

Survival Solutions

for Engaging the Frontal Assault of the Global Elite

“In a time of universal deceit
Telling the truth
Is a Revolutionary Act.”
--George Orwell

Educate yourself and others. Read and learn about history. It does repeat itself.

Visit all of our websites:

www.StoptheCrime.net

www.ToxicSky.org

www.RefuseSmartMeters.com

www.SmartMetersMurder.com

www.ToxicDrinkingWater.org

www.CommonCrime.net

This can only be done to us if we cooperate, so stop cooperating and educate yourselves.

Copy flyers from each of the sites and distribute to all your neighbors, friends and even strangers.

Attend and speak out at local meetings and pass out flyers. Call in to talk shows.

We are the media. It's up to us to get the information out—post signs, bumper stickers and banners. Be creative. It really is up to us.

Do not live in fear. Fear gives away your power. Knowledge is Power.

Educate all public officials including law enforcement, first responders, and community leaders.

Pass out information in malls, markets, coffee houses, et cetera.

Post comments under top daily stories online on any major news breaking story such as The Drudge Report and on blogs.

Leave flyers in coffee shops. Banner hangs on your vehicles. Park your vehicles and hang banners and leave a box of flyers.

Place signs on your vehicles which can be purchased from www.StoptheCrime.net and park your vehicles in prominent places with banners and leave a box of flyers

Learn which world famous leader said this and how accurately it predicted what is happening right now in our lives.

“For we are opposed around the world by a monolithic and ruthless conspiracy that relies on covert means for expanding its sphere of influence—on infiltration instead of invasion, on subversion instead of elections, on intimidation instead of free choice, on guerillas by night instead of armies by day. It is a system that has conscripted vast human and material resources into the building of a tightly knit highly efficient machine that combines military, diplomatic, intelligence, economics, scientific and political operations.”

Education:

Begin Home Schooling for children wherever possible. The educational curriculum is designed to dumb-down our children and create mass compliance and acceptance. The aim of public education is not to spread enlightenment. It is simply to reduce as many individuals as possible to the same safe level to breed a standard citizenry, to put down dissent and originality. See Common Core Curriculum on www.StoptheCrime.net and read the source document *Silent Weapons for Quiet Wars* where they discuss how they are going to keep children in school longer and teach them less, dumb them down, especially in math and science, so they will not understand the higher concepts of the Global Dominance mechanism. Download the Source Documents from www.StopTheCrime.net and keep in your library.

Solutions for helping EMF/RF Sensitivity:

Locate the cell towers and antennas nearest your home. www.AntennaSearch.com

Do not use or greatly reduce cell phone use

Learn about treatments using frequencies that heal organs

Massage

Energy work like Reiki, Access Consciousness, Arcing Radial Light, Theta Healing, et cetera

Sea salt and Epsom salt baths

Breathe!

Learn why it may be best not to use pharmaceutical drugs

Drink alkalized water

Use shower filters to eliminate toxins from the water

Juice vegetables/greens/kale et cetera, which reduces sugar cravings

Eliminate all processed foods (anything packaged)

Use Cell Food to boost amino acids and minerals which get depleted from harmful frequencies

Use the BioMat

Eliminate cordless and remote phones

Stock up on hard wired devices as it is reported in other countries that they are becoming difficult to obtain

Do not sleep on box springs or mattresses with metal of any kind
Do not use an iron headboard and footboard. The metal acts as an antenna to radiate you while sleeping.

Spend time in nature and especially stand bare footed on grass and earth for a period of time every day.
Go swimming in the ocean or walk bare foot in the surf

Keep your neighborhood a smart meter free zone—your neighbor's smart meter will add frequency to your house wiring (www.SamMilham.com)

Place wire screens on windows to prevent low EMF frequencies from entering and ground the screens with a ground wire

Disconnect from all wireless and replace with plug in, wired devices

Use Stetzers in your outlets to eliminate transient frequencies.

Stetzer Consulting (608) 989-2571

(Stetzerizer Filters and Stetzerizer Micro-surge Meter)

Make sure that you take good care of their teeth. Look at how many crowns you have. Be aware that root canals can cause health problems. Remove all mercury fillings by qualified dentists that know how to do the procedure correctly. Make sure that you monitor any potential dental infections. Daily dental hygiene is a direct link to your overall health. www.IAOMT.com and Leo Cashman - www.StopTheCrime.net/fillings.html

Purchase organic fruits and vegetables where possible and grow your own. Become as self-reliant as possible and have 6 months to 12 months of water and food storage available. Do your research online for survival essentials. Check out survival blogs and websites.

Learn what scientists, like Barrie Trower, say about frequencies and the effect on your brain.

Take Action Now:

It is the responsibility of the able and informed to get the word out while you are still capable to do so.

Live by right conduct.

Form communities with like minded friends to strengthen your resolve.

As you research, do not get overwhelmed for we all have much to learn given the deception and brain-washing we have been under.

Pray and develop your spiritual relationship with God.

Never give up—this is our time to make a difference.

Understand that this is a war and engage accordingly.
Create a home library of books.

Be discreet with your personal data, including on Facebook.

For final energy dominance, the Elites rely upon our co-operation. Do not co-operate. Refuse Smart Meters. Replace your Smart Meters with safe analog meters. Contact www.FreedomTaker.com.

Warn the troops of the intentional government poisoning of them. Watch the movie **Beyond Treason**.

Learn about the underground cities worldwide.

Learn how the Shadow Government controls all elections. (*Silent weapons for Quiet Wars*)

Learn about the future scientific technologies. Go to the NASA War Document on www.StopTheCrime.net.

Learn about the **Wildlands Project Map** and how that fits into **The Iron Mountain Report**—the plan to eliminate private property ownership, gun ownership, the Constitution, and more. . .

“In the end, we will remember not,
The words of our enemies, but the Silence of Our Friends.”
--Martin Luther King, Jr.