

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## BRAINWASHING ON THE HIGH SEAS

### China's Maritime Plan To Control The World's Economy

By Jason Hanson

*Former CIA Officer*

The *Libra* is a container ship sailing under the flag of St. Vincent Grenadines. In September, the ship arrived at the German port of Hamburg with containers stacked high on the deck. But containers were not the only thing the ship was carrying.

The *Libra* also carried members of the Communist Party of China. In addition to the politicians on board, the crew of the ship had to declare their loyalty to the CCP. The ship is one of many that the Chinese operate to expand their control on worldwide shipping. These ships clearly cause concern that China is using them to carry out economic espionage.



The *Libra* and similar ships are registered with the Chinese COSCO Shipping Corporation. The Chinese government-controlled ships operate at least 100 ports around the world. This includes ports where Chinese companies have already heavily invested financially. Some of the ports where COSCO operates are in the U.S. such as Miami, Long Beach, and Seattle.

Some people defend Chinese investments because China is the world's biggest exporter. They say it would be reasonable for China to invest in shipping ports around the world. But, of course, we know that Chinese companies are controlled by the government and they plan

to use these ports for political and military purposes. This is already happening to a degree. The fact is, some ports where China has made investments have allowed Chinese navy ships to port. The more China invests in ports around the globe, the more control it will have.

First, as I mentioned, COSCO is a Chinese government-owned shipping company and the biggest shipping company in China. They control the majority of the shipping market. Since they have so much control over Chinese shipping, they can use this to influence foreign ports. For instance, COSCO could say that if you don't allow them to be a partner in the port, they will

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stop Chinese goods from coming altogether. So, the country where the port was located would lose all the Chinese exports coming into the country.

Because COSCO has a lot of power and influence, they can bully the ports into allowing them to make financial investments, leading to more Chinese influence that can't be stopped.

Next, there is the requirement for loyalty. By law, Chinese citizens are required to work with their government's intelligence service. This mandate extends to the ships owned by the Chinese government. So, the crews on board these Chinese-owned ships must declare their loyalty to China.

These ships often host gatherings of political leaders and crew members. There are video screens on the ships that share messages from China's leaders. They are constantly educated on the success of the CCP and told not to trust outsiders. Crew members must

attend political study sessions on the ships and are subject to political discipline. The crew is devoted to the Chinese government, which means they will do anything for them, including spying.

Finally, port operators handle large amounts of data. This includes supply chain information that could be beneficial to the Chinese government, so they can control and manipulate the supply of goods around the world.

As China invests in ports, they are creating power and leverage to control global trade. Just like the Chinese government controls the crew members of their ships, they could control every aspect of shipping ports around the world. When they gain control over global shipping, they get leverage over the global economy. This is just one more reason to work towards making yourself as self-reliant as possible and insulating yourself from China's attempts at complete global power.



## Rothco Concealed Carry Jacket

No matter where you live, you should have a quality winter jacket. But you need to remember that if you carry a gun daily like I do, your coat can affect the way you concealed carry. So, the Rothco Concealed Carry jacket is worth taking a look at.

The Rothco has a polyester waterproof outer shell and a lightweight inner fleece lining. The three-layer design keeps you warm and dry by deflecting wind and wicking away water. It also features a drawstring waist, adjustable wrist cuffs, and a detachable hood.

The jacket has concealed carry pockets for different types of handguns. There are hook and loop closures on both interior sides of the jacket, which will work for both right and left-handed draw. There are also two hook and loop closure magazine pouches on each interior side of the jacket.

The Rothco also has zippered pockets on each shoulder, a forearm pocket, two front slash pockets, and two back pockets. Brass two-way zippers allow for easy access to your pant pockets or to an inside-the-waistband holster. The Rothco Concealed Carry jacket comes in black, navy, coyote brown, and olive drab. Size options range from small to 5XL.

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# MODERN DAY GOLD RUSH

## Record Buying Could Push Gold To \$4,000/oz.

By Forest Hamilton  
*Universal Coin & Bullion*

When things in the world get shaky, people reach for something solid and nothing is more historically, emotionally, and societally solid than physical precious metals. But the price of gold and silver haven't risen in today's uncertain times.

While the vast majority of certified coins I recommend have increased over 20% per year since 2020, gold and silver bullion are down over 15% and 40% respectively from their 2020 highs.

There are many reasons why gold and silver prices are down, but I believe the primary reasons are the incredulous rise of the U.S. dollar, the falling stock markets, and price manipulation from some very big players. While I don't have the space to dig into each of these in detail, here are the Cliffs Notes:

As the Federal Reserve has turbo charged interest rates in an effort to wrangle sky-high inflation, they have caused the U.S. dollar to spike over 17%. When the dollar rises, gold historically drops as U.S. Treasuries soar. When the stock market falls (or the consumer confidence index wanes) people tend to sell off their paper gold (Gold Exchange Traded Funds and stocks) to offset their other stock losses, in turn, hurting the price of gold.

Regarding price manipulation, JP Morgan recently paid a billion-dollar settlement and admitted that they had multiple traders manipulating the price of gold and silver for over a decade. But according to many of the world's most well-known traders and

financial institutions, things are about to change in 2023.

Ole Hansen, the respected commodity strategist at Denmark's Saxo Bank, says it is possible for gold to get over \$4,000 this year. His primary reasons are a "war mentality," rising deficit spending, a possible 2023 global recession and global inflation.

Hansen says the Federal Reserve will reverse course and end its cycle of tightening early this year, followed by actually pouring liquidity back into the system late in the year. He feels this will drive gold significantly higher and "sees gold slicing through its double top near \$2,075 as if it wasn't there and hurtling to at least \$3,000 in 2023."

The U.S. dollar is in danger of losing its global reserve currency role and no other paper currency is ready to take its place, so global central banks are on a gold-buying bonanza. In the third quarter of 2022, central banks purchased around 400 metric tons of gold — over \$20 billion worth. That is the highest central bank buying figure in over 50 years of record keeping. The majority of buying is from Asia, with Turkey, India and China. If the biggest and most powerful countries in the world are acquiring gold at a record pace, their citizens won't be far behind.

All this news is causing a stir. I have received more calls from friends, family and clients in the last few weeks about gold exploding than I can handle. Plus, new investors are also calling me in droves. These new investors have

a starkly different mentality than I am accustomed to seeing.

Typically, people start out by dipping their toes in the gold and silver market with small purchases to see how the process works. But today, because there aren't many other viable investment options, there is a higher sense of urgency and a much higher starting investment figure. More clients are starting with six and seven figure investments over the past 12 months than the rest of my career combined. With inflation insanely high, people are guaranteed to lose if they leave their money in banks. As the consumer confidence

index continues to fall, people are pulling large chunks of their wealth out of the stock market, even at a loss.

**"When the dollar rises, gold historically drops as U.S. Treasuries soar."**

With a recession looming and interest rates rising, real estate is less appealing. When you put all of these factors together, you get an algorithm for increased gold buying and consequently, rising prices. Make sure you take the time to acquire some physical gold and silver now, if you are able to.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthamilton@universalcoin.com](mailto:foresthamilton@universalcoin.com) or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

# HOW TO KEEP PERISHABLES ALIVE & PARASITES AT BAY

## Survival Hacks For Storing Food Without Power, Refrigeration, Or Ice

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Last month, I shared some simple ways to use a cooler for survival if the power is out long-term and you need to keep food and supplies cool for as long as possible. But what if you're stuck in a survival situation and you don't have refrigeration, ice, cold packs, or even a cooler?

Thankfully, you can still keep your perishables from going bad too quickly with this list of outside-the-box survival cooling tricks. So, let's dive in. I call this first tip the Swamp Cooler. If you don't have ice, you can still use your cooler to keep perishables

fresh, you just need to take a few extra steps to make sure it doesn't heat up too quickly. You can leave the cooler top open, place a wet towel over top, and make sure it's in the shade (a breeze helps, too). This set up acts like a swamp cooler system and will keep items cool.

Next, you can make a Zeer Pot. This is an ancient, but highly effective way of keeping food cold based on the principle of evaporative cooling. To start with, you'll need two unglazed ceramic pots. One of the pots should fit inside the other. Other than that, you will need some sand and water.

Fill the bottom of the larger pot with some sand. Then place the smaller pot inside the larger one. Fill the gap between the two pots with more sand and pour the water into the sand to make it wet. Lastly, cover the pot with a piece of wet cloth or towel. Now you can start storing food items inside it. Make sure to keep the sand wet, as this is the water that evaporates and keeps the pots cold. Place the pot in the shade to prevent heating from the sun's rays. Keeping it in a windy area will also assist the process of evaporation.

If you need more room than a Zeer Pot, an Evaporative Cooling Box is bigger, and works on the same principle of evaporative cooling. The box frame can be built out of scrap wood or bamboo. The side walls can be made from screen or wire mesh for better air circulation. Just add the number of shelves you need. The door can be made from a separate structure and hinged to the top or the side of the box. The

food is kept on trays and the whole structure can be placed on a tray of water. As the water evaporates, it cools the box. The box can be covered by a piece of cloth. Next, wet the cloth and secure it with some clips.

**"If you need more room than a Zeer Pot, an Evaporative Cooling Box is bigger."**

Running water has been used for centuries to keep food cool. Having a small stream or the runoff from melting snow flowing

through your property can be a big plus. You can use it to keep food items cool. Make sure to put your food items in a container so fish or other aquatic creatures can't reach it, and to prevent contamination of the food from polluted water. You may also need to tie down the container to prevent it from being carried away by the current.

Smoking jerky or drying food is a great way to preserve it long-term, and it's fairly easy to do. If you are smoking meat, you can either make drying racks or place makeshift racks over a smoky fire. Cut strips of meat and drape them over the racks and let the smoke from the fire do its thing. You can also cover the racks using hides or cloth to better capture the smoke.

Drying food can be done by leaving it out in direct sunlight and drying it over time. You can also do this with meat, but I prefer smoking it. (It is great for fruits and vegetables for sure.)

Storing food without a refrigerator may sound impossible at first. But using these simple methods, you can keep your emergency food supply fresh for longer.





# YES, BIG BROTHER REALLY IS WATCHING YOU

## How Government Spies Leverage Your Own Behavior Against You

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

Uncle Sam sent me to find and track a man I had never seen. I didn't have a photograph of him or even a decent description. All I had was a record of his movements, the people with whom he associated, and scattered facts. The information we did have came from listening to his phone calls, tracking where he made the calls, who he called, and when he made the calls. The good news for me was that was all I needed.

Within two weeks of being in the city where he was operating, I found him, developed a full identification of him, confirmed him as the target, and prepared a mission plan for the action phase.

How I found him should be of great interest to you. You see, he was a gray man. He'd evaded identification and capture or kill because he was smart and good at avoiding threats. He blended in and was camouflaged by immersing himself in common behavior, clothing, and movements. Satellites could not pick him out of a crowd. However, we had a plan to shake things up, and once I was in position in the city where he operated, we initiated the flush-out plan.

We used to say that if you can make someone suddenly go "dark," that it makes them shine like a bright star on the watch list board. So, we leaked that an American operator was on his way down to find "Jackal." In response, he changed his behaviors. The sudden change allowed me to spot the deviations in who was where,



changes in movements, travel, and other factors that made him stand out like a sore thumb. His deviations made him observable to me and our intelligence-gathering systems.

I am a spy. I have been a spy all my adult life. It was my first job and my life-long career. So, I know a great deal about espionage. I have developed expertise in almost every sub-field of espionage — electronic surveillance, human exploitation, sabotage, cyber infiltration, tracking, tagging, monitoring, and analysis. The list goes on for decades of day-in-and-day-out espionage at the highest levels of the US intelligence gathering apparatuses and organizations.

However, I am not bragging. In fact, I am expressing that I have a very narrow niche of life experiences. I do not know how to rebuild an engine, cook a gourmet meal, operate a CNC machine, perform surgery, farm, or even safely operate my smart TV.

But my comprehensive training

and experience in international espionage have provided me with useful skills and knowledge that have recently been in great demand by American patriots. So, here is something you need to know and understand. Pattern analysis is what they will use to find and track you. Your habits create a very easy-to-read map and narrative of your entire life (including your attitudes, investments, voting, family, friends, crimes, secrets, plans, and beliefs).

In fine, here is how it works. By building a map and storyboard with the information you inadvertently sprinkle everywhere every day, very clear patterns emerge. Then they use pattern analysis as a key component of trajectory tracking and behavior prediction. The objective is to be on the watch for deviations to the patterns that you have established over years of your conversations, movements, purchases, travel, affiliations, postings, banking, and every other observable and measurable activity.

Here is the kicker. The government uses "Traffic Analysis" (not traffic

as in cars, but traffic as more broadly defined as interactions) to identify and track threats. The government looks at threats like a school of fish and the government is the fisherman. They are watching the school move and can predict, based on massive volumes of data collected over decades, how, when, where, and why that school moves. What catches the eye of the fisherman is the deviant — the fish that separates itself from the school.

Right now, in America at least 50% (and more like 80%) of Americans are fed up with the shenanigans, corruption, decaying morality, and festering leadership of our country - and in some cases our local and state governments.

People who feel that way, talk that way, visit with like-minded individuals and groups, purchase items consistent with that view, attend church, pay tithes, watch YouTube or Newsmax, are overheard by Alexa, Siri, On-Star, their phones, TV, laptops, or tablets, or in any way reveal their general dissent with the present administration and direction of our nation, are the school of fish.

And that is okay. Just don't be the

single fish that guys like me are looking for. If you are going to abandon the school, do it with planning and intentionally masked movements. Slowly move into position and have a plan of when and where you will exit. Do not suddenly go black, or dark, or whatever cool spy term you want to use. Small changes over long periods of time will mask your intentions.

When you feel the time is right, which must be before the government uses a net to catch the entire school of fish at once, be extremely discreet in your changes. If you simply stop doing the things that our large school of fish is doing, you become a target of opportunity. You often read and hear the phrase "Gray Man", and while I usually see that term misapplied, in this case, you really want to be the Gray Man, not the single fish abruptly leaving the school.

The software and human analysts are overwhelmed with data. They are programmed and trained to look for radical departures and sudden deviations. Don't be the bright star on the watch list board. Begin your subtle maneuverings today and be ready to slip into

some obscure and low-observable position when the time arrives.

Move to the outer edges of the school of fish and pre-position yourself with your plan on how, when, and where you are going to quietly disappear. The best way to avoid exposing yourself through sudden and radical changes is to build your escape route slowly and gingerly while they are watching the crowds.

Just like pilots are trained to look for landing spots during the entire flight should an emergency requiring immediate landing arise, you need to be like spies who are constantly looking for ways to escape without being noticed. Be keenly cognizant of your own behavior and be aware that if your friends and family can detect your changes, then so can some spy at any of the three-letter agencies.



## **SAVINT**

### **YOUR MONTHLY SAVINGS INTELLIGENCE**

This month, you'll want to grab our Spy Blade XL, which recently came back in stock. The Spy Blade is also available at a new low price. I have one of these in every bug out bag I own. The last time I used it was when camping to help with getting kindling and moving some logs around the fire. Check out the Spy Blade plus the new training video at [www.FightingSpyBlade.com](http://www.FightingSpyBlade.com).





# THE TRUTH ABOUT THE FOUNTAIN OF YOUTH

## 3 Tactics to Optimal Health

By Dr. Omar Hamada  
*Special Operations Physician*

Many continue to seek the magical and elusive “Fountain of Youth” in an effort to live as long as possible while looking like a 35-year-old. As a result, health fads pop up almost every day. Some are based on good science, though most are not. Many have robust marketing campaigns focused on targeting specific market segments in order to create massive revenue. In fact, the supplement industry alone is a multibillion-dollar machine.

Browse social media any time of day and you'll get inundated with one advertisement after another of how to look like Arnold Schwarzenegger in 6 weeks, how to regrow all the hair you've lost over the last 10 years in just 6 months, how to lose 100 pounds in 1 year, how to bring back your libido, how to live to age 120, and on and on. Doctors, health coaches, products, supplements, programs, and body builders constantly beg you to click on their link and try their product or program with promises of eternal youth, vitality, and strength.

If you remember nothing you read today, remember what I'm about to tell you. There is no one thing that will give you back your health,

your looks, your energy, or your libido. There's not one magic thing, but there are several things that can, in fact, do just that.

Allow me to illustrate with a story. Before the pandemic, I ran a firearms training company. I hired only tried and true combat veterans from Delta Force, the Navy SEALs, the US Army Special Forces, and the CIA who had spent a good part of their career getting shot at and shooting back. Their mindset is much different than even the best technical shooters who have only shot at paper or metal targets on a one-way range.

During one of our first week-long intensives, we went from nuts to bolts, teaching tactical shooting, mindset, situational awareness, first aid, hand-to-hand combat, improvised weapons, legal implications, cybersecurity, and home security. We ended with a timed, stressful live fire exercise. After every student had been run through with an expert, combat-tested, tip-of-the-spear instructor, we held an after-action session where we wrapped up the week and answered questions from our students.

One student, I'll call him Chris, raised his hand and asked, “*You guys are all incredibly high-speed. We'll never match your skill, but how do you suggest we get just a little 'high-speed' like you?*” One of my cadre, who'd spent a decade at Delta, stepped up and said, “*I'll take this one.*” He responded, “*We're not high speed. We're no different than you. We're just ordinary guys. But what we are is the very best in the world at the basics.*”

Of course, he was being incredibly humble, but he was right. The most important thing in those situations isn't being able to flip through the air like a ninja while firing behind your back and under your leg with 100% accuracy. He reminded me of Vince Lombardi's famous quote — “*Gentlemen, this is a football.*”

In your health journey, there will be many amazing products, some of which really are quite good. However, most will have limited benefit. What I want you to remember is that for optimal health, disease reversal, longevity, energy, libido, weight loss, or whatever your goal, the most important thing is to nail and master the very basics. Everything else comes after that. The best whiz-bang tech or program is no good if you don't nail the basics.

What are the basics of health? Three things — 1) Rest and recovery, 2) Nutrition and diet, 3) Exercise and activity. Why? Because they do three primary things that improve your health. They 1) reduce oxidative stress in your cells, 2) decrease inflammation in your body, and 3) improve immune system function.

What is optimal health? It is also three things — 1) optimal physical health without pain and disability, 2) optimal cognitive function with strong memory and processing ability, and 3) a healthy emotional and spiritual state that gives you peace and joy and enables you to contribute to those around you. Without any one of those three, you're not truly healthy. So, remember, start with and master the basics then branch out and try the other cool products, programs, and supplements.



# SELF-DEFENSE TRAINING OPPORTUNITIES IN A RECESSION

## Clever Ways to Obtain Training Gear

By Matt Numrich  
*Head Instructor Of Spy Black Belt*

With the impending recession bearing down on us, the one thing you should not cut back on is your safety and security. So, whether you've been training for years or are just getting started, here are a couple of tips and methods to help you train inexpensively, while still building and maintaining your personal safety skills.

First, the government charges tire companies to dispose of used tires and this gives you an opportunity to get some free equipment. Simply ask these businesses if you can have one, four, or even six used tires. You can either stack them up to make your own heavy bag or hang one to use as a moving target to practice your punches or weapons strikes against.

Second, flooring companies are constantly pulling up old carpet from homes and replacing it with new stuff. Ask these companies if the next time they pull up decent used carpet they'll let you take it. Then, cut several bigger pieces from the carpet and make your own padded surface for grappling or throws, if those moves are in your training.

Here's another idea: As someone who values self-defense, one of the first things you should always be doing after you either sense a threatening situation could happen or you are attacked, is to be aware of any improvised weapons you can use to defend yourself. Since you have no clue when or where you will be attacked, the variety of weapons within reach could range from a beer bottle to a broom, a folding chair or scrap piece of metal. Each "weapon" will have its own weight, balance, length, and size.

My advice is to look in your own trash or neighbors' trash and simply



observe what you could randomly use in a fight. If it's not too disgusting (or you're wearing gloves), you can pick up the "weapons" and pretend to defend yourself with them. By doing this you'll gain quite a bit of knowledge and have fun. This unique training session can build your awareness of what you can use while also teaching you "how" to use a variety of weapons.

Never underestimate the most economical training equipment: Other humans. Fancy weight machines and the best heavy bags aren't as important as having another person to practice moves and experiment different real-life scenarios with.

These "training dates" are free and can be fun. Partner up with someone to go over previous instruction you might have gleaned from books or videos.

Additionally, when you're on a budget, sticking to the fundamentals in any kind of training is key, and the same goes for self-defense. And although this next point won't necessarily teach you how to throw a punch better or learn a new knife disarm, it is just as important. I've written previously on the importance of good physical conditioning, and with that topic you can't get more fundamental than walking or running and calisthenics.

It is easy to get distracted by fancy gyms and the "flavor of the month" workout programs, but keeping it simple is often the fastest way to progress, and the most economical. Here is an example: Run or walk one mile, and every quarter mile do ten push-ups and ten sit ups.

The best part is, this simple circuit can be tailored up or down based on your abilities, fitness, injuries, etc. So, if you can't jog, then walk. If you can't go a mile, start with a quarter mile, etc. And if all that gets too easy, you can try two miles, do 25 reps of push-ups, sit ups and jumping jacks and pull ups every quarter mile, then repeat the whole cycle when you get back. By using your imagination and your body, you can get in good shape for free.

If you want some free equipment to spice things up, you can find a park or jogging path that has simple fitness equipment on it and use that. We're not talking about being complex here, as you can see, but the point is to add on to the reps and distance every week.

This may seem simple, but you can get fantastic training and work done for little or no cost if you use just a pinch of imagination and ingenuity. There's no reason to let the economic downturn rob you of your ability to remain sharp with your self-defense.