



TWENTY-ONE TIPS TO TRANSIT

*Sensible advice for facing
the challenging times ahead.*

Lightwatcher Publishing

*This e-book is dedicated to all sentient beings.
May each one find the path that leads
to complete enlightenment.*

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INTRODUCTION

As we enter a time that many believe to be one of great chaos and profound global transformation, it makes sense for us to live our lives in rational and sustainable ways. These 21 Tips illustrate this common sense approach. By applying these principals to our lives we can safely navigate through the turbulent waters ahead and find our way to a remarkable new world. One can also look to these twenty-one principals as guidelines for living in the dawning new age.

Although numbered sequentially, there is no linear progression to the tips. By integrating these concepts into our daily lives, the body, mind and spirit become balanced and fully integrated, fully present and engaged within the moment. Our continued existence will depend upon how successfully we learn to apply these skills.

Twenty One Tips to Transit

by Lightwatcher Publishing

1. Adopt the skills of simple living and sustainable self reliance. By turning away from the ignorance of force-fed materialism, we begin to focus our daily energies on what is truly worthwhile to us: spirit, nature, health, family and community.

We can live better by supporting less "stuff ," and by reducing our material overhead. Reducing this burden means that we no longer have to put money, time and energy into buying, leasing, maintaining and storing excess things. This allows us to stop financing the consumption oriented corporate culture and the military industrial complex. By boycotting hyper-consumption we conserve earth resources and empower ourselves. Reduce consumption, and reclaim this wasted energy.

2. Be conscious of the air we breath. It is our link to life itself, nourishing our physical and energy bodies. Clean air has become scarce in the polluted urban and industrial areas, and is now under constant

bombardment due to worldwide weather modification and global aerial spraying operations being conducted for the past four years.¹

Although the reasons for these covert operations remain hidden, the effects are becoming evident in our weakening bodies and immune systems. Mainstream media has censored or blocked all news on this topic, so explore alternative sources on the net.

Learn to look up and recognize chemtrail activity. To reduce chemical exposure, stay indoors when chemtrail spraying is underway. Keep your windows closed, any air filtration system turned on, and AC set on recirculate. A HEPA air filtration system is a necessity in urban and heavy spraying areas. If you must go out during spraying, wear a particle filter or gas mask and limit your time outside. If you have a swamp cooler, use it, as they filter out some airborne contaminants. Breath sustains life, so remember to protect the air you breathe.

3. Drink filtered or purified water only. Pure water is the second most essential substance for our health and well being. Due to increased pollution and now

chemtrail spraying, clean water is as rare as pure air. Do not drink fluoridated or chlorinated water as these cause numerous health problems. A high quality water filtration system will provide you with purified water and help flush countless man-made toxins from our bodies. If you use roof catchment water, filter it twice, or better yet, use steam distillation. If you drink distilled water, your body will need extra mineral supplements removed by distillation. Water sustains life, so secure and protect your sources.

4. Eat fresh, organically grown foods only. Wash and peel your veggies and drink plenty of organic fruit and vegetable juices. Pesticides, genetic tampering, chemical additives and now chemtrail residues have compromised our food chain. Support pro-organic stores, coops and farms with your informed purchasing power. Vote with your checkbook. If you must eat animal products, eat organic meat and dairy products. But do remember, animal products lower vibrational levels, plug our circulatory systems with plaque and spread numerous infectious diseases. Limit or omit sugar, salt, alcohol, caffeine and pharmaceuti-

cals - the "killer" legalized drugs. We really are what we eat so safeguard your food supplies.

5. Grow your own vegetables in a greenhouse, garden, planter boxes or in pots. A surprising quantity of nutritious, organic produce can be grown on your patio or porch.

Learn to make rich garden soil and make as much of this as you can. Then cover this black gold to limit airborne contamination. Also cover your garden beds with garden fabric or better yet, construct a covered mini greenhouse.

Don't have space for a garden? Try sprouting your salads! Sprouts are highly nutritious, easy to grow and inexpensive.³ Growing your own food ensures high quality, economy and self reliance.

6. Begin an internal cleansing program. Detoxification has become crucial as we have absorbed countless toxic chemical compounds through diet, water and air.

By cleansing and fasting, years of toxic residue, heavy metals and mucoid are removed. There are

many excellent cleansing programs such as: Dr. Richard Anderson's Arise and Shine program.. Detoxify yourself!⁴

7. Practice preventative medicine and rely on alternative health providers and herbal remedies whenever possible. Consider adding colloidal silver solution to your first aid kit. The, anti fungal, antibacterial and antiviral properties of this safe antibiotic are well documented. Colloidal silver is as effective as the most powerful antibiotics with a fraction of their side effects. Unplug from the AMA slice, dice and dose machine: It often does more harm than good. Preserve your health.

8. Be sure to exercise. Be creative and put together a routine that works for you. Yoga and Tai Chi Chuan are popular and very effective for toning our physical and energy bodies. We must be healthy to resist infection and chemical exposure, so our bodies will function at optimal levels during the difficult times ahead. Be aware of air quality while exercising. Exercise regularly and you will live well and long.

9. Select your informational input carefully. If you must listen to daily news, find reliable alternative news sources.² Disinformation and misinformation have become powerful tools being used against us. A lie that is mostly true is doubly dangerous.

Stop watching the hypnotic TV, this is brain-Washing-ton's most influential tool against us. Don't participate in the dumbing down of our most precious resource. If necessary, unplug your TV, put a "FREE" sign on it and carry it to the curb. In a few minutes it will be gone, and you will have removed the single most powerful source of thought manipulation, misinformation and media brainwashing in your life. Awaken and free your mind.

10. Learn, practice and preserve traditional country skills whenever possible. These old ways are quickly disappearing despite the fact that our future survival depends upon them. Be good to those who still know and live by country skills. These methods will be essential for rebuilding after the transformation is complete. Although we now take self-reliant living for granted as a basic human right, this may not always

be so. Janet Reno was once asked "Who are the most dangerous of America's fringe groups?" Her answer: "In the long run... home schoolers, back-to-landers and self-reliant types." This shocking statement shows how nervous the tyrants are of people kept strong and independent.

Those who resist assimilation and reeducation will be identified as enemies of the NWO. These new rulers are willing to go great lengths to control us and harness our inner power. But strong, independent and healthy individuals are not easily fooled or turned into mindless, electronically lobotomized slaves. Practice the old ways, stay strong and free.

11. Create an information resource library. An achieve of essential books and digital information will be essential for building a new world. Include volumes on first aid, alternative medicine, gardening, emergency preparedness, self defense, herbs, country living, etc. Store electronic information on nonmagnetic media such as CD-Rom or DVD. These are safe from EMPs and scanning devices.

Shield essential electronic devices from pulse

damage by constructing a small Faraday Cage. This is simply constructed from two copper wire mesh enclosures, one within the other and separated/insulated by blocks of nonconductive material such as wood or rubber. Each cage is grounded independently by copper wires to copper or iron rods driven into the ground. Let no wires enter or leave the cages. Make sure that at least one other like-minded individual is aware of your archival resource and has emergency access. Knowledge is power, become an archivist!

12. Build an herb and vegetable seed bank. Make sure the seeds have not been modified genetically, are open pollinating and fresh. Date and label the seeds. Keep them safe, cool, dry and secret. Vacuum packing greatly extends their shelf life.

Those who can't feed themselves are already dependent on chemical agribiz and GM Frankenfoods. Viable organic fruit and vegetable seeds will soon become priceless items of barter. Protect your nutritional sources for the future by saving seeds!

13. Seriously consider relocating to a small town or

near a wilderness area if you presently live within 100 miles of an urban area. If you must, downsize your life-style to accommodate such a move. When relocation is impossible one can also establish a secret "safe place" or haven closer to home in times of danger.

When choosing a new home, try to stay clear of commercial airports and military bases, avoiding established flight paths. Many intuitively guided individuals have already relocated to such places, and many more are in transit. Keep your new haven or safe place secret. No one outside of your immediate family should know of it's existence.

Relocate to a haven to protect your freedoms, rights and quality of life. It is much better to live simply and free than to become a drone within a totalitarian state.

14. Locate naturally occurring centers of Earth energy, vortex or natural power spots. Learn to caretake, nurture and communicate with these places. Many lightworkers are being drawn to relocate to planetary vortex areas such as Sedona, AZ and Mt. Shasta, CA.

These sacred places are empowering, enlightening and protective for those who can steward, coexisting with these natural forces. Darker forces can also use these inter dimensional doorways, so stay aware.

Becoming stewards of Mother Earth reintegrates us into the natural order of things, and disengages us from the degenerative lifestyle promoted by brain-Washing-ton. It is much healthier to be aligned with natures' power than to live a marginalized existence as a fearful wage slave, trapped in an industrial environment. Help Mother Earth now and she will be there for you when the going really gets tough.

15. Disconnect from the utility power grids as much as possible. Invest in alternative energy systems such as solar, wind and renewable fuels. From the health point of view, the effects of electromagnetic radiation have been virtually ignored in the U.S. but are linked to cancer and nervous system disorders by numerous researchers elsewhere.

Replace old appliances with energy saver models or non electrical or human powered models. Get rid of your cell phone or get a headset for it with at least

a three foot cord. This removes the transmitter to a safer physical distance from your body. Unplug devices when not in use. Empower yourself.

16. Commit to daily meditation or prayer. Excellent meditation techniques are taught within a variety of spiritual traditions. Meditation sharpens our perceptions, intuitions and instincts and helps us to heal faster. It raises our vibrational levels and strengthens our natural defense mechanisms.

Learn to listen carefully to your thoughts, to recognize your own inner voice and the voice of the higher self. In this way, we can identify and reject the input of psychic manipulation or electronically induced mind control. Be in the moment to empower yourself in the light.

17. Learn psychic self defense from a qualified teacher, tradition or spiritual master. Much of the battle going on now is happening on psychic and trans-dimensional levels. Warriors of light are continually battling the forces of darkness. Remember this when times are bleak and we feel outnumbered -

one enlightened being, awake and aware is stronger than countless enemies lost in illusion and despair.

Many highly evolved beings are now present on Earth as our allies. These light beings will always help and honor heartfelt requests. “When the student is ready, the teacher will appear”

18. Find and join a community of like-minded individuals. Do this quietly and discretely. As you meet others with similar beliefs and vibrational levels, network, consolidate and share resources.

Learn cooperation instead of competition. Cooperation fosters community where competition erodes it. Cooperation consolidates and empowers us.

19. Be joyful and explore your creativity. Dance, sing, write, paint and make music. Creativity expressed through the arts is supportive of our higher nature and fosters community.

Join with others in the creative process, ideally once or more per week. Empower yourself through creativity and the arts.

20. Give thanks daily for the blessings and bounty that we receive. The Earth's abundance is given to us freely, so gratitude is the attitude. Remember that the universe is unlimited, that we are co-creators and that all things are possible. A small daily prayer to your deity of choice is empowering. Be part of the solution and give thanks to the powers above.

21. Practice opening your heart and loving unconditionally. Opening the heart empowers us and sharpens our intuitive abilities. Being open to others is how psychic communication works. Be guided by love and compassion, not fear.

Become strong through the adoption of caring and compassionate attitudes. They are our strongest weapons against the darkness. Our oppressors know this and are doing everything possible to impede loving kindness in our lives.

Remember to be compassionate to one's enemies. They have been manipulated and are suffering greatly from their delusions. Forgive them when they act out of ignorance. Oppose them with peaceful means whenever possible. Listen to your intuitions to dis-

cern the best times to act, and also when to wait

Always retain your sense of humor in the face of adversity and absurdity. Remember to follow the sage advice of Bill and Ted on their amazing adventures; "Be excellent to one another."

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1. Chemtrail research websites:

<http://www.carnicom.com/contrails.htm>

<http://www.island.net>

http://www.lightwatcher.com/hall_of_shame/hos.html

2. Alternative news sources

<http://www.rense.com>

<http://www.lightwatcher.com>

<http://www.surfingtheapocalypse.com>

3. *Sprout It!* by Steve Meyerowitz, 1994, The Sprout House

4. Detoxification/Health

1-800-688-2444 - Arise & Shine Herbal Products, Mt. Shasta, CA

<http://www.ariseandshine.com/aboutus.html>

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