



PRACTICAL ADVICE FOR PERILOUS TIMES

by Bruce Conway

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New World Order Survival Guide

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We are living in a time of escalating chaos. Natural disasters, calamities and armed conflicts are rampaging across the face of Earth. If these destructive trends continue unchecked the future of our planet is in jeopardy. Mankind is in the final years of one age and is about to enter another. This transition is analogous to that of a human pregnancy. During the final hours of birth, a mother's pain builds to a crescendo. At last the child is born, signaling an end to the pain and the start of a promising new life.

The chaos and destruction that presently surround our world are birth pains. They herald the final darkness before the dawn. We are poised on the brink of an age of light, one of profound transformation. But humanity must first survive the present challenges, rise above its baser aspects and rapidly evolve.

The old ways of aggression, domination, materialism and gross consumption no longer serve us. Instead of contributing to our survival, these primal behaviors are propelling us towards extinction.

With this in mind it makes sense to transform our ways in order to survive. By adapting more rational and sustainable ways of living, we can transmute our baser aspects and survive these dangerous times. This transformation must be internal. As Mahatma Ghandi often said: "You must be the change you wish to see in the world."

The following practical advice includes methods for resolving many of today's pressing problems and offers tools for healing and rebuilding our damaged world. Using these tools will help to facilitate our inner transformation and lead to external changes on a much broader scale.

This pamphlet is a guide written to help readers navigate the turbulent waters ahead. These practical principals can serve as guidelines for living in the dawning golden age once this present dark age has passed.

The continued existence of our species depends upon how successfully we learn to apply these practical principals in our daily lives.

*Simplicity and sustainability are the templates
for nature's most successful living systems*

Adopt a life-style of material simplicity. By trimming out nonessentials, reducing materialistic overhead and optimizing our organizational systems, we reclaim essential time and resources. This allows us to refocus our energies on what is truly important: health, family, community, spirit, nature and sustainability.

By reducing our material overhead we no longer waste money, time and energy on the buying, leasing, maintaining and storing of excessive “stuff.” In a classic win-win situation voluntary simplicity helps us to conserve planetary resources, and withhold economic support from predatory multinational corporations. By refusing to support overconsumption we conserve resources, empower ourselves, stop the ruling elite, and begin to establish sustainable living systems.

*Breathing sustains life so breathe consciously
and maintain good air quality*

Become conscious of air quality. The air we breathe is our link to life itself. It nourishes our physical and energy bodies. But the atmosphere has become heavily contaminated with auto exhaust, greenhouse gases and industrial pollution. To make matters worse our atmosphere has been under continual bombardment from worldwide weather-modification and geoengineering programs.

Although the reasons for these weather modification operations remain concealed, its effects are becoming evident in our weakening bodies and immune systems. Mainstream media has censored all news on this topic, making it difficult to investigate. It is necessary to investigate alternative sources to learn about chemtrail spraying.¹

Individual must learn how to identify chemtrail cloud formations in order to begin reducing exposure. When chemtrail spraying is underway, stay indoors. Keep windows closed and air filtration systems turned on. If you must go out during spray operations limit your time outdoors, and wear a particle filter or surgical face mask.

Operating a HEPA or electrostatic air filtration system indoors is essential during chemtrail spraying operations. There are also a variety of good portable air filters available for the car and office. To learn more about air filters visit LW's air filtration page.²

There are also devices which help to disperse chemtrails in the skies above. These *Chembusters* designed by Don Croft are easy to make and effective. You can read about these incredible Orgone generators invention on-line at educate-yourself.org.³

*Water sustains life. Secure,
purify and protect pure water resources.*

Drink only pure water. Second only to oxygen, water is the second most essential substance for our survival and well being. Because of increasing pollution and now chemtrail contamination, clean water has become as rare as pure air.

Water is essential to our life and well-being. It is alive and responds to our feelings, thoughts and actions, as was discovered by Dr. Masaru Emoto, author of *The Hidden Messages in Water*, and featured in the Spiritual Cinema hit movie *What the "bleep" do we know?*

We need drink 8-9 glasses of pure water daily. Our bodies require this amount to function properly. Don't ever drink chlorinated or fluoridated water, as this contributes to numerous health problems.

A high quality water filtration system improves water purity, and assists in flushing man-made toxins from the body. But the best source of pure living water is from an artesian spring or a deep well.

If your drinking water quality is questionable, purify it with filtration or steam distillation. If you drink distilled water, take extra mineral supplements to compensate for lost minerals.

*We really are what we eat. Dine consciously,
and safeguard nutritional sources.*

Eat fresh, organically grown foods daily. When we eat non-organic produce and processed foods we are slowly poisoning ourselves with chemicals, dyes and food additives. Pesticides, genetic

tampering, additives and chemtrail residues have compromised our food chain. This is why it is essential to eat organically grown food.

If you consume animal products, eat organic meat and dairy. But remember, animal products lower our vibrational levels, plug our circulatory systems and spread various infectious diseases.

Drink plenty of organic fruit and vegetable juices. Limit or omit sugar, salt, alcohol, caffeine and pharmaceuticals—the “killer” legalized drugs.

Support local gardeners, organic farms, grocers and coops with your informed purchasing power. Vote with your checkbook.

*Start a victory garden,
by planting the seeds of self-reliance*

Learn to grow your own vegetables. This is easily done in gardens, greenhouses and planter boxes. A surprising quantity of organic produce can even be grown on your rooftop or porch.

Learn to make rich garden soil. The components are usually free for the asking: sawdust, sand, compost, limestone and animal manure.

Wild animals love to eat our garden produce. So protect your veggies with fencing, and cover the beds with netting or garden fabric. Or better yet, construct portable mini-greenhouses to protect your bounty from both hungry critters and airborne contaminants.

Don't have space for a garden or even planter boxes? Join a local community garden. These are springing up everywhere: in cities, towns and even rural areas.

If your gardening options are limited, try sprouting your salads. Sprouting seeds are inexpensive, nutritious and easy to grow.

Growing your own produce ensures high quality, low cost and helps build self-reliance. Check out LW's Victory Garden design.⁴

Detoxify from the inside-out!

Incorporate an internal cleansing program. Detoxification is necessary as we are continually absorbing countless toxic chemical compounds from our food, water and air. This is one of the primary

reasons that the cancer rate has skyrocketed in recent years.

By cleansing, fasting, and doing chelation therapy, years of toxic residue, heavy metals and mucoid substances can be excreted from the body. After cleansing, eat only high-quality organic food.

There are many commercial cleansing programs. A favorite one is Dr. Anderson's *Arise and Shine* program. You can also research the subject on-line to find a system that fits your life-style.

*Take back control of your health care,
and keep from becoming a medical statistic*

The U.S. health care system is collapsing. Our insurance, medical and health care systems are out of control, and in many cases quite deadly. When we combine the factors of physician error, misdiagnosis, prescription and dosage errors, adverse drug reactions, and unwarranted surgical procedures, the mistakes cause nearly one million unnecessary deaths in the U.S. per year*

It is essential that we take back control of our health care. This may seem an overwhelming task, but there are alternative health care providers in most areas who are willing and able to help. These include naturopaths, herbologists, acupuncturists, and many others.

Prevention is always the best choice. But when we do become ill traditional home remedies work well for most common ailments. By practicing preventative medicine, using alternative health care providers, and by relying on herbal supplements and home remedies whenever possible, we can extract ourselves from the clutches of mainstream medicine and the corrupt pharmaceutical industries.

Consider adding colloidal silver solution to your first aid kit. The antifungal, antibacterial and antiviral properties of this safe and easy to make antibiotic are well documented. Colloidal silver is nearly as effective as the most powerful antibiotics, but has a fraction of their side effects. Designs for making simple colloidal silver generators are available on-line at www.lwpub.com.⁵

Traditional medicine, allied to the pharmaceutical and insurance industries often do more harm than good. Unplug from the mainstream

* *Death By Medicine* - by Gary Null Ph.D., Carolyn Dean MD ND, Martin Feldman MD, Debora Rasio MD, Dorothy Smith Ph.D. / November 2003

medicine them and begin taking responsibility for your own health.

Exercise regularly to live long and prosper.

Staying healthy and strong is the best insurance we can have.

Regular aerobic exercise improves and enhances all bodily functions, bolsters the immune system, banishes depression and enhances the quality of one's sleep.

When disasters strike, those who are strong and healthy are better able to cope. Strong and healthy bodies are better able to resist infection and toxic exposure.

Put together an exercise routine that works for you. Jogging, Yoga and Tai Chi Chuan are very effective for toning our physical and energy bodies. Walking is a great low-impact exercise and serves the dual purpose getting us out and into nature's healing presence.

Stay aware of air quality while exercising.

Guarding the portals of the mind

Protect your mind from mainstream media. It is crucial that we filter our informational input diligently. Disinformation, misinformation and subliminals are powerful tools being used to manipulate our feelings, thoughts and beliefs continually.

We are living in the information age, and cannot distance ourselves from news and information entirely. To do so leaves us poorly informed and vulnerable. The solution is to be selective and discriminating, rely on dependable alternative information sources and filter all news and information carefully. Read alternative news, such as LightBytes at www.lightwatcher.com. For a list of other alternative news links go to www.lwpub.com/lw_pub/light_links.html

All things considered, it is best to keep the watching of Network television and cable to a minimum. This mind-numbing, hypnotic fare is brain-Wash-ington's most influential weapon used against us. The more we watch the more mesmerized we become.

TV has become such an influential tool in our lives that complete withdrawal is impractical. Luckily, the effect of subliminals and intentional mind-control programming can be limited by being highly selective with our viewing choices. In other words, exclude blatant

propaganda channels such as: FOX, CNN, ABC, and NBC, and watch socially and politically balanced programming instead. If you have satellite access, these choices are greatly expanded.

TIVO HD recorders are great inventions for managing television, cable and video content. These allow users to easily select and record specific content onto hard drives for later viewing. Mine also has a DVD burner for archiving. As a bonus most TIVOs automatically delete advertising (hooray!).

Informational input must be carefully filtered and selected. If this proves to be too daunting a task, it may be necessary to unplug the 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 government manipulation, disinformation and mind-control in your life. Don’t participate in the dumbing down of our most precious resource. Actively guard the portals of the mind.

Preserve the old ways and incorporate useful new ones

Learn, practice and preserve traditional country skills. These old ways are quickly disappearing despite the fact that our future survival may very well depend upon them. Be good to those still living in traditional ways. Their methods will be essential for supporting us after the elite are long gone.

Honor the wisdom of our elders. They have the combined experiences of the Great Depression and World War behind them. They have a lot of good advice to offer in times of trouble.

It is a commonly held belief that self-reliant living is a basic human right, but this may not always be so. Self-reliant people are strong and independently minded, which puts them in direct opposition to the ruling elites’ plans for a pacified and domesticated human race. The elite firmly oppose independence and self-reliance. This is because their systems of control and domination become ineffective when we no longer rely on their factory farmed food, credit, medical institutions, drugs and cheap plastic crap.

Strong, healthy and independent people are not easily fooled, or turned into mindless, electronically lobotomized slaves. But beware; those who resist assimilation and reeducation will be identified and targeted as enemies of the state—so keep a low profile.

Knowledge is power. Create archives of essential information to keep it from disappearing down Orwellian memory holes.

Create an information reference library. Archives of essential books, articles, clippings and digital information will be necessary for rebuilding our ravaged world once the tyrants are deposed. This is an absolute necessity, as much of the information we need to stay alive, healthy, independent and well-informed is vanishing rapidly from the public domain.

We cannot rely on the internet to preserve essential information. The elite won't allow this to jeopardize their plans. They have created a second generation Internet 2 for their own exclusive use, and plan on shutting down the old Internet for reasons of "national security."

When building a personal reference archive include materials on: first aid, alternative medicine, organic gardening, construction, animal husbandry, emergency preparedness, self defense, herbology, math, chemistry, mechanics, country living, etc. Make sure that other trusted and like-minded individuals are aware of your archival resource and have emergency access.

The archives should be in both print and electronic media. Keep books and paper materials in a secure, dry and fireproof location. Preserve electronic information on nonmagnetic media such as high quality metallic based CD-RW, DVD-RW, or DVD-RAM disks. These are safe from EMPs and won't suffer from data loss. Don't use inexpensive CD and DVD media for archived materials. These are pigment-based and begin to suffer data loss within 2-5 years.

Laptops, PDAs and desktop computers are great for storing information, but they are vulnerable to mechanical and electronic failure and from ELP weaponry. If you decide to use these as your primary storage system, keep duplicate backup systems and shield the electronic components from ELP damage. I have duplicate laptops, computers and an emergency power system in secure storage in case my primary systems are lost, damaged or confiscated.

Faraday cages can protect electronic systems from ELP. They are simply constructed from two copper wire mesh enclosures, one contained within the other and separated/insulated by blocks

of nonconductive material (such as wood or rubber). Each cage is grounded independently with thick copper wires connected to iron rods driven into the ground. No stray wires should enter the cages.

Invest in a seed bank, protect your nutritional sources and secure your place in the natural food chain.

Assemble a complete herb and vegetable seed bank. Those who don't grow their own food and cannot afford to buy organic produce are subsisting on chemically contaminated and GMO Frankenfoods. Growing our own cuts them out of our food chain.

Make sure that your stored seeds are high quality organic, non-GMO, and open pollinating. Date the seed packets, keep them safe, cool, and dry. Vacuum packing extends the shelf life of stored seeds. Rotate stocks every other year by planting them, then harvesting, saving and banking the best seeds from your crop each fall.

Organic vegetable seeds will become a valuable resource, and an excellent item for trading and barter.

If we fail to prepare, then we are preparing to fail

Natural and man made disasters have become all too common events. When they inevitably occur, those who have prepared for the emergencies in advance experience less stress, suffering and disruption than those who have not prepared.

To compound the problem, it is a statistically proven fact that the incidence and severity of natural disasters have been increasing steadily for decades. Things are getting worse, and people who refuse to face these facts are putting themselves in grave peril.

“Analysis of claims experience from great natural catastrophes since 1950 reveals very clearly that there has been a dramatic increase in losses resulting from catastrophes in recent years (Munich Re 2003). As recently as some ten years ago, economic losses had increased by a factor of three over the 1960's level, and insured losses by a factor of five. In the meantime - that is to say in regard to the figures for the last ten years, however, these factors have shot up to values of seven to fourteen, respectively”. - *Dr. Gerhard Berz / Munich Geoscience Research Group statistics*

It is a fact that most Americans are woefully unprepared for emergency situations. Despite the warnings of civil authorities for citizens to invest in emergency preparedness, create emergency kits and to adequately prepare themselves—most have done nothing.

The average American has only a few days worth of food, water and other necessities on hand. They live day-to-day, hand-to-mouth and are woefully unprepared for natural or man-made disasters.

Disruptions caused by typical disasters scenarios can last for a few days, weeks, or in worse-case-scenarios for several months. During this time most survivors are on their own. Electricity, water, food supplies, drugs, support services and police protection are unavailable. Without being adequately prepared in advance of emergency situations, people suffer greatly and often die as a result.

With this in mind, it makes good sense to invest time and resources into emergency preparedness, to have both an evacuation plan and a safe and secure place to go in times of danger. For more information on emergency preparedness visit: www.lwpub.com/PP/prepare.html

The necessity for creating a safe haven.

During disasters, governmental crackdowns or civil strife a safe hideaway can be a real lifesaver. It provides a refuge in the event of an evacuation, civil unrest or other unforeseen calamity. This haven can be mobile, such as in a boat, trailer or RV. Or it can be an well-stocked camp site, cabin, rental or other secure hideaway.

A functional haven needs to provide the basic necessities for living: shelter from the elements, security, and a place to store your supplies. If you expect to spend a lengthy time there, it needs to be equipped with lighting, heat, bathing, cooking and sleeping facilities.

Keep your refuge well stocked with all of the things you need to survive. Include: food, bottled water or water filters, medicines (herbs and supplements), first aid kit, fuel, a generator or solar panels, batteries, lighting, radio, clothing, bedding, soap and laundry supplies, an informational archive, seed bank, radio, recreational materials, and items for self-defense.

Rotate the consumable supplies on a regular basis. Stock up when prices are low, and always buy a little more than you think you need.

Always keep your havens' existence and location secret. No one should know about it outside of your immediate family or inner circle of friends, and they should be pledged to secrecy.

Evacuation routes to and from the refuge should be charted, timed and practiced. Keep extra fuel for your vehicle in case worse case scenarios terminate their availability.

By establishing a safe and secret haven we can safeguard our freedoms, ensure our security, health and quality of life during times of danger, disaster, civil unrest or war.

The geographic cure. Relocating to the country

Relocating permanently to a small town or rural area makes good sense in these uncertain times. Cities are becoming increasingly dangerous places to live and raise children. These conditions will surely worsen as the ruling elite's New World Order tightens its grip upon the urban areas. If you live within 100 miles of a major urban area, seriously consider relocating to a smaller town or rural area well away from the cities.

Many who have stayed awake and aware during the past several years are being intuitively motivated to relocate to rural areas. Others have elected to leave the United States entirely. Both believe that life in American urban centers is becoming entirely too risky.

If you decide to relocate, it may be necessary to down-size your life-style to facilitate such a move. Living simply is the easiest, most economical and practical way to go. It involves trimming out all nonessentials and paring down economically. This life-style is more acceptable in rural and semi-rural communities than in cities.

When choosing a new home in a non-urban area, stay clear of places near prisons, commercial airports, police and military bases. Stay at least 30-40 miles away from major interstate highways.

When moving to a small town or rural area locals will be more ready to accept you if you adapt to their ways instead of trying to convert them to yours. It also helps if you bring resources, goods or services that the community needs along with you, and not subsist on the local economy. Don't interfere with the established livelihoods of locals. The rule in small communities is to cooperate, not compete.

True community begins in the heart.

Don't attempt to tough-out the coming hard times in isolation.

The truism “no man is an island.” is a solid fact. In order to survive the years of chaos ahead of us, we will need the support and company of one-another.

Community members have access to many benefits not available to solitary survivalists: shared resources, mutual defense, collective labor, and access to a wider pool of skills, talents and tools.

Consider joining or creating a community with common aspirations, goals and beliefs. Do this discretely.

A good choice for community building would be in one of the states, cities and towns that have banned the Patriot Act.

Vibrant communities flourish in groups where creativity and diversity are encouraged. It is good to share similar beliefs and vibrational levels, network, consolidate and share resources. Learn cooperation instead of competition. Cooperation fosters community—competition destroys it.

*Empower yourself, reduce your energy consumption
and disempower the ruling elite*

Becoming energy self-sufficient should become a primary goal for anyone interested in self-reliance and sustainability. This can be accomplished through energy conservation, retiring old electronic devices for energy-efficient ones, and by investing in alternative energy systems such as: solar, wind, biogas and micro-hydro for the home and business.

By taking steps towards energy self-reliance we disconnect from the elite-owned power grids, derail their profit taking, and prevent plundering from energy cartels like ENRON. We literally empower ourselves by becoming energy self-reliant!

The first major step is energy conservative. Upgrade lighting with compact fluorescents and LEDs. Replace old appliances with Energy Star compliant ones. Upgrade old computers to the new energy efficient models. LCD screens consume less than 15% of the energy required by traditional monitors. Insulate your water heater. Weather-

strip windows, etc. Lower the thermostat when gone, etc.

Limit your usage of all electrical appliances to conserve power. Don't leave the TV, radio or lighting on when not being used. Unplug electrical devices when not in use to terminate "ghost loads." Conservation relies on constant vigilance of energy usage.

The U.S. governments' energy web sites contains a wealth of information resources for those interested in energy conservation, or for choosing energy efficient appliances and electronics. Go to: <http://www.energystar.gov> or visit the government's energy conservation website www.eere.energy.gov.⁶

If your home is heated with electricity, it may be time to convert to a more efficient source of heat. Biodiesel is becoming popular as a primary heating fuel. It comes from renewable vegetable oil sources and runs efficiently in most standard fuel oil heaters. Propane and natural gas are popular. Avoid switching to wood heat.

In the past decade alternative energy systems have dropped in price and increased in efficiency. They are now economically viable options for new home construction as well as for retrofitting. Solar power, wind, micro-hydro and other innovative systems can now compete dollar-for-dollar with traditional power systems. Because of this they are good investments, and enhance our levels of self-reliance and sustainability. Let's empower ourselves!

*Take precautions and protect yourself
from electromagnetic radiation.*

We are all living in invisible clouds of electromagnetic "smog." If you work or live under high power lines, near a generating plant, substation or metal smelter your health is being severely jeopardized by electromagnetic radiation.

The effects of electromagnetic radiation have been virtually ignored by the American medical establishment and by governmental regulatory agencies, but these are closely linked to cancer and nervous system disorders by extensive studies conducted in Europe and elsewhere. It has been proven that electric fields generated by common electronic devices are dangerous, especially to unborn fetuses and small children.

Cell phones should also be avoided. They are unhealthy, invasive to privacy and are potential tools of electronic mind-control. They can also be used to locate and track users without their knowledge.

All cell phone conversations are automatically recorded and scanned with voice recognition software for key terms and phrases. For example: if you say “bush” and “bomb” in the same sentence, the conversation will be red flagged, evaluated by Homeland Security and you can expect a visit from the FBI.

If you must use a cell phone, limit its usage. To reduce its harmful effects, use one with a headset and at least 3 feet of cord. This removes the transmitter to a safer physical distance from your head.

You can also get a cell phone that is Bluetooth™ enabled, which utilizes ordinary radio frequencies for connectivity. Bluetooth™ can connect your cell phone or PDA's through your car's music system.

Another alternative to cell phones is VOIP (Voice Over Internet Protocol), which works with wireless laptops, and PDA's. Whenever you are in a WiFi hot spot, you can make phone calls over VOIP. An additional advantage of VOIP is that these calls are encrypted, and cannot be wiretapped or eavesdropped upon at this time.

Don't use RFID (radio frequency identification devices) chipped products, or support stores like Walmart that use them. These radio controlled chips can be used in numerous devious ways.

In the next few years we will all be encouraged to accept subdermal ID chips as a secure means of identification, to replace debit and credit cards and to protect against identity theft. *Do not allow a subdermal ID chip to be embedded under your skin for any reason.* If you accept this “mark of the beast” you will live to regret it. If you are “chipped” against your will, a strong rare earth magnet applied to the location will inactivate or destroy it.

There are a number of excellent protective devices that shield our bodies from electromagnetic radiation. The best ones are found at: www.worldwithoutparasites.com⁷ and www.hootenization.com⁸

Meditate and become present in the moment,

Learn how to meditate. Meditation sharpens our perceptual abilities, intuitions, instincts and helps us to heal faster. It raises vibrational levels and strengthens our natural defense mechanisms.

- Meditation is compatible with all religious doctrines and spiritual beliefs. It is not a New Age fad, having been practiced around the world for thousands of years.

- Meditation techniques are taught within a variety of spiritual traditions and disciplines. They can even be self-taught from audio tapes and books.

- Meditation helps us learn to carefully monitor our thoughts and act as an impartial observer. This helps us to experience reality free of preconceived judgements, prejudice and labeling.

- Meditation allows us to recognize our own inner voice and that of the higher self. Becoming familiar with the sound of our inner voices helps us to better identify and resist the input of electronically induced mind-control and psychic manipulation.

- Meditation techniques can be learned at home, in meditation classes, within established spiritual traditions, or directly from meditation masters. I was taught to meditate by Tibetan Lamas.

There is more to reality than meets the eye.

Beyond our material world there exist other realms of existence. Above us are higher vibrational levels teeming with energy and sentient beings. Below our material level there are baser dimensions, also fully populated. Both higher and lower vibrational levels can be sensed and accessed by intuitives and adepts, They are able to see, feel and visit these multiple levels of existence.

Like us, the Earth has interlocking energy systems and vortexes similar to our chakras. These powerful centers of Earth energy are known as vortices and reside in places like: Stonehenge, Machu Pichu, Mt. Shasta Sedona and Salt Lake City. Vortices are whirling spirals of energy—call it geomagnetic energy, life force, Chi or positive energy. They are portals connected to other dimensional planes.

Then there are areas connected to lower vibrational dimensions. These negative vortexes are inverted and drain energy instead of projecting it. All of us have experienced such dark places. They exist

in crime and drug-ridden urban jungles, as well as in rural areas where nature has been plundered and devastated. When we are near such places we feel drained, fearful, sometimes dizzy and always have a strong desire to be elsewhere.

Dark areas can be cleared of negativity and inverted back into positive vortexes. In 1993 a six million dollar large-scale sociological experiment was done in Washington, D.C.

The scientific review board was composed of a twenty seven member independent team of top sociologists and criminologists. It included representatives from the D.C. police department, government, and civic leaders.

During the experiment 4000 transcendental meditators focused on raising the vibrational levels of the area in an attempt to reduce the incidence of crime. This was done during the peak violent crime periods of July and August. The experiment was an unexpectedly spectacular success.

*“Based on the results of the study, the steady state gain (long-term effect) associated with a permanent group of 4,000 participants in the Transcendental Meditation and TM-Sidhi programs was calculated as a 48% reduction in HRA crimes in the District of Columbia.”**

Transmuting negativity into positivity usually takes sensitivity, training, and focused intention. But this can be accomplished on a grand scale. It is already being done on a worldwide basis by millions of interconnected, positively-oriented individuals and spiritual groups.

There are also simple devices that assist in converting negative energy into positive life force. These Orgone™ devices are capable of absorbing, inverting and then projecting positive energy into the surrounding environment. The Orgone™ devices serve a dual purpose by protecting those who use, wear or are in the vicinity of them.

To learn about these light tools visit: www.educate-yourself.org.³ www.worldwithoutparasites.com⁷, and www.hootenization.com.⁸

** Results of the National Demonstration Project to Reduce Violent Crime and Improve Governmental Effectiveness in Washington, D.C. Social Indicators Research, 47, 153–201. / by Hagelin, J. S., Orme-Johnson, D. W., Rainforth, M., Cavanaugh, K., & Alexander, C. N. (1999).*

Our planet is an infinitely complex system of interconnected ecosystems and living beings. It is our traditional duty to caretake and keep her healthy. We are supposed to be this planet's stewards. But most of us have forgotten our jobs entirely.

Today the Earth is gravely ill because of human overpopulation, ignorance and hyper-consumption. Gaia's complex energy systems and interconnected ecosystems are collapsing like dominos. Unless we take dramatic and immediate action, our planet and all life upon it is very likely doomed within a few short decades. Luckily, the skills we need to accomplish this are already within our reach.

It is our responsibility as stewards of Mother Earth to aid and assist in her recovery. In order to do this mankind must make the decision to stop poisoning her, digging under her skin and covering her with concrete and asphalt. This is not an impossible task if we choose to change our life-styles. Living simple and sustainable lives will help to bring her back into balance.

We cannot accomplish planetary healing if our ways of living are not balanced. The maxim "healer heal thyself" needs to become our mantra, credo and primary motivation.

By once again becoming stewards of Mother Earth we will be reintegrated into the natural order of things, and disengage from the degenerative life-style propagated by contemporary "civilization," and begin the long process of planetary healing.

This is in our best interests. It is better to live simply, remain free and aligned with Mother Nature than subsist in a marginal existence as cowering slaves, trapped in a poisoned industrial wasteland, all faceless drones in the elite's New World Order.

When the student is ready, the teacher will appear.

The road that we are embarking upon is long and difficult. To safely reach our destination will require all of mankind's skills, inner resources and accumulated wisdom. Surviving these times will be the greatest challenge our species has ever faced.

If we were to shoulder this burden alone upon our frail human shoulders, success would be uncertain at best. Fortunately we do not walk this road alone. We have powerful allies alongside who have committed to assisting us along the way.

As mentioned earlier, there are vibrational dimensions that exist above and below our material universe. There are beings that live in these higher levels that are dedicated to assisting mankind attain our ultimate potential.

These ascended masters work ceaselessly for the upliftment and evolutionary progress of mankind by nurturing the development of virtuous behavior: compassion, humility, generosity, charity, discrimination, kindness, efficiency, tolerance, sincerity, precision, forbearance, courage, patience. By encouraging virtuous behavior in mankind the masters carefully tend the sprouting seeds of our spiritual consciousness.

These light beings never approach us until we have reached an adequate level of attainment, and are able to comprehend their teachings. They do not meddle in our affairs, interfere with free will, or force secret agendas upon us. They are patient, and willing to wait for us to evolve to the point where we can benefit from the gifts they offer. When we are ready and make heartfelt requests for their assistance, they will open the door.

When I was eleven I needed help during a particularly tough time. I heartfully asked for it, and that night my request was granted. A being of light appeared in my room, nearly blinding me with his inner illumination. The being told me not to be afraid, then asked me several probing questions. I replied to them truthfully and he seemed satisfied with my answers.

What happened next can only be described as an initiation. The being placed his hands upon my head, and my awareness exploded. It felt like a flashbulb going off inside my mind. I was dazed by the experience.

After this, the light being told me that I would temporarily forget the incidence. This was necessary until I developed the skills necessary to comprehend and assimilate what had occurred. What he said came true.

This event changed the direction of my life, alerted me to the existence of the allies of humanity, opened my eyes to broader definitions of reality, and helped me to develop the skills I needed to accomplish my life's work.

When we sincerely ask for help and are deemed ready to receive assistance, our teachers will appear. Count on this! They will do

whatever is necessary to help us resolve our problems, accelerate personal growth and achieve the greatest good for all concerned.

It doesn't matter if we call these beings angels, saints, celestial beings, bodhisatvas, dakinis or ascendant masters. They aren't concerned about the particular names we give them, and are not limited by our conceptions or dogmatic traditions.

These beings are not fairy godmothers or genies from a lamp. In fact they were once very much like we are now. But these beings have ascended beyond the material constraints. They have climbed the ladder of karmic cause and effect, became enlightened and are now committed to helping us follow in their footsteps.

Today, spiritual masters are appearing among us in increasing numbers. Some stay on higher dimensional levels, but manifest like holograms when visiting us. Others incarnate into our world, becoming indwelling spirits in the bodies of human infants.

In the West these young masters are known as Indigo and Crystal children. In the Tibetan Buddhist tradition incarnate masters are known as Tulkus and Bodhisatvas. Tulkus are powerful, highly advanced human souls able to control their reincarnations.

Tulku children are powerful, willful and unpredictable. They need to be raised with a firm hand by those who understand them best. This is why tulku children are usually whisked away to monasteries to be raised and trained by monks and high lamas. H.E. Chagdud Tulku Rinpoche was such a child. He was one of my primary teachers.

Bodhisatvas are on a higher level than the Tulkus. They have pledged to return to the Earth over and over until all mankind has attained enlightenment. Avalokiteshvara and his earthly emanation H.H. the Dalai Lama are examples of such beings. Bodhisatvas work ceaselessly to free humanity from the invisible chains that bind us.

I have been fortunate to have studied, lived and worked alongside a number of incredible teachers and spiritual masters. This is not an easy thing to do.

Spiritual masters demand our best at all times. If we don't give 100% they know it. If a student is especially resistant or stubborn the teacher can become quite wrathful, especially if this is what is needed to move them along. The teacher knows exactly what the student needs, and will do whatever is necessary to propel them forward.

In addition to earthly teachers, there are also disincarnate masters

who teach through the Academies of Light. These Academies exist on higher dimensional planes. They will admit human students who have risen to acceptable levels of attainment. Students attend classes while traveling astrally. This occurs when in deep meditation or while lucid dreaming.

The academy I attended was made of translucent white stone reminiscent of classicist Greek architecture. The students represented many races, and hailed from different places and times.

While attending classes, we wore white toga-like robes and sat at marble benches and desks. Our teachers would lecture, ask questions and instruct by example. They used language, telepathy and many other novel methods of instruction.

To illustrate a particular point or concept, one of my teachers would draw diagrams in the air with his fingertip. The diagrams would actually appear, glowing like neon tubes. When every student had grasped the concept, they would then fade away.

Deciding to study under a master is not a decision to be taken lightly. It is a very serious, challenging and life-changing choice. Understand that this path is not suited to the spiritual dilettante. With this in mind, be absolutely certain before requesting their assistance. Know yourself well, acknowledge your limitations and be open to the unexpected.

Don't blindly accept the first teacher that appears without careful consideration. When a prospective student is approached it is wise for them to be cautious. There are imposters, charlatans and much worse parading around in the guise of master teachers. A true master will always encourage verification and validation. A false teacher will not, as they cannot withstand close scrutiny.

It is important to note that although I was indeed trained by Tibetan Masters as well as being schooled in an Academy of Light, I was not an exceptional student. In fact, I was expelled for contradicting teachers and for being rebellious. Now approaching my fiftieth birthday, I am no longer so arrogant and impetuous. Luckily, some wisdom does come naturally with age.

In these times of decay, confusion and conflict we need all of the help we can get. Luckily humanity has allies ready and able to help us through these difficult times. We do not have to travel this road alone. Remember... when the student is ready, the teacher will appear.

The enemies of mankind

Humanity's foes come in different forms. They exist in lower vibrational dimensions and can also incarnate into our realm in the bodies of human newborns.

Although the disincarnates live in an adjoining dimension, they do have access to our world. They can enter the Earth plane via energy vortices, as a result of human rituals and occult practices, or can simply trespass into the minds of weak or disturbed individuals corrupted by drugs, hatred, rage or mental illness.

If we remain strong, balanced, and spiritually centered, our disincarnate foes have little power over us. But if we are weakened by addiction, mental illness, or negative emotions we become vulnerable to them. The disincarnates are essentially intelligent, parasitic energy vampires. Humanity is their sole (soul) meal ticket.

These spectral leeches constantly search for holes in our defensive shielding. When they find a weak spot in our auras, they attach etheric filaments and begin feeding. Once this connection is established, they will do whatever they can to further weaken us. This strategy that greatly increases their yield.

During calamities, war, epidemics and natural disasters the disincarnates descend like vultures to feed upon the fear and suffering of mankind. These demons find ways of causing disasters, usually by manipulating individuals already under their control. By cultivating fear, pain, suffering and moral corruption they guarantee themselves a steady supply of energy stolen from their human hosts.

As bad as the disincarnates are, the human enemies of mankind are far worse. These human parasites have betrayed their own species and have allied themselves with organized crime, the military industrial complex and also with the evil disincarnates. Some of these allegiances go back many hundreds of years.

The incarnate enemies of mankind call themselves the ruling elite, and are related by blood to the wealthiest and most powerful families on Earth. The elite use their power and influence to manipulate politics, control economics and start wars. They do everything possible to pacify, dominate and enslave mankind.

The ruling elite impede mankind's forward evolution in a variety

of ways: they degrade public education to dumb-down our children, manipulate our feelings and beliefs through mainstream media, and corrupt us by providing easy access to drugs, alcohol, tobacco, sugar and other addictive substances. They encourage prostitution, pornography and gambling. The elite encourage all behaviors that weaken and enslave mankind.

Although the motivations and methods of the ruling elite may differ from those of the disincarnates, the net result is the same. They are also energy vampires draining the life force from mankind. But their methods differ from those of the disincarnates.

The ruling elite and their demonic allies are both essentially parasitic. Each feeds upon the vital energy and resources of humanity, and both are determined to prevent mankind from making any significant intellectual, cultural or spiritual progress. The awakening and advancement of mankind jeopardizes their meal tickets and interferes with their long range plans.

No diabolical act is beyond the capabilities of the ruling elite, especially if it helps them further their plans for world conquest. The elite are cold-blooded and evil beyond redemption. They view humanity as far beneath them. We are livestock to them, to be used and consumed as they wish, and disposed of at will.

The elite control organized crime worldwide. They are members of a secret society known as the Illuminati, and are all Satanic occultists. The elite dominate the American, British and Israeli governments. They are sponsors of international terrorism, behind the attacks of 9/11, and have greatly profited as a result. The Illuminati ruling elite are guilty of countless crimes against humanity.

There is a bright side to all of this—the cat is finally out of the bag. More and more people are becoming aware of the evil doings of the ruling elite, and are actively opposing their planned New World Order. This is primarily because of a handful of writers and authors working outside of the mainstream media and traditional publishing fields. These courageous individuals include luminaries such as: Sherman Skolnick, Norman Livergood, Ken Adachi, John Kaminski, Svali, Diane Harvey, Hsing Lee and many more. These prolific writers have been instrumental in uncovering the truth.

Then there are book authors such as: Dr. John Coleman (*Conspirators Hierarchy: The Story of the Committee of 300*);

Richard Clarke (*Against All Enemies*); Kevin Phillips (*American Dynasty*); James Perloff (*The Shadows of Power*); Robert Gaylon Ross, Sr. (*Who's Who of the Elite*); David Icke (*The Greatest Secret, The Robot's Rebellion, And the Truth Will Set You Free, Children of the Matrix, and Tales From the Time Loop*); David C. Korten (*When Corporations rule the World*); and Garry Allen (*None Dare Call it Conspiracy*). These authors have bravely stood against the ruling elite and exposed their crimes for all the world to see.

As the doings of the Illuminati ruling elite are painstakingly exposed, it becomes more difficult for the elite to keep their crimes concealed. The revelations concerning a homosexual/pedophile sex ring thriving for decades in our nation's halls of power.

This sex ring has been operating with impunity, but is now being exposed. Many of our most powerful political, religious and corporate leaders are involved. For more information read *The Franklin Coverup* by former Senator John DeCamp, or follow the exposes concerning John Gannon, former male prostitute and pimp, member of the White House Press Corps, member of the Neoconservative inner circle, and best "friend" of President Bush's right hand man Karl Rove.

People around the world are uniting in opposition to the ruling elite. This includes inner members of Bush's own staff and more than just a few Pentagon brass. There is great strength in our numbers. We are many yet they are few.

It is our duty to come together, unite with our many allies, depose the elite from power and begin to rebuild our shattered world. This is an obligation to our children and to future generations. We must not let them grow up in a world of perpetual servitude.

Although human beings may appear to be weak and easily corrupted, we possess inner strengths and abilities far beyond our present comprehension. As we continue to evolve, we will learn how to better use these abilities.

Many of the struggles now being waged on the battlefields of Earth are also taking place in the spiritual and psychic realms. In essence, we are spiritual warriors battling the forces of darkness. These battles are occurring in our homes, at our jobs, in our communities, on the streets and most importantly, in our hearts.

Mankind does not stand alone against the ruling elite and their demonic masters. We have powerful allies in the higher dimensional

planes, and they are standing here beside us.

Remember this always: when times are bleak and we are vastly outnumbered—one enlightened being awake and aware is stronger than countless enemies lost in illusion and despair.

On the threshold of the age of enlightenment

Few would disagree that we are presently living in dark and perilous times. But this is not a permanent condition. While it is true that this is an age of darkness, our materialism and spiritual confusion will not last forever.

There is great suffering in the world today because mankind is processing karma accumulated during the course of many lifetimes. Our present lives may be miserable, but steady progress is being made. When we have succeeded transmuting our karmic burdens we will cross a threshold into a new age of enlightenment and continue our accelerated evolution.

The existence of cosmic cycles, and the effects these cycles have upon us were well known within ancient Mayan, Hindu and Tibetan cultures. Tibetan and Hindu masters called this present dark age the Kali Yuga. It began on February 18, 3012 B.C., and reached its lowest point at the beginning of the European dark ages (500 A.D.).

The Mayans identify the winter solstice December 21, 2012 as the end of the old cycle, and a beginning of a new one. Their astronomical calendars were extremely precise, and pinpointed the exact time of galactic alignment as: 11:11 a.m. GMT. The Tibetans disagree with the Mayan dates, but do agree that the coming age, the Treta Yuga will be one of increasing awareness, spiritual development and peace.

The ruling elite are painfully aware of the dawning new age, and are doing everything in their power to prevent it from derailing their plans. It took them a long time to become rulers of the world, and they do not want to lose everything that they have gained. The Elite are actually attempting to shield Earth from the celestial and cosmic influences by deploying futuristic planetary shielding systems.

The ruling elite are deluded fools. If they actually believe that they can manipulate the workings of the universe and rise above the constraints of karmic cause and effect, they have deceived themselves completely.

Mankind is poised on the threshold of a quantum leap in evolution. We may be temporarily delayed from reaching our destination but we can never be stopped. Those who are already awakening can see that mankind's destiny awaits us with open arms.

It is inevitable that we greatly exceed our present limitations. This is because all of us share a spark of divine essence within us. This spark can never be extinguished.

When a significant number of humans finally attain enlightenment, our species will reach critical mass. At this moment all of mankind will make this quantum leap together. This will start a cascade reaction that will cause the integrated life systems of the earth to jump to the next energy level. All life on this planet will be beneficially effected.

The historic path of mankind has not been an easy one for us to travel, but this part of our specie's long journey is drawing to a close. The rewards that await us may be far beyond our present comprehension, and have definately been worth the trip.

Final words of wisdom

Remember that the universe is unlimited. We are co-creators of our reality. If we have faith *all things are possible*. Staying mindful of this insures success in everything that we attempt.

Virtuous behavior is the key to enlightenment. Practice compassion, humility, generosity, charity, discrimination, kindness, efficiency, tolerance, sincerity, precision, forbearance, courage, and patience daily. Be an example to those around you through your actions and loving kindness.

When we keep our hearts open, this sharpens our intuitive abilities. Being open to others facilitates psychic communication.

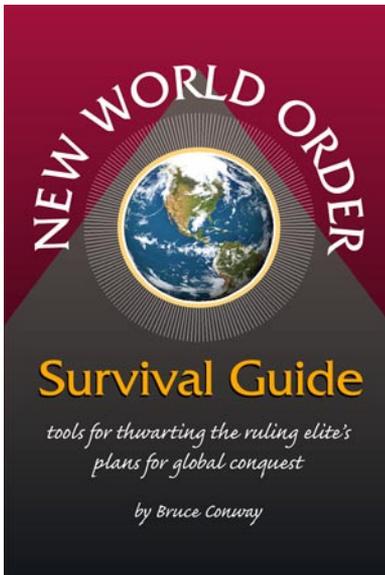
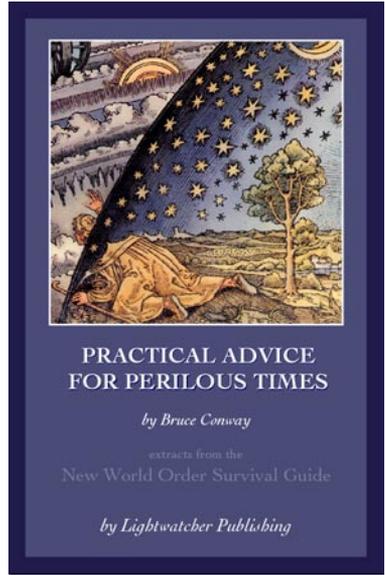
Be guided by love and compassion, not fear. Become strong through the adoption of caring and compassionate attitudes—they are our strongest weapons against the forces of darkness. Our oppressors know this and are doing everything possible to impede the flow of loving energy in our lives.

Remember to be compassionate to one's enemies. They have been brainwashed and are suffering greatly because of their delusions. Forgive them when they act out of ignorance. But oppose them whenever possible with power, light and peaceful means.

Twenty One Tips to Transit was originally written in 2000. Because of its great online popularity, it was revised in 2001, 2004 and updated again in 2005.

21 TTT eventually grew into *Practical Advice for Perilous times*.

PAFPT was later greatly expanded into Bruce Conway's full length book: *the New World Order Survival Guide - tools for thwarting the ruling elite's plans for global conquest*.



A free eBook sampler of the *New World Order Survival Guide*, as well as other free LW e-Books, can be downloaded from: www.lwpub.com/downloads.html

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