

# TRAINING TO SURVIVE (EPISODE 19)

Welcome back to Jedi Training.

In this podcast, we're going to be talking about physical fitness.

I think this is going to be pretty obvious to begin with.

You should look the part.

You don't necessarily have to look like an American gladiator or a WWE superstar, but you should be able to endure the elements.

You should be able to walk a marathon, run a mile.

You shouldn't be overweight and look slothful and the like.

I mean, it happens to most of us, especially in America with the portions that we're fed, as well as with the chemicals that are in the food.

Essentially, they make us fat.

They make us dumb.

They slow us down.

They feed us full of misinformation.

So basically, you've got to purge your body of all of that, purge your mind of all of that.

And so, you know, every day you should be going out into nature.

Go find, you know, a forest.

Go find a nice spot, mountains, a lake, something, and get oxygen.

Oxygen is your best friend.

Oxygen is necessary for life.

And there's a lot of studies that link oxygen to recovery, health, etc., etc.

The lower the oxygen levels in your environment, the worse things are.

So there's nothing worse than city air, except for maybe the air that you breathe in a mask.

And that's one of the reasons why, you know, they are masking people up, is so that they would be breathing in their own exhaust.

So get some oxygen in you.

Escape from the pollution every day, if you can.

And go spend an hour or two in nature.

Try not to bring a cell phone with you.

You know, try to be radiation free.

That almost sounds, you know, weird these days.

But for the most part, people are living in a cloud of radiation.

Wi-Fi, Bluetooth, cell phone coverage, radio, television, satellite, etc.

And even radar from weather stations and airports.

Try to get away from all of that.

Get yourself in a pure or, you know, a clean environment.

And train yourself physically, mentally, and spiritually in that environment.

Go for long walks.

Go for a jog.

Go for a bike ride.

Whatever it takes for you to get some physical training every day.

And, you know, whether it be 15 minutes or 2 hours, you know, it just kind of depends.

The more, the better.

But what's important is that you're capable of enduring the elements and tough times.

Because undoubtedly, tough times are coming.

Everything that we've gone through is preparing us for what's to come.

And so we're called to endure until the very end.

Endurance is very important.

Again, this is going to be a marathon.

So you should be able to endure, you know, in theory, apocalyptic conditions.

That doesn't sound very inviting.

That doesn't sound very fun.

But, you know, by looking at the news, it's certainly a possibility.

We could be dealing with a nuclear winter.

We could be dealing with a lot of things.

You may have to go out there and hunt.

You may have to go sleep outside.

Now, of course, you know, here's a very important rule to Jedi training.

Never sleep outside.

But, in theory, I mean, you should be prepared to suffer a night out in, you know, the wilderness.

Again, we don't recommend it because sleeping outside just basically opens you up to disappearing.

If you have to sleep outside, sleep in town, sleep in the city.

Don't sleep out in the wilderness, especially if you're fighting the dark side.

We'll get into that in another podcast.

But, you know, we always say that, too.

But, essentially, stability is something that you need as well.

You need a stable life.

You need shelter.

You need, you know, a home.

And so you should never give that up.

But, in theory, you should train yourself to face the elements and to face extreme.

Conditions.

So you should simulate what it's like sleeping outside in the cold, like in your car or something, on a cold winter's day.

You know, and that's coming up pretty soon.

You know, spend the day outside in the cold.

You know, in your car, outside, whatever.

But, do a couple days like that.

Do some days where you walk like three or four hours.

Push yourself.

When summer comes around, you know, push yourself in the heat a little bit.

Don't give yourself, you know, an issue.

But, train yourself to endure the elements.

If it's raining, go out in it.

If it's snowing, if it's a blizzard, go experience the blizzard.

Protect yourself.

So, you can bring an umbrella.

You can bring a winter jacket.

You can put on gloves.

But, you basically have to train yourself to endure the elements like a real human.

And not just be indoors like a little cat.

You know, seeking comfort on a pillow somewhere.

But, it's important to be able to endure the elements because we don't know what's coming.

And, you know, if it is a total catastrophe in the future.

And, it may very well be.

You know, they want you to eat bugs.

They want you to, you know, own nothing.

And, so, in the future, you may be facing something that is, you know, nearly apocalyptic.

What it will be, we don't really know.

But, there's a good chance that something like that may happen to you.

To all of us.

And, the shock of it will kill a lot of people.

Oh, you know, no electricity.

You know, try cooking outside.

Try simulating camping.

Again, for the time being, we don't recommend people spending the night out in the wilderness by themselves.

Because, strange things will happen.

But, simulate it.

Prepare yourself for it mentally.

That way, if something like that happens.

You're not like, what am I going to do?

How am I going to survive?

You know, try going a week, you know, eating canned food outside.

Wash some vegetables outside.

Eat it raw.

See how well you can survive for a week.

Basically, spending your days in the wilderness.

Facing the elements.

Doesn't matter if it's raining or snowing.

You gotta eat.

Try to cut yourself off from some of the modern comforts that make us weak.

Now, that doesn't mean that you've got to do it, you know, to an extreme.

But, you can if you want to.

See how far you can go.

See what you can do.

And, that'll give you a lot of time to think about things.

You know, bring something along with you that you can play the Bible.

Audio tape.

The dramatized King James Version.

For example.

Imagine, you know, having to set up a camp or, you know...

Surviving.

In the elements.

With the wind and the rain.

Because, again, one day you may have to do that.

And, if you've never ever done that before, you don't even know where to start.

You know.

Food is, you know, food is going to be an issue.

Water is going to be an issue.

Shelter is going to be an issue.

We may be facing...

Those types of basic necessities...

In the very near future.

How am I going to eat?

How am I going to sleep?

How am I going to drink?

Shower?

So, try it out.

Test it out.

See how you do.

As Jedi, as Christians...

As people of faith, we're called to basically not be of the world and to separate ourselves.

That doesn't mean that we have to go running around like cavemen.

But, we should have...

The experience of basic survival.

Basic survival skills in our toolkit.

Many of you are probably already, you know, experienced in that way.

Many of you are, you know, already doing some of that.

Anticipating the worst.

Which is good.

But, the tougher that you can make yourself...

Mentally and physically...

The better off you're going to be.

Because, it will get tough.

Especially if you decide to...

You know, enter the battlefield.

It'll get real tough.

And, they're going to try and take everything away from you.

And, so you're going to have to fight for everything.

And, you're going to have to learn how to protect yourself.

Now, we talked a little bit about martial arts training in...

The first podcast.

We haven't talked much about it since then.

Anything...

Any kind of training is better than none.

You definitely need to be able to defend yourself physically.

It's certainly not something that we, you know, search for.

We're not out there searching for a physical fight.

Those that live by the sword will die by the sword.

And, so if you're out there looking for trouble, it'll find you.

And, normally, you'll be able to...

You know, get by without physical conflict.

Because, the battle is in a different plane.

But, it can happen.

You could be confronted physically.

You could be challenged for your life.

And, chances are, you'll be outnumbered.

You'll be outgunned.

You'll have a total disadvantage in the situation.

And, so you should expect that type of confrontation as well.

Anticipation.

Planning for contingencies.

What do you do?

What would you do if you had to fight for the death?

Fight to the death, we should say.

So, having some sort of training.

Having, you know, a defense system kind of set up.

Is...

Is...

Something that you want to be thinking about as well.

Basic survival skills.

In the urban jungle.

In...

The Mad Max, apocalyptic world.

Whatever.

Whatever comes at us, we should be prepared for it.

No excuses.

Train yourself.

Some people have access to firearms.

That may or may not be advantageous.

But, it's better to have it and not need it than need it and not have it.

And so, acquire all the skills that you can to physically defend yourself.

But, not looking to use it unless you really have to.

Martial arts is mostly about self-defense.

It's not about, you know, assassination.

But, if the war goes hot, then, you know, everyone will have to adjust.

In a war, everything is self-defense.

In a war, just about everything is justifiable to survive.

When you're fighting against evil.

We have to win.

There is no choice.

We're in it to win it.

There's no going back.

There's no surrender.

There's no compromise.

There's no negotiation.

When it's a war, it's a war.

And it is a war.

And so, that has to be your mentality.

Right now, it's a cold war.

And, you know, we live in a surveillance state.

And so, you have to go about things, you know, a certain way.

If you want to survive.

Essentially, the rules are like the Matrix.

Once you get on the battlefield,

if you're captured, don't expect to survive.

So, don't draw attention to yourself.

Stay polite.

And,

if the worst comes to worse,

you know, write it out.

The best you can.

In any case,

protecting yourself

and enduring

difficult situations

is part of your basic training.

I can't be there

as a drill instructor,

you know,

marching you up and down,

you know,

a trail or something.

You're going to have to be disciplined enough

to do it

yourself.

And, there's never enough time,

and so,  
you know,  
you're going to have to  
multitask  
to make time.

And,  
of course,  
protecting yourself  
on the battlefield  
will eventually mean  
shielding.

And, we've talked about shielding.

We can't talk about it enough  
because  
without it,  
you're not going to survive.

You know,  
if you're a sellout  
and you're,  
you know,  
you're basically  
playing by the rules  
of the system,  
you know,  
shielding isn't going to be  
a big deal for you.

They're not coming after you.

But,

as soon as you really start  
moving against the current  
and fighting this  
enemy

in a meaningful way,  
they will attack you.

They will attack you  
using silent  
and invisible weapons.

the accuracy is  
military grade,  
as are the weapons.

And,  
attacks can come in  
from all directions.

And,  
so,  
once you enter  
the battlefield,  
even once you start  
getting close  
to making that decision,  
you should expect  
incoming fire.

And,  
so,  
first and foremost,  
you're going to want to  
acquire  
materials  
to make shielding,  
to make armor.  
and you just  
can't have enough  
of it.

We've talked about this,  
you know,  
over and over again,  
whether it be from,  
you know,  
thick aluminum foil  
to  
steel mesh,  
steel plates,  
whatever you can get  
that is  
Faraday material,  
start  
practicing with it.  
Make some armor,

make a flak jacket,

make a helmet.

You know,

imagine

you're watching

a news report

from a war zone.

And,

you see these people

with,

like,

you know,

their big flak jacket

and their big helmet.

That's what it's like,

more or less,

being in,

in this war.

What makes it difficult

is that

it's a cold war

with invisible weapons.

And,

so,

if you're just running

around the mall,

you know,  
with your armor on,  
exposed,  
they're probably  
going to haul you off.  
You know,  
they will confront you.  
What are you wearing?  
What's going on?  
Are you alright,  
sir?  
And,  
so,  
essentially,  
you have to be,  
like,  
a secret agent  
hacking the Matrix.  
You have to learn  
how to make armor  
armor that you can conceal,  
armor for  
going out in public,  
and armor for  
when you're at home.  
The intensity of the attacks

will be much worse  
at your residence.  
Soon as you sit down,  
soon as you  
go take a shower,  
soon as you go to sleep,  
that's when they really hit you.  
And,  
so,  
you have to shield  
around the bed,  
you have to shield  
wherever you  
may loiter,  
and,  
you're going to have to  
try and hide it  
if you,  
you know,  
live with somebody.  
Or,  
you know,  
if you have company  
come over,  
you don't want them  
walking into

what looks like  
a spaceship,  
because they too  
will,  
you know,  
start asking,  
they'll start asking  
questions,  
they may even,  
you know,  
snitch on you,  
swat you,  
you never know.  
So,  
essentially,  
everything has to look  
the part,  
and,  
you have to be able  
to move it around  
with relative ease.  
You never know  
when somebody  
might show up  
for an inspection.  
You never know

when you may have  
to move.

And,

so,

you know,

certain shielding

strategies are better

than others.

You know,

a lot of people think,

oh,

well,

I'll just get some

lead paint

or some EMF paint

and that'll do it.

Probably not.

The weapons

that we've encountered

can penetrate

just about

every Faraday material.

You need multiple layers

if you're going

to secure

a position

that's  
heavily under fire.  
It doesn't sound  
like a lot of fun,  
but it's better  
to be honest  
than to  
than to have you  
get killed  
for  
not being prepared.

Looks like  
we've got some  
interference  
from the Matrix  
coming.

But,  
essentially,  
you're going to  
have to harden  
your positions  
with a lot  
of different material.

And,  
so,  
at our current

location,  
it requires  
multiple layers  
to survive.

And,  
we'll just wait  
until the  
interference  
just kind of  
moves along here.

Oh,  
we've got a plane,  
too.

It's just,  
obviously,  
they don't want us  
talking about this.

But,  
basically,  
you're going  
to need  
a lot  
of materials.

And,  
not having  
these materials

means that,  
you know,  
they can induce  
a stroke  
or a heart attack  
while you sleep.

You may not  
get a second  
chance to save  
yourself.

you may not  
get a second  
chance to  
prepare yourself.

And,  
so,  
you should look  
into Faraday  
shielding.

Grounding  
isn't a big  
deal.

Grounding  
doesn't help  
a whole lot.

You know,

it may give you

an extra

10%,

you know,

attenuation,

but it

doesn't make

a huge

difference.

You don't

have to worry

about grounding

but you do

have to worry

about setting

up some kind

of shielding

around your

bed.

And,

wherever you

work,

if,

if you're

going to be

mobile,

mobile,  
you're going  
to need  
armor,  
and you're  
definitely  
going to  
need,  
you know,  
shielding  
under a  
hat,  
or,  
something  
like that.  
Essentially,  
people of  
faith are  
always called  
to cover  
their head,  
and so,  
we should  
kind of be  
wearing a  
hat or

something

anyways.

But,

you're going

to have

to learn

how to

make a

skull cap,

and,

you know,

basically hide

it under a

baseball cap.

Without it,

you know,

they can give

you a stroke

anywhere,

anytime,

anyplace.

Even when

you're driving

around,

even when

you're parked

in a car,  
it can  
penetrate,  
you know,  
the steel  
or the  
aluminum  
of that  
car.

and,  
you're  
going to  
want to  
start out  
by practicing  
with aluminum  
foil.

You know,  
it sounds,  
you know,  
it sounds  
strange,  
ooh,  
the tin  
foil hat  
thing,

but there's  
a reason  
why they  
make fun  
of that,  
because it  
works,  
to a certain  
extent.

They want  
to ridicule  
it so that  
you don't  
even think  
about it  
or you  
don't even  
dare to  
use it.

But basically,  
you're going  
to want to  
mold a  
skull cap,  
and it's  
harder than

you might

think.

And,

you know,

you'll have to

try it out

for yourself.

basically look

at the design

of a baseball

cap,

and try

to copy

that,

and

make it

fit,

so that it

doesn't look

ridiculous.

Bare minimum,

you're going

to want to

do ten

layers,

alternating

patterns,  
you know,  
shiny and  
not shiny.  
having the  
shiny sides  
facing each  
other.

That way,  
when the  
EMF comes  
in, it  
bounces around  
inside those  
shiny layers.

So if you  
all, if you,  
you know, if you  
make it so that  
all the shiny  
stuff is on the  
outside, thinking  
that it's going  
to reflect it  
and bounce off,  
most of it is

going to get  
through.

You know, a  
little bit might  
bounce off, but  
most of it is  
going to get  
through.

Enough is  
going to get  
through to  
injure you.

If you set  
it up in  
alternating  
layers, so  
that you're  
basically making  
sandwiches,  
what will  
happen to a  
certain extent  
is some of  
it will just,  
you know, get  
trapped in those

layers and  
bounce back  
and cancel  
out the  
incoming  
frequency.  
It's basically  
how a jammer  
works.  
It's not  
100%.  
It may be  
like 50  
to 70%  
effective  
for  
most  
weapons,  
but heavy  
duty weapons  
will get  
through that  
without a  
problem.  
Eventually  
foil won't

work for  
you.  
steel mesh  
and you'll  
have to  
try steel  
mesh or  
something of  
that nature.

Steel mesh is  
light, it's  
flexible, but  
it cuts like  
razor, so you  
have to tape  
it up.

In fact, you  
have to tape  
up all of  
the shielding  
materials that  
you use because  
most of them  
are toxic  
are toxic  
or they

outgas some  
kind of  
chemical,  
some kind  
of finishing  
product  
that prevents  
them from  
rusting or  
whatever.

So,  
you basically  
have to bag  
it up, seal  
it up.

We recommend  
thick boxing  
tape.

the thicker  
the better,  
the more  
heavy duty,  
the stronger,  
the better.

That way it  
doesn't tear,

doesn't leak,  
it's more  
durable,  
and it  
seals in  
the shielding  
pretty well,  
and it  
protects it to  
a certain  
extent, and  
it protects  
you from  
most of its  
toxic attributes.

but aluminum  
is neurotoxic,  
so if you  
get crazy  
with the  
aluminum,  
be mindful  
of that.

You'll  
probably want  
to do

some kind  
of detox  
after a  
lot of  
shielding.  
But don't  
just put up  
like, you  
know,  
aluminum foil  
everywhere and  
just breathe  
that stuff in  
because eventually  
you're going  
to have  
side effects.  
So you're  
going to want  
to bag it  
up, seal  
it up,  
protect  
yourself  
the best  
you can.

and that  
goes with,  
you know,  
basically all  
the shielding  
that you  
make.

Not only  
will it  
protect you  
from the  
toxic attributes  
of that  
shielding,  
but it'll  
make it  
last longer.

So, you  
know, moving  
from, you  
know, the  
skull cap or  
the helmet,  
if you will,  
and you're  
going to want

to make,  
like, you  
know, a  
skull cap for  
when you go  
out and a  
helmet in  
case things  
get real bad.

And you  
can go all  
out in the  
helmet.

Call it a  
safety helmet  
in case, you  
know, all of a  
sudden they  
really hit you  
with something  
military grade.

Your head  
starts to hurt  
for whatever  
reason.

Put it on.

In fact, if you  
start feeling any  
type of acute  
pain anywhere,  
and they can  
hit you anywhere,  
the legs, the  
arms, the  
chest, the  
midsection, the  
head, you  
know, anywhere.

If you start  
feeling acute,  
sharp pains  
somewhere in  
your body,  
chances are  
it's due to  
an EMF  
attack.

They try to  
make it look  
like natural  
causes, and  
they can even

compound this  
with  
inception like  
psyops or  
telepathy.

They can  
basically drop  
the idea that  
you're coming  
down with  
something on  
top of  
hitting you  
with the  
weapon.

So you're  
really feeling  
like, yeah,  
you know, this  
is serious.

Anything so  
that you're not  
addressing the  
cause.

But the  
cause to just

about every  
sharp pain is  
either radiation  
or poison.

And that's  
another thing.

They will  
poison the  
things that  
you purchase  
regularly.

Your favorite  
drinks, your  
favorite whatever,  
favorite foods,  
whatever you might  
be into,  
they'll start  
poisoning it.

And we do  
mean everything  
that you're  
into.

So,  
sometimes it's  
the radiation,

sometimes it's

the things that

you're buying.

That means that

you have to

switch up what

you're buying.

And you really

can't trust

anything that you

get online or

anything that's

delivered to

you.

You're going to

have to be

random at the

store.

Going to

restaurants and

the like is

pretty risky.

And so,

you just

can't be

paranoid enough

when it comes to  
your personal  
safety if you  
begin to engage  
this enemy.

You're dealing  
with a hive  
that basically  
controls,  
you know,  
every corporation,  
every distribution  
center,  
every bit of  
technology that's  
out there.

And so,  
it's all going  
to be used  
against you.

And if you're  
not aware of  
this,  
you know,  
you're just  
going to be

taken out  
like most  
other people.  
Not protecting  
yourself is  
suicide.  
Especially if  
you begin to  
engage this  
enemy on the  
spiritual  
battlefield.  
But even if  
you're just,  
you know,  
a regular  
truther or  
an activist  
out there,  
chances are  
if you've  
got a little  
charisma,  
they'll be  
coming after  
you.

And the  
way they do  
it is through  
silent weapons.

And as long  
as it falls  
under the  
umbrella of  
heart attack,  
stroke,  
or cancer,  
nobody's going  
to ask  
questions.

Period.

And so,  
we don't  
need an  
autopsy  
certificate to  
prove that  
we're right.

And neither  
do you.

Take your  
safety seriously.

Take what

I'm saying

seriously.

Because it

comes from

experience.

It's not

something that

we're just

kind of like,

you know,

pulling out of

a hat,

you know,

just to,

you know,

to give

people a

thrill or

something.

This is

real life

experience.

That's

talking here.

They will

poison your  
food,  
your water,  
everything that  
they can,  
if you're not  
careful.

Go to  
different stores,  
buy different  
stuff,  
don't always get  
the same  
stuff,  
don't always get  
the same pasta,  
don't always get  
the same tomato  
sauce,  
don't always get  
the same pizzas,  
don't always get  
the same juice,  
don't always get  
the same stuff,  
switch it up.

Make it,  
make their job  
more difficult.  
Don't make it  
easy for them.  
Never make it  
easy for them.  
Never give them  
an inch.  
Be aware of  
the battlefield.  
Be aware of  
how they can  
come after you.  
Cell towers,  
cell phones,  
anything with  
Wi-Fi,  
anything that's  
a smart meter,  
anything that's  
a smart phone,  
smart television,  
all of it is  
now rigged  
and weaponized.

All the  
distribution centers  
are pretty much  
automated.

You know,  
things will just  
show up at the  
store shelf  
waiting for you.

Sometimes it's  
a combination.

They know what  
you like to buy.  
getting back to  
shielding,  
though.

Kind of digressed  
here.

But,  
when you go,  
when you  
get done  
trying to,  
you know,  
make a skull cap  
and a helmet,

you know,  
it takes some work.

It's a lot more  
difficult than you  
might think.

Especially if you  
don't have any  
kind of welding  
skills,

you know,  
and you've just  
basically got to  
use, you know,  
kind of like  
metal shears  
or a metal cutter  
and tape  
and stuff.

You know,  
it takes some  
time to  
make something  
that works  
and that looks,  
you know,  
somewhat decent.

But,  
don't be shy.  
You know,  
even if your  
first projects  
look like,  
you know,  
SHIT,  
that's okay.  
You know,  
you'll get better  
with time.  
It's just like  
everything else.  
After you've,  
you know,  
done a helmet  
and a skull cap,  
then you should  
definitely be  
looking at a  
flak jacket.  
Start with  
aluminum foil  
or with fabric  
if you want to

and,  
you know,  
try out  
different kind of,  
you know,  
strategies.

We like the  
tile strategy.

It's almost like  
Legos in a way.

You make tiles  
or,  
you know,  
little aluminum  
pillows,  
about a foot long  
or two feet long  
and a foot wide,  
as wide as the foil is.

Use a,  
you know,  
some cardboard  
as kind of like  
a,  
as a mold  
or a,

or a footprint,  
if you will,  
and start making tiles  
or units  
or Legos  
that you can put together.  
and again,  
each one of these tiles  
should be using  
alternating patterns  
of foil  
using that sandwich  
kind of strategy  
and you'll see  
what I mean  
when you start  
doing it for yourself.  
Start with an inner core  
facing each other,  
the shiny part  
facing each other  
and start working  
your way out.  
Get to about  
10,  
15 layers.

Tape it up.

Seal it,

seal it around

all the edges

so it's like

a little pillow.

And then you can

make a flak jacket

out of that

relatively easily.

Front and back,

the sides.

You can use

tape for shoulder straps

or,

you know,

other materials,

you know,

depending on your skills.

You know,

some people are more

skilled in home ec

than others.

but,

you know,

watch videos,

how to make,  
you know,  
a vest or clothes  
or something like that.

Get some skills  
in that department

and,  
you know,  
tape it up.

The more tape,  
the more durable it is.

You can tape  
every layer,  
you can tape  
every other layer,  
you can tape,  
you know,  
just the outer layer.

But,  
the more tape,  
the more durable.

The more tape,  
the longer it takes.

So,  
making a jacket  
can take you

an afternoon,  
it could take you  
a whole week  
depending on,  
you know,  
how much effort  
you put into it.

But,  
the more durable it is,  
the longer it'll last.

If you do it  
real quick and easy,  
you know,  
armor will last you  
only about a week  
or two before  
it starts to shred.

On the inside,  
you can use  
thicker materials,  
but it's heavier.

It's harder to work with  
and it's easier  
to cut yourself with.

And,  
that's always a danger

with shielding.

And so,

you're going to want

to tape up the corners,

you're going to want

to be real careful

when it comes

to your shielding materials

because,

you know,

they can injure you

on the battlefield

and,

you know,

in the future

you may not have

access to

medication.

You may not get

access to,

you know,

antibiotics or something.

But,

it'll teach you

how to be careful

in a dangerous environment.

How to go slow

when you need to.

How to pay attention

to little things.

Of course,

you're going to want

to follow Ephesians 6.13.

You're going to want

to protect your head,

your chest,

your midsection

with a girdle.

We recommend,

basically,

total protection

in the worst case scenario.

They will be able

to find the gaps

in your armor

and they will target that

and you'll see that.

How accurate

it is.

how persistent

it is,

no matter the location.

Start paying attention  
to security cameras  
and,  
you know,  
just about anything  
that might be connected  
to the internet  
because,  
eventually,  
those things  
will zap you too.

Things that you  
never would suspect  
will start zapping you  
once you get  
on the battlefield.

And so,  
wearing armor  
will become  
like wearing underwear.  
perhaps even more  
important.

And,  
what you'll experience  
is that  
moving around,

traveling around,  
sleeping over  
at other people's place  
could be the last  
thing you do.

they can hit your head  
basically from any  
direction,  
no matter how you  
sleep,  
at any location,  
at any time.

Once you enter  
the battlefield,  
going to sleep  
without armor  
or without protection,  
without shielding,  
is suicide.

Don't expect  
to wake up.

And so,  
take it seriously.

And again,  
you know,  
you're going to have

to protect your head  
with multiple layers  
from all sides.

Headboard,  
sideboards.

You're going to want  
to make a box  
for the most part.

And you're going to want  
to make a helmet  
to sleep with.

that basically  
protects your eyes  
and,

you know,  
everything north  
of your nose.

Sounds kind of gay,  
but,

it's the best advice  
that I can give you  
if you enter  
the battlefield.

So you have a lot  
of prep work to do  
before you,

you know,  
before you start wanting,  
before you're going  
to want to  
practice  
telekinetics  
or attacking  
the enemy  
in ways that matter.

You're going to want  
to protect from  
attacks that come  
from underground.

So eventually,  
you're going to want  
to harden your shoes  
the way you harden  
your skull cap.

and,  
you're definitely  
going to want  
to shield  
under your bed.

Attacks will come  
from underground.

And that is probably

the scariest aspect  
of what you're going  
to encounter.

Electrified ground,  
attacks coming  
from underground,  
getting zapped  
by the ground.

It's like,  
what's down there?  
What's underneath us?  
How are they doing this?  
A lot of questions  
will come through  
your mind.

And we don't have  
the answers to all  
of that right now.

We have some ideas,  
but all we can say  
is that you need  
to protect yourself  
from attacks coming  
from all directions.

We can't stress  
that enough.

You know,  
we'll repeat it  
over and over again.  
And most people  
won't believe it  
until they,  
you know,  
encounter it.  
Hopefully,  
you'll have some time  
to adapt and adjust  
and to stabilize.  
But the more  
we talk about this,  
the more people  
that we get,  
the more people  
that we recruit  
and train,  
the quicker these people  
are going to want  
to assassinate  
and move on.  
And so you may not get  
the grace period  
that we got,

essentially,  
for the first year  
where things just  
kind of ramped up  
little by little  
over time,  
you know,  
trying to terrorize  
us or something.  
They may go  
straight for the kill,  
straight for the jugular.  
So you should be  
ready for that.  
And that's why  
we say start  
acquiring shielding materials  
now.  
Take it seriously.  
Budget for it.  
You know,  
it's going to take time.  
And to a certain extent,  
it's going to look  
a little ugly,  
especially at first,

until you can polish it up  
and, you know,  
wrap it with some fabric  
or something  
and finish it up  
like something  
that you would buy  
at the store.

But,  
you know,  
start moving  
in that direction.

Start going to Home Depot  
or, you know,  
the hardware store,  
checking out what they have,  
go find a contractor.

Whatever.

Start getting materials.

Start getting aluminum foil.

You know,  
this is one of the reasons  
I think that,  
you know,  
the prices of metals  
have gone up.

Everything is a lot

more expensive

than it was,

you know,

two years ago.

But,

basically,

you know,

just to really be able

to protect yourself,

you know,

just in your bedroom

and,

you know,

having personal armor,

you know,

could run you

\$2,000.

Easy.

And so,

you know,

it's better to

do it,

you know,

in a,

kind of like a monthly

kind of payment,  
you know,  
get a,  
get some every month.

Get a few  
planks of sheet metal  
every month.

Finding it is difficult.

Acquiring it is difficult.

Moving it around  
is difficult.

Setting it up  
is difficult.

Not cutting yourself  
with it is difficult.

Everything is difficult.

But if it was easy,  
then it wouldn't be  
worth doing.

So,  
you know,  
you can,  
you can accept  
what we're trying  
to tell you,  
you can ignore it,

but if you're serious  
about,  
you know,  
telekinetics  
and fighting,  
you know,  
the enemy  
and engaging  
in spiritual warfare,  
then take our advice.  
Start acquiring,  
shielding,  
start pushing yourself,  
start training yourself,  
start,  
you know,  
start practicing  
for what might  
come your way.  
And chances are  
it will come our way,  
one way or another.  
And so,  
you know,  
if we don't have to  
go through an apocalypse

or a nuclear war  
or anything like that,  
a depression  
or,  
you know,  
some kind of  
zombie apocalypse,  
and,  
you know,  
that's wonderful.

But if we have to go through it,  
then we better be mentally prepared  
and physically prepared  
for it.

And so,  
get on your armor.  
If you've got time,  
you know,  
for some martial arts training,  
whether it be videos  
or going to,  
you know,  
a dojo somewhere,  
just know that these people  
are of the dark side  
automatically.

Automatically.

Don't even expect

to find,

you know,

a Christian martial arts instructor,

really,

for the most part.

Maybe at the YMCA,

but,

you know,

that's probably just going to be

karate.

But,

you know,

learn what you can

from martial arts,

however you can,

but understand that,

you know,

they're practitioners

of the dark side.

This is a guerrilla war,

so we do pick up

some of the enemy's weapons

and use it against them.

But there's nothing wrong

with,

you know,

self-defense training.

There's nothing wrong

preparing yourself

for,

you know,

some kind of marathon.

And,

you know,

nothing replaces

healthy habits.

We all have bad habits,

but learn what herbs

and spices do.

You know,

get a lot of turmeric

or curcuma,

depending on,

you know,

where you live.

get some,

you know,

detox herbs

and spices.

It's basically like

molds and algae,

really,

but,

you know,

learn what works

and stock up

on everything

that you can.

You know,

band-aids,

you know,

first aid stuff,

whatever you can.

Antibiotics,

you never know

what the future holds.

Stock up,

prepare,

prepare to endure,

practice,

you know,

in the elements,

practice in the rain,

you know,

don't be afraid of the rain,

don't be afraid of the snow,

don't be afraid of the cold,  
don't be afraid of nature,  
inconvenience yourself,  
practice,  
you know,  
how you would sleep  
in a,  
you know,  
outside in a cold day  
in your car,  
you know,  
preferably during the daytime.

No heater,  
no nothing,  
just you in the cold.

You know,  
if it's 50 below,  
I mean,  
you know,  
you probably don't want  
to try that,  
but,  
you know,  
when it gets down  
to around freezing or so,  
or a little below,

try it out,  
see how long you last,  
see if you can last  
a whole day outside  
in the cold,  
in your car somewhere,  
and,  
you know,  
it'll be,  
it'll be an experience  
that you can  
fall back on  
in the future  
if things get tough.

So,  
it's not wasted time,  
there's nothing wrong  
with pushing yourself  
and training yourself,  
but if you get  
too comfortable,  
too lazy,  
too weak,  
too fat,  
too slow,  
too dumb,

then,  
you know,  
you're just asking  
for trouble  
if things get tough.  
And by the looks of it,  
things will get tough  
and things will  
definitely get tough  
if you engage  
this enemy.  
And so,  
you have to prepare  
to be discriminated  
against,  
to be scourged,  
to be,  
you know,  
beat up,  
to have things  
taken away from you,  
to be put on the  
back of the bus,  
to be denied  
a library card,  
you have to be,

you know,  
ready to be facing,  
you know,  
things that you never  
thought you would face.  
Period.

You have to prepare  
mentally,  
physically,  
and spiritually  
for what's coming.

You know,  
you pay attention  
to,  
you know,  
what David was saying  
in the Old Testament.

There were many times,  
you know,  
he thought it was the end,  
it was all over,  
you know,  
you could tell  
he went through  
a lot of tough times  
and a lot of these people

in the Bible  
went through a lot  
of tough times,  
just about everybody did.

So,  
I mean,  
even if you're not  
going to be a Jedi  
or a warrior,  
being a Christian  
is enough.

And so,  
you're going to have to,  
you know,  
prepare yourself.

If you're not facing  
tribulation,  
you're not doing it right.

So,  
you know,  
nowhere in the Bible  
does it say that  
you're going to have  
a fat,  
lazy lifestyle  
and you're just

going to get off easy.

So,

it is what it is.

Deny yourself,

carry your cross,

endure until the very end.

It's only those

that endure

until the very end

that will be saved.

Otherwise,

you're going to fail

and you're going to,

you know,

and you're going to

get taken out.

In any case,

you know,

we're all going to

get taken out eventually.

But it's not just about,

you know,

whether you win or lose,

it's how you play the game.

So,

you know,

you don't want to go out

like a wuss.

There's no crying in baseball

and there's no crying in war.

And so,

you're going to want to,

you're going to want to

capitulate,

you're going to want to surrender,

you're going to want to compromise.

You've got to work on that.

That's why you have to

build endurance.

And trust me,

everybody's going to face

a time when they're going to,

you know,

they're going to say

they've had enough,

they can't do it anymore.

They're going to get on

their knees and pray

and that's just when you

begin to start fighting.

So,

that's the mentality

you've got to have.

Never surrender.

No fear.

Never give up.

We're in it to win it

all the way until the very end.

That's it.

We're up against a fierce enemy

like a rabid dog.

So,

you've got to put your

big boy pants on

and you've got to get ready for it.

Because it's coming.

Until the next time.

If you're listening to this,

you are

the resistance.

to guns.

We're going to bother and

let's do it.

Let's do it.

Oh,

ah,

Thank you.

Thank you.

Thank you.

Thank you.