of generating no more than a few hundred watts above your need.
- Carefully consider how you plan to connect the electricity. The gas engine generates lots of toxic fumes and noticeable noise, so it must be operated in a well ventilated place that is safe from the weather. At best that means some serious extension cords. You also need to disconnect your home power from the grid when using a generator.
- Batteries are wonderfully quiet and readily available. However, they are limited in power and have short lives. Alkaline batteries store much longer and last longer than regular batteries.

Rechargeable batteries are great when the power is on, but if you can't recharge them....

- Solar panels offer freedom from dependence on the power company, but are expensive, limited to daylight use, bulky, and have limited power. One of the best applications of solar panels is for low voltage emergency lighting and portable radios, along with some battery recharging.

Hand crank generators are cool for the first few turns of the crank, then they lose their charm. They take a lot of work for a little energy and are truly for emergency, low power use.

- knowledge?  experience?  equipment?

## **Financial**

- Get hard copies of your financial records. If there is ever any question about an account, the burden of proof will be on you. This includes bank statements, monthly payments, IRAs, and any other financial records.
- Keep receipts, canceled checks or carbons.

## **Getting Paid**

Most accounting systems are computer dependent. Prepare for problems with paychecks, government benefits, etc. If you live from paycheck to paycheck like many people, you may be severely hit if the money is late posting to your account.

Getting your check delivered by mail rather than by automatic payment to your account will not ensure that you receive it.

## **Paying Bills**

Do not count on your bills being paid for you if you have automatic payment plans.

- Consider switching to manual payment.
- Keep track of all payments and keep the receipts.
- If there are penalties associated with advance payments, discuss this with your creditor. Ask if they will waive penalty fees, even if only for a few months. If they won't, try to work out an agreement for suspending any late fees if automatic payments fail.
- Get any and all agreements in writing.

*Cash is often best in an emergency.*

- Expect some prices to go up, especially where there are shortages.
- Put any cash in a safe place, but readily accessible. As difficult as it may be, build a cash emergency fund. When power goes out, checks and plastic cards may not be accepted.

## **How much should you set aside?**

- Determine your total expenditures for a month. That will give you an approximation of how much you spend in a month – not counting emergencies.
- Start setting aside as much as your finances permit.
- Make sure you know of more than one source to purchase important goods. Even with enough money, some things just may not be available when shortages occur.

*The best hedge against inflation and price hikes is purchasing in advance.*

*Don't allow yourself to be caught short.*

## **Barter**

- If you aren't able to put aside as much cash as you like, look into the barter economy. Barter is common practice in many areas, and in times of emergency grows in popularity.
- Consider what items are likely to be in short supply, sought after and easily carried & stored. Be sure they are items that you can use later, like toilet paper, booze, beer & razor blades.

## **Precious metals**

Don't confuse investment strategies with emergency considerations. If you want your wealth concentrated in one place for convenient transport, or storage, that is one thing. Yet, a bar of gold would be a high price indeed for a loaf of bread or some ammunition. Small denominations are easiest to deal with. Recognizable minted coins give assurance of metal content.

- A bag of old silver "bullion" coins is a good place to start.

## **Heat**

When the power is cut off, central heat won't work.

*Fireplaces* are typically poor heaters. They send more heat up the chimney than they put in the room and require a source of air for combustion – cold air from outside.

- While better than nothing at all, they will only heat a small part of room at best.
- You can double the heat output with a simple reflector in the back of the fire box. Simple wire frames for each side of the fire box covered with aluminum foil work well. You can easily replace the foil when it gets dirty or charred.
- You will need a large supply of wood already cut to fit.
- If you have natural gas, it may still be operating, and a simple gas convection or radiant heater can be effective for a small area.
- A wood stove can put out a remarkable amount of heat, but you have to tend it carefully. It should be installed and working now – it is not a last minute item.
- Kerosene or propane heaters can be useful in emergencies, but you must have a reliable source of fuel. Portable units only heat small areas.

*Since heat circulation without fans is difficult,  
restrict heating to one or two rooms of the house and  
shut the doors on the rest.*

- Be sure you have adequate ventilation to fuel the fire and a reliable way to vent combustion by-products like carbon monoxide & other toxic gases.
- Have a supply of warm clothes like sweaters, sweatshirts, and thick socks – even long underwear.
- Friendly dogs, can be great sources of heat, too.

## **Safety Tips**

[Do everything you can to prevent accidents, injuries and fires. ]

- Check for trip hazards and protruding objects that may be encountered in the dark.
- Consider what can go wrong before you do something.
- Don't leave cooking food unattended – this is the most common cause of kitchen fires.
- Use proper containers and precautions when storing any kind of flammable or potentially explosive materials.
- Have your chimney and flue checked before using.
- Test your battery-operated smoke detector & put in new alkaline batteries. [If you don't have one, get one.]
- Have an evacuation plan if your house catches fire. Evacuate immediately. Contact the local fire department after you have left the building. Don't go back into a burning building.

**Security**

[No barrier will stop truly determined aggressors.]

- reliable locks
- secure windows
- secure doors
- safe exits
- fenced yard with locking gates
- clear fields of view
- a good pair of watch dogs
- manual alarm devices [only as good as your relationship with your neighbors]
- A well-lit area discourages night time skullduggery. Exterior solar lights are available, equipped with motion detectors. Some may last a week or more in overcast weather.
- the visible presence of a number of people
- “Beware of Dog” signs may suggest a threat, but the obvious presence of large vociferous dogs is a proven deterrent.
- Electronic Locks and security systems rely on electricity. How good is your back-up power supply? Make sure you have a reliable mechanical lock and have it readily available.
- Mechanical Key Cards or Code Locks can be useful, but they are expensive. Who else knows how to open them? Will you need fast access? Forgetting the combination can be more than frustrating.
- Bank vaults are only useful if you won't need the items for a week or so. Never make assumptions.

**Weapons**

Only you can decide if the benefits are worth the risk. Be sure to do the necessary research. **If you believe that just having a weapon in your house makes you safer, you need more information and understanding.**

All kinds of weapons are available, but the most effective and powerful weapons available to the homeowner are firearms.

- Make clear identification of any perceived opponent. We have no “undo” command for death.
- Check your local laws pertaining to self defense, so you know what your legal rights are.
- Never threaten the use of any weapon unless you are, at all levels of awareness, immediately ready to kill the person. In a life threatening situation, your opponent has already decided to kill you. Indecision on your part will probably be fatal. If the aggressor has broken into your house, the intent for harm is clearly established.
- If you activate your weapon, aim to kill. You don't win on points.
- Be very familiar with the use and operating characteristics of your chosen weapon. Pulling the trigger on a gun that doesn't work or is not ready to fire can be a fatal mistake.
- Learn to shoot accurately. Bullets don't have an on-off switch or a conscience.
- Practice regularly at a gun range.
  - knowledge?  experience?  equipment?

*Guns are loud, especially in a confined space.*

*Shooting any gun in a confined space will hurt your hearing. When shooting, always wear ear protection whenever possible.*

- Use house friendly ammunition for home defense. A stray bullet going into the next room or a neighbor's house can cause lots of trouble for everyone concerned. Bullets easily go thru windows, wallboard and most outside walls.
- Choose a reliable gun type that uses readily available ammunition. The revolver is the most reliable multiple shot design. Large capacity magazines and rapid fire capability may seem impressive, but if you need more than six shots, you are in deeper trouble than you know.
- Select the largest caliber you can comfortably use. Anything larger will be a problem. The .38 has plenty of stopping power, and is a good all around load. If you choose a .357, you can still use .38 ammo and also have an extra dimension of power at the shooting range.
- Have a reliable supply of ammunition, stored in moisture tight ammunition containers.
- Always handle a gun as if it were loaded.
- Being prepared to use a firearm in self defense takes serious time and effort, and a very different mind-set. If you own a gun or plan to, start now.
  - knowledge?  experience?  equipment?

*There is no substitute for avoiding violent situations in the first place.*

- There are a number of things you can learn to do with your personal psychic energy to help you avoid such trouble.
- Working with your neighbors and local police department to develop contingency plans for possible security situations can be valuable exercises.
- Remember, the best security is often the simplest: attentive neighbors, good doors, locks, lights & dogs.

## **Transportation**

Most transportation may continue to work normally. The largest potential disruption would come from power outages that restricted the flow of gasoline. Escalating fuel costs may prove to be even more dangerous to our lifestyle.

### **Auto**

- full tank of gas, check oil & other fluids

*[Warning: storing large amounts of gas can convert your fortress into a big bomb.]*

### **Alternate Transportation**

- bicycles
- motorcycles [great gas mileage, but do you ride now?]
  - knowledge?  experience?  equipment?

If you live in a rural area, horses and carts might be an option.

Where available, busses will probably run, electric trains and subways may not.

### **Airplanes**

High fuel costs mean high prices. So called security procedures have already caused many to avoid this mode of transportation. Airlines connect big cities. Those are the last places you will want to be in times of disaster and flights may not be operating anyway. Private planes and pilots are scarce.

## **Trains**

Neglect and mismanagement of the railroads has almost eliminated useful passenger service. Nevertheless, we still depend on railroads for a substantial amount of commercial shipping.

Any disruptions associated with the railroads are most likely to provide local irritations. Any more substantial problems may affect commercial delivery schedules.

## **Traffic Signals**

Many traffic systems are computer controlled. Be alert to malfunctions.

## **Neighborhood Information Exchange**

*This is an opportunity to get to know your neighbors.*

- You can start by introducing yourself to them, and asking if they are interested in getting together to discuss the Y2K situation.
- One of the first action items can be creating a neighborhood identity list:  
Household Name, Address, Phone, # Adults in Household.  
Add individual check lists for special needs including:  
Name of Person, condition, limitations, & special needs.

## **Special Skills Inventory**

In emergency situations it is useful to know what skills are available in your neighborhood.

- Make a second list: Name of person, address, phone

### *Special Skills:*

General Repair Specialist, Carpenter, Cabinet Maker, Plumber, Engineer, Electrician, Welder, Marksman, Dentist, Medical Doctor Minister, Spiritual Healer, Hypnotist, Nurse, Other Medical, Chiropractor, Midwife, Veterinarian, Child care, Teacher, Mechanic, Self Defense Instructor, Policeman, Fireman, Musician, Cook, Dowser, Storyteller, etc.

## **Location**

There is no known way to be sure exactly what will happen where, but some places will have greater challenges than others. For example, any power outages are likely to be regional, with other areas, relatively unaffected. Urban areas are more likely to suffer shortages. Rural areas are likely to take longer to restore outages, but are more easily prepared for self sufficiency. If food or water shortages occur, urban areas are more prone to violence and government intervention.

You must make your own estimate of likely impact, or lack thereof, and prepare accordingly.

*Whatever you do, consider these basic principles:*

- One person can't do it all – an organized group is more effective than someone alone.
- You cannot be sure where you will be when a dislocation does occurs & if you have to move, you can only carry so much.
- The most important factor in an emergency is state of mind – don't run around like a head without it's chicken.
- Effective reparation must be done ahead of time.
- The more practical skills and understanding you have developed, the greater your chances of survival.

- We are surrounded by information, some of which may be useful, but real answers are deep within self.
- The potential for emergencies is always with us, so a consider your preparation efforts another step in a lifetime of growth and adventure.

## **References**

**Web Sites Come and Go.** Search engines have become a way of life and information. Different search engines usually produce different results, so those sites that use multiple search engines can be more effective than single function types.

## **Barter**

Currencies have a long history of changing in available supplies and values, especially in times of significant changes. Items of survival worth, grow in value when scarce. It would be difficult to have too much toilet paper, booze or ammo.

For those with a few extra dollars to invest, precious metals preserve value and have historically been excellent barter items. Minted coins are best for ease of recognized and accepted value.

# Other Things to Consider

## **Food Grade Diatomaceous Earth**

A nontoxic, all natural, way to kill insects. Available in a variety of sizes, retail and wholesale. Also useful for food storage.

## **Positive Personal Power**

Explore increased personal awareness, psychic protective methods and confrontation avoidance.

## **Dowsing**

A proven method of finding water and other things. It is a skill anyone can learn. Dowsing services and training are available.

## **Reiki & other Spiritual Healing**

Learn how to utilize universal healing energies for pain reduction, disease release, and a wide range of healing benefits. Awaken to new potentials within yourself and start utilizing the other 90% of your inner powers.

## **Computer Alternatives**

Consider your own computer and electronics dependence and prepare for alternatives.

## **Firearm Familiarization**

Actually fire several different firearms, learn basic safety, marksmanship and handling skills. Firearms do you no good if you don't know how to safely use them. Also learn how to reload your own ammo.

*More about:*

**"Food Grade" Diatomaceous Earth**  
**100% natural; People, pet & earth friendly**

Reduce the use of poisons or toxic chemicals in your life!

No Harmful Ingredients

Safe – Non Toxic

Diatomaceous Earth can improve the quality of life  
for people, pets, livestock and gardens.

There are many ways to use Diatomaceous Earth

*Home* – Sprinkle in cracks and crevices, behind appliances and other hidden areas; brush into carpet & upholstery.

*Farm and Garden* – Mix with water and spray on plants. No need to wash it off edibles. Add 10– 20% by weight to soil – improves moisture control, eliminates hard pan, and encourages earthworms. Also provides trace minerals to help your plants grow better.

*Pets and Livestock* – To enhance their comfort, sprinkle, or mix with water and spray around the yard, sprinkle on pet's bedding and frequented areas. Most animals enjoy rolling in it.

*Animal feed* – Add to the food [1– 2% by weight] to enhance digestive efficiency. Animals have been shown to experience higher weight gain to feed rate ratio, richer milk, reduced maintenance costs, and reduced odors. You could save as much as 10% on your feed bills.

*Home brewing* – Add a few tablespoons per gallon to help settle the yeast and clarify your brew. It holds the residue tight to the bottom while pouring, yet rinses out easily when the container is empty.

*Dried grain storage* – add 1– 2 % by weight to prolong the storage time of properly packaged whole grains. Mix thoroughly to uniformly coat the grain.

*Foot and body Powder* – highly absorbent, helps control excess moisture.

*Benefits summary:*

- Safe around children and pets
- Free of toxic chemicals.
- Keeps indefinitely, and doesn't deteriorate in use.
- No contamination of foodstuffs or surroundings
- Protect and improve the environment, without compromising your lifestyle.
- Many uses around the home, garden and farm

**WARNING:** Keep away from walking or crawling pets, [such as ant farms, and roach collections] as physical contact between insects and diatomaceous earth punctures their bodies, and breaks the moisture barrier of their exoskeletons, resulting in serious depletion of their precious bodily fluids.

*Note:* "Contaminated" ' insects may appear healthy for several days after contact with diatomaceous earth because it can take up to a week for them to show definite symptoms of dehydration. A common indicator of contact for roaches, for example, is for them to roll on their backs and kick their legs in the air to show their aggravation, while they slowly expire.

A few additional thoughts:

The purpose of this work is not to provide answers, but to stimulate thought. This is quite contrary to our typical lifetime of programming, but worth the challenges.

Fear is a very important and useful part of our make-up. It is a trigger for discernment, heightening of our senses and resultant action.

We have been taught to deny our fears so we can be easily manipulated. Denied fear builds and becomes disabling. It is held in place by judgments and assumptions.

Fear is meant to be dealt with and released through active discernment and understanding. Denial of our fears blocks access and release. Consciously confronting our fears is the only path to releasing them. Be careful not to mistake “ignorance” or lack of discernment for an apparent absence of fear.

Nothing is quite as it may appear, so one of our greatest lessons is discernment.

We are challenged to discern the real nature of people hiding behind their masks. We have taken up our masks as a survival mode in a dangerous world, but they interfere with any effort at intimacy and true personal interchange.

Our relationships are usually not based on discernment, but rather assumptions and expectations, which always lead to disappointments.

In working to discern your true inner self you will learn to get rid of all kinds of judgments against self and come to accept your true beauty within. Of course, all the denials you have learned will also have to be cleared out along the way.

It is said “you cannot take it with you”, which is true for things of physical nature. However there is one thing we always take with us and that is the relationships we build with others. Our true success in this life is easily measured by the love bridges we build with others

Perspective can change our view of everything, so find humor wherever you can. Sometimes we have to work at it a bit, but it is worth the extra effort. Humor may indeed be the most powerful and healing force on the planet after love.

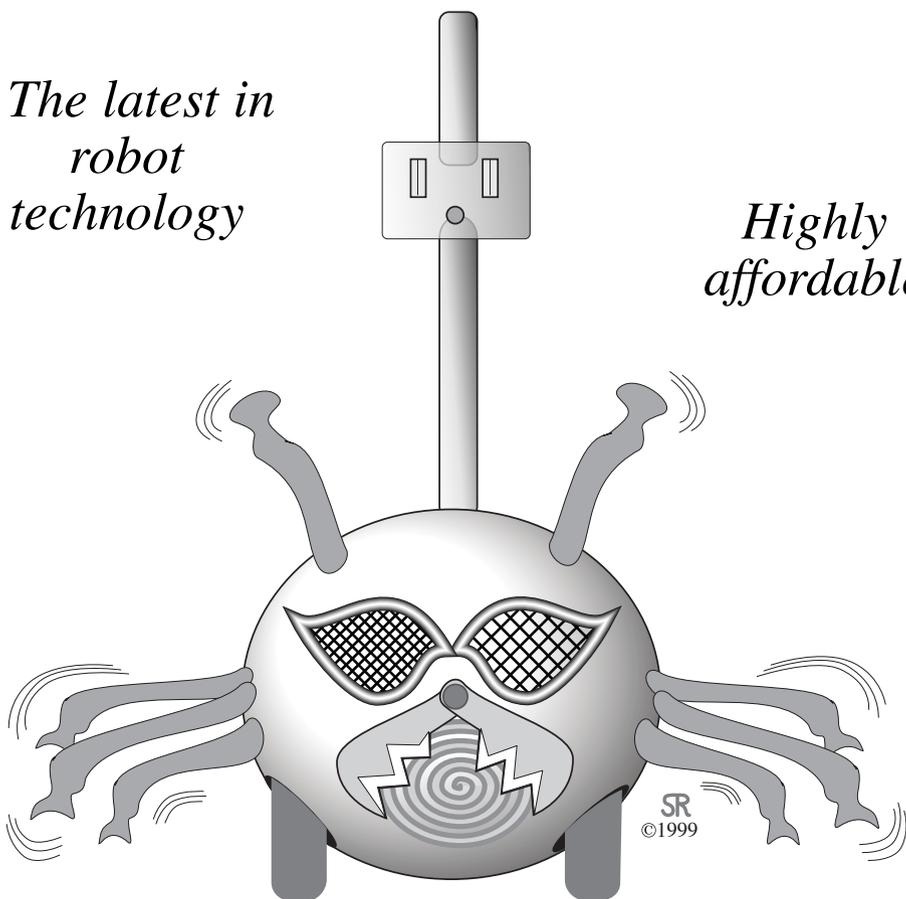
For 2012 and Beyond, the

# New Millenium Bug

*Can now be yours – Own Your Own today!*

*The latest in  
robot  
technology*

*Highly  
affordable*



Comes in a variety of  
colors for any decor

**Painstakingly made in Far East  
Factories to entertain the affluent**

*Now you can have your own new millennium bug!*

**Introducing:**

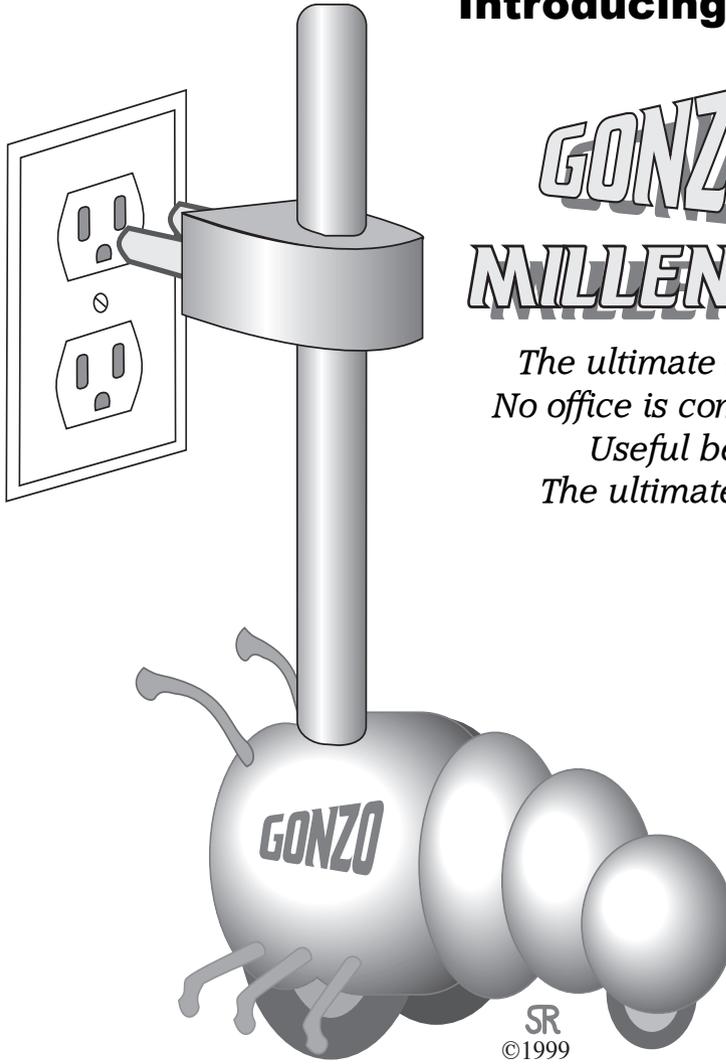
# **GONZO THE MILLENNIUM BUG**

*The ultimate electronic gadget  
No office is complete without one  
Useful beyond words  
The ultimate status symbol!*

Once fully charged, **GONZO** automatically disconnects from the wall outlet, and moves around the room on its own internal power source.

**GONZO** whirrs and clicks as it moves, reporting hourly the amount of time left till the millennium, using the latest computer voice simulation software.

As **GONZO's** power source begins to get low, it automatically searches for a convenient outlet and plugs itself in for recharging.



*Order Yours Today!  
[while you still can]*

## Primary Characteristics

- Leaps stray power cords with a single bound.
- Yells "ouch!" when someone trips over it
- Scares away rodents and small children.
- Builds awareness the event of the century is approaching.
- Your pets will be fascinated.
- Self-contained – no remote controls to lose.
- Guaranteed to work until it no longer works.

## WARNING:

This is not a toy and is to be used only with adult supervision. Use in bathtubs could lead to a shocking experience. Voice activated controls are programmed to ignore foul language. Light abuse may be OK, but kicking it hard may activate revenge mode. No matter what, Don't Panic!