

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

MY THOUGHTS ON 2025

The One Big Threat I'm Worried About This Year

By Jason Hanson

Former CIA Officer

Since we're barely into 2025, I want to share my thoughts with you on the coming year. As a newsletter reader, I want to tell you the threats we need to pay attention to and share what I'm personally doing. I'm going to spitball now and this will be in no particular order.

I think a big threat this coming year is going to be terrorist sleeper cells. There are so many terrorists and foreign intelligence officers that came through our open borders thanks to Biden. They have been planning and preparing and I'm afraid the attack may happen this year. I certainly hope I'm wrong. But they hate Trump for how strong he is and they would love to thwart his presidency.

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This is one of the many reasons I no longer live in a big city and why I got out of the Washington, DC area years ago. I don't want to be near any major city or landmark that is attractive for terrorists to hit. I can see a suicide bomber detonating himself in our nation's capital or New York City. If there were a group of suicide bombers all over the country, it would bring this nation to a halt. Again, I pray that something like this never happens.

On another note, even though I don't live near any large city, a blackout can affect millions and cascade across the country. That's why I just bought a new generator. As of right

now, I've got my Honda gasoline generator, two propane generators, and four solar generators. You may not need that many, but make sure you've got your generators in order.

One thing that definitely won't change this year for me is my investment strategy. I'm still going to invest in gold, silver, platinum and real estate (if I come across a good piece of property.) It drives me nuts when people tell me they aren't worried anymore since Trump is president. Although I'm certainly glad he's president, I don't change my investments just because a certain person is in office. I keep chugging along and investing, and

I think everyone should continue to invest with whatever amount of money they are able to put away.

Another thing I'm going to focus on this year is my garden and planting more fruit trees. As my wife likes to remind me, I didn't do a very good job of this last year and definitely need to step it up a notch in 2025. Don't forget, even if you don't have a lot of space, you can still grow a decent amount of food in small spaces. Perhaps consider doing a garden this year.

Exercise is another focus I want to improve on. I currently exercise five days a week and do mostly weightlifting. (If you look at me, you can't tell that I lift weights, but I promise you that I do.) The part of exercise that I need to do more of is cardio. I hardly ever do cardio these days and I need to change that.

Back in the day, I did a ton of cardio. Get this: I lived in Baltimore City, MD when my wife was going to law school. We lived in the inner city. I used to go running every single morning all throughout the inner

city in very dangerous places. It was a foolish thing to do and I certainly wouldn't do it these days.

Let's talk about training. Just like I continually invest in gold, silver, etc., I also continually train. I do have several training classes that I am teaching in 2025 such as the Ultimate Spy Week and Spy Dangerous. But I always go attend other people's training in order to continually learn. So, I do plan to look for some new instructors that I haven't trained with before and take some classes in 2025. For some reason, I really want to take a shotgun course. Not sure why, but this is one of the classes I'll probably attend in the coming months.

Lastly, we'll cover one of my favorite topics: Gear. I love gear and will continue to stock up on supplies to make sure I've got backups to all the important items that my family needs in a crisis (hence the multiple generators.) One piece of gear that I might get is the Unplugged phone. I am still researching it and I don't have all the facts yet, but I am looking into it. The Unplugged phone is supposed to be a more secure way to communicate, which certainly appeals to me.

Before I go, I sincerely hope that you have a wonderful 2025. I hope that it's filled with joy and that you're able to accomplish all the things that you set out to do. If I can help you in any way, please reach out to me and let me know.



"The Unplugged phone is supposed to be a more secure way to communicate."

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Alien Gear Shapeshift Backpack Holster

If you need to bug out, wearing a pistol on your hip might not be comfortable since you will also have a backpack on. Another option you could consider is the Alien Gear Shapeshift Backpack Holster. The backpack holster is not custom-made or permanently attached to the backpack. In fact, the backpack adapter from Alien Gear can be attached to any pack with shoulder straps and provides quick access to the holstered firearm.

The holster has two parts. It comes with an inside the waistband holster base and a shift shell, which is mounted to the backpack adapter. The shift shell encloses the handgun trigger guard and muzzle, and the holster is made of a polymer blend that is injection molded for specific handguns. The weapon retention is a thumb release that can easily be pressed even with gloves.

The holster attaches at a single point and is designed to withstand hundreds of pounds of torque. The backpack mount attaches to backpack straps between 2" and 3.25" wide but works with most common sizes.

The holster is available for many different guns, including Glock, Sig, Ruger, Kimber, and other manufacturers. For people who don't like to pocket carry, this is a solid option worth checking out.

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WHY EVEN UNDER TRUMP, GOLD PRICES COULD SOAR

"Mr. Wonderful's" Midas Touch

By Forest Hamilton

Universal Coin & Bullion

I have fond memories of sitting on the couch with Taylin, my 8-year-old daughter, watching Shark Tank. We both agreed if we ever had an idea good enough to bring on Shark Tank that we would want Mr. Wonderful to be our business partner because he only invests in the businesses that he believes will be successful.

Many of you may have heard about when I made a bold promise to Taylin that I would find a way to be on Shark Tank within one year. I was attempting to show her that anything is possible, and a person exponentially increases their odds of success when they make a commitment and dedicate themselves to fulfilling that commitment.

I had no way of knowing how I would find my way onto the show, but 9 months later, I had the distinct pleasure of filming a follow-up episode with Jason at the amazing Spy Ranch.



We filmed with the Shark Tank crew for around 15 hours, and I was on TV for all of 15 seconds, but sitting on my couch with Taylin and her seeing my face on the TV screen on our favorite show was a moment I will never forget. As a 17-year-old about to enter the world, she truly believes she can accomplish anything with the right mindset and the right network.

"It's not as if our national debt is going to magically disappear."

The story you don't know is what just transpired. You see, a year ago my company decided to start looking for a new partner that could take our growing business to the next level. We already had "America's Gold Expert" Dr. Mike Fuljenz as our President, but his proven strategy and 70+ awards over 40 years meant very little to an audience that wasn't paying attention.

We needed someone to get the world to listen, because if they would listen, our track record would speak for itself. We narrowed the search down to a handful of "influencers" but kept coming back to one man: Kevin O'Leary.

The problem was that we didn't want an influencer, paid spokesman, or pitch guy. We wanted a partner, and he had never partnered with a gold company.

For many months, we discussed how this partnership would work. He sent his team to our offices in Texas poking and prodding and dissecting our strategy, our numbers, our staff, while we worked to make it clear we weren't looking for an actor, we wanted someone invested in us and our clients.

Well, it happened! Mr. Wonderful

has officially partnered with us. Here was his first public statement, "Knowing what makes a smart investment is my job. I believe everyone should own some gold as a hedge against inflation and for portfolio diversification."

So, how does this affect the gold and silver markets, and most importantly you? Well, a lot of people might think that since Trump is in office they shouldn't be worried and don't need to invest in as much gold and silver as they have in the past. But that couldn't be further from the truth.

It's not as if our national debt is going to magically disappear and it doesn't look like we're going to have a massive drop in prices. In other words, the smart folks I know are still investing in gold and silver as much as they are able to. They are continuing to be diligent, and they understand that no matter who is president, gold is still a solid investment. So, my advice for this year would be to stay steady and keep adding to your precious metals portfolio. You'll thank yourself a few years from now as I believe prices are going to continue to climb.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at 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.]

THE ONE THING YOU MUST POSSESS TO SURVIVE EMERGENCIES

My Dance With Death In The Frozen North

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I spent 25 years in the Army, survived 2 wars, SERE School, Thai Ranger Survival, earned my arctic survival certification, and survived 206 days of "Naked and Afraid" challenges, but nothing compares to the 72 hours I spent stranded 50 miles from civilization.

The morning was crisp, about 25°F, with the wind chill taking it down to 5°F. I was reconning the area for an upcoming course I was developing. Three hours into my ride, my snowmobile started making strange noises. Then... nothing. Dead in the snow. I had no cell service, no GPS signal, just my basic cargo pocket survival kit. This is where 25 years of military training kicked in.

First rule: don't let the situation control you, control the situation. The sun would be setting in about four hours. First priority was shelter. In these conditions, you need something fast and effective. I spotted a fallen spruce creating a natural lean-to. Using my tactical shovel and the techniques I've perfected over decades of survival training, I created a snow wall on three sides and reinforced the spruce lean-to with smaller branches.

But while building this shelter I noticed wolf tracks. Fresh ones. Wolves in the winter are desperate, hungry, and hunt in packs. As darkness approached, I needed fire. It was the one thing standing between me and freezing to death. My hands were shaking from the cold, but muscle memory from thousands of fires took over.

I always carry a ferrocerium rod tied to my jacket with paracord and don't always trust lighters in extreme cold. Using birch bark I'd gathered, and some char cloth from my kit, I had a flame going in minutes. I gathered as much deadfall as I could find and processed down firewood into smaller pieces to dry out faster and burn.

I always carry a stainless-steel single-wall water bottle, and I found icicles hanging from branches that I broke off and stuffed into the bottle. I placed it near the fire to melt them down for drinking water. Always use ice for water as it is better than melting snow. Ice is made of 90% water and 10% air.

The wolves started howling around midnight. They were really close. I kept the fire roaring and used my survival knife to fashion a spear and then fire hardened it. It was all I had to defend myself. That first night was a test of will. Every crack of a branch had me on high alert. The wolves circled but never approached, as I was certain the fire kept them at bay.

Day two brought new challenges. The wolves seemed to have left, likely because the temperature dropped even further. My food supplies were limited, but I made pine needle tea which is packed with Vitamin C and helps keep you warm from the inside out. I set up snare traps using paracord. I prefer snare wire but was without for this trip. So, I made do with paracord in hopes of snaring a rabbit or squirrel.

I also had a few hooks in my kit and went down to the stream after



finding some bait and set a few drop lines. Always try to increase your odds when it comes to food.

By day three, I had established my routine of: maintain fire, check traps, gather wood, watch for rescue. One of my snares caught a snowshoe hare, not a feast, but enough protein to keep my energy up.

Rescue came late on the third day. Always share your intended plan with someone when heading into the wilderness. Make sure they know your planned route and leave a highlighted map with them. That way, if you don't show back up as planned, they can alert the authorities.

Good thing I did, as a search and rescue team spotted the smoke column from my fire. I had also tied an orange reflective vest high up on a long pole near my camp. Looking back, what saved me wasn't just the technical skills, it was the mindset I've developed over decades of extreme survival situations. The strongest survival muscle is the one between your ears. Stay trained, prepared, and most importantly, focused. Don't forget to have a bug out bag or some survival kit close by too, and especially, make sure it has a good firestarter such as Swedish Firesteel or some other type of ferro rod.

PRACTICING YOUR TRAINING AND PROTOCOLS FOR SURVIVAL

Death At 35,000 Feet In Just 15 Seconds

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Our combat mission had us inbound to the target at about 38,000 feet and about 600 mph, right smack through the cozy heart of potential CAT. In airborne operations vernacular, CAT stands for Clear Air Turbulence. It is a weather phenomenon that affects aircraft flying at high altitudes.

CAT is rare and equally unpredictable and unavoidable. It can be minor or it can rip an aircraft apart. The effect is violent and abrupt jerking and jostling of the plane. This is caused by wind shear that occurs along the connecting edges of cold and warm fronts combined with a dose of jet stream wind shear.

It's an invisible threat. The sky is clear and there are seldom any indications that you are about to experience severe wind shear. Guys who had experienced surviving both enemy shootdowns of their aircraft and severe CAT told us that the two events were nearly indistinguishable in the first few seconds.

During this mission, I was just standing up from my 'position,' a colloquial term used to describe a certain seat assigned specific duties at a particular console aboard a combat aircraft. I was suddenly thrown up against the roof of the airframe with such violent force that it knocked the wind out of me. Next, I was tossed against the exterior wall as the aircraft rolled. Then, I was slammed into the floor as our aircraft caught an upstream that propelled us upwards at over 300 mph.

While it is very unsettling and dangerous for anyone onboard an



aircraft, the drama and dangers are magnified 100 times when you are flying a combat mission and in the range of enemy missiles. My comms cord was still attached, and while I was being bounced around like a ping-pong ball in a tornado, I heard, "We're HIT!"

Moments later, I heard the front-end crew (pilot, co-pilot, navigator) call out on the all-call aircraft comms channel, 'Negative, Negative, Negative. It's not a missile hit; it's CAT. I repeat, it is CAT.'

The problem is, once you have experienced such a violent event and heard or even thought that it was related to enemy action, your mind and body react as you have been trained and practiced so many times.

My crewmates were already donning their survival gear, adjusting the leg straps on their parachutes, and abandoning their positions as they queued up at the crew entry chute and emergency exit hatch.

We have checklists for these things (imagine that! The USAF has a checklist for getting shot down).

The first step is to don your oxygen mask. Preferably, you do this by connecting your helmet's O2 to either the ship's oxygen supply ports or by grabbing one of the many "30-minute bottles." There are several bottles about the size of a medium fire extinguisher and they are mounted all around the interior fuselage or crew compartment of the aircraft. They contain enough compressed air to provide at least 30 minutes of breathable air, regardless of altitude.

Remember, the air pressure inside a sealed aircraft cabin is generally set at the equivalent of about 8,000 ft altitude. This provides pressure to condense enough oxygen to keep you healthy with each breath.

However, any rupture in the airframe's skin or cabin will result in rapid decompression. You instantly go from a breathable atmosphere to oxygen being forcibly exhaled from your lungs.

It's like having a shop vac stuck down your throat. You will not be able to inhale any air. So, all you have to keep you conscious is the air that is already in your bloodstream

and in your brain. At an altitude of or above about 35,000 feet, you only have 15-30 seconds after rapid decompression before you go unconscious from hypoxia.

Each portable 30-minute bottle has an on-demand supply of air and has a selector knob for ‘OFF’, and a few altitude settings that you can use to deliver the proper amount of air pressure based on your altitude at the time.

You carry it like a football, and if something happens while you are away from your position, which has your O2 panel, you plug your helmet mask’s O2 hose into the bottle and select the altitude.

Additionally, each parachute rig has a built-in 10-minute O2 bottle for use during bailout. If we have to jump out at any altitude above 10,000 feet, we need a steady supply of O2 to keep us conscious so that we can deploy our chutes manually if the barometric sensor fails to open them automatically at the pre-set altitude.

We call the small tanks on our parachute rigs “Cherry Bottles.” The name comes from a rather impolite reference to the first and singular expenditure of something of great value. It is also painted cherry red. That’s the military for you.

We do not normally wear our O2 masks, even in combat, because we need freedom of movement. Our masks hang from one of their two bayonet clips. In an emergency that requires oxygen, a straightforward push of the mask onto your face while you insert the other bayonet clip locks your mask securely on your face.

The next step is to reach down to your O2 panel and move the selector from ‘OFF’ to either ‘100%,’ or ‘MIXED’. Those are the three options. We usually fly with them in the ‘OFF’ position and keep our masks dangling.

The O2 selector is important. During WWII, they only had the option of ‘ON’ or ‘OFF.’ If they connected to the O2 system, their masks received a strong stream of 100% oxygen. The amount of pressure provided to your mask is almost sufficient to force the air into your lungs. The forced air seeps out the exhalation valves even while you are inhaling.

Well, you can imagine how unhealthy that is if you are experiencing a cabin fire while 100% oxygen is swirling around your face and eyes. Many of our airborne predecessors died from burns sustained while having excess 100% oxygen blasted through their face masks.

So, because we might not know if there was a fire or a fire could erupt instantaneously, we were trained only to use the ‘MIXED’ selector on our panel. We practiced to ensure we only switched to ‘MIXED’ during training and emergency drills.

We communicated using headsets with boom microphones when we are not wearing our flight helmets. That is all I had on the day we hit CAT.

Imagine a cat being tossed in a kiddie pool. That was me trying to get back to my position and don my helmet so I could connect to the ship’s O2 supply. By the time I finally got my helmet on and reconnected my comms cord, we had cleared the CAT.

I was very thankful for the training, practice, reliable equipment, and proven procedures available to me. But at the same time, I could not help but empathize with my fellow airborne combat vets who had gone before me and had experienced the full dread and trauma of being shot down or having their aircraft ripped apart 40,000 feet in the air.

Consider some of your amenities, safety protocols, security systems, and the excellent lifesaving gear and equipment available to you and

your family. Learn how to use it appropriately and practice with it.

That includes fire extinguishers, trauma kits, firearms, and every other piece of gear or procedure that separates you from harm or death.

I never expected to actually have to connect my flight helmet to the ship’s air in under 30 seconds to stay alive. Beforehand, I considered it all just paid practice. It was fun and exciting, and I did not appreciate its true value.

Don’t allow yourself to be in a life-threatening situation that you could have prepared and practiced for but failed to do so. There’s no reason to go through the horrors of knowing someone you loved or were responsible for died or was severely injured because you hadn’t practiced or prepared to do the right things at the right time.

The time to train is now, before you find yourself or someone you love gasping for air. They don’t call it “Critical Training” for nothing. Do it. Start today.



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you’ll want to grab our Spy Blade XL, which recently came back in stock for the New Year. 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 XL plus the new training video at www.FightingSpyBlade.com.

TWO SIMPLE EXERCISES FOR THE BEST YEAR OF YOUR LIFE

How To Maximize Your Health In 2025

By Dr. Omar Hamada

Special Operations Physician

We're already a few weeks into the new year, and some people have made resolutions that are already broken, others have goals still to meet, and others have simply decided to take whatever this new year gives them.

Me? I've always been one to make BHAGs - Big Hairy Audacious Goals — and the plans to achieve them. You see, it's your planning, or lack thereof, that will determine whether you'll achieve your goals in 2025 or not.

So now, I'd like to briefly walk you through my process in the hope that it will inspire you and help you achieve your goals — particularly your health goals — this year. And even if you've yet to set any goals, this is still important for you.

First, consider your "why." I believe we were all created in the image of God and were created with a distinct purpose. Without a purpose, we have nothing to live for, so we must find and pursue our purpose. That is best done through planning. Sure, not all plans work out. But it's a certainty that if we fail to plan, we plan to fail.

When planning my year out, there are 7 areas I like to focus on — Financial, Relational, Spiritual/Emotional, Physical, Intellectual/Personal Growth, Cultural/Experiential, Professional/Career. There's also a Contribution piece that undergirds each of the other 7 - like a "tithe."

I like to remember what Stephen Covey said in his book "7 Habits of Highly Effective People" — begin with the end in mind. So, let yourself dream big and think of

where you'd like to end up, and then measure backwards.

If you want to achieve your goals, you have to plan in a disciplined way and then allow yourself to be accountable to those around you. One of my coaches, Dan Sullivan has a goal to write 100 books in 25 years - one book a quarter. When he first told us this (5 or 6 years ago), we all thought he was nuts.

But since then, he's written and published 1 book a quarter and is on track to 100 books in 25 years. Without a vision supported by a definitive plan and backed up with action, it never would have happened.

Do this with each of those 7 areas above — Financial, Relational, Spiritual/Emotional, Physical, Intellectual/Personal Growth, Cultural/Experiential, Professional/Career. And don't forget to give back. That's where the real power is.

One more thing. A year ago, I was introduced to the concept of choosing three words to focus on and drive my upcoming year.

For 2025, the first of my three words is: Discipline. Without discipline, nothing good consistently happens. When I first heard Mike Tyson's quote on discipline, I loved it. He said that discipline is "Doing what you hate to do but doing it like you love it."

Then I realized that though that may be true initially, once discipline becomes a habit, you love it as it provides guardrails, consistency, and safety. Discipline is necessary for exceptional results.

My second word for 2025 is: Organize. We live in a world with ever increasing loads of responsibilities, information, and opportunities. As these increase, so does confusion and inefficiency. Organization is essential to maintain focus and effectiveness. Whether we're dealing with processes, planning, physical product, or information, organization improves efficiency and singularity of vision and enables others to see more clearly from A to B. Organization minimizes scatter.

"I like to remember what Stephen Covey said in his book 7 Habits of Highly Effective People."

My third word for this new year is: Simplify. Clutter distracts, frustrates, depresses, and limits effectiveness. I need clean spaces in which to better create and produce. Clutter takes all forms - physical, emotional, intellectual, relational — and we collect clutter as we age.

I am in the process of ruthlessly clearing out clutter to improve attention, focus, and vision. Anything that contributes little or even nothing of value to the process of essentialism (however we define that for ourselves — doesn't have to be singular), is clutter.

These are powerful drivers. What are your BHAGs for this new year? If you haven't set goals yet, it's not too late, use this process.

Maybe the "three words" resonate with you. Choose three words to guide your year. Whatever you do, ensure that you focus on your health, and make your 2025 the best year ever. Remember, this includes getting plenty of sleep, eating healthy and exercising.

AMAZING ADVANCEMENTS IN FIREARMS MANUFACTURING

Should You Use 3D Printed Parts To Build Your Gun?

By GLASS FROG

Former Intelligence Operative

It's been more than a decade since 3D-printed guns started making the rounds. Back then, they were risky and inconsistent. You might have been lucky to fire one round before the gun fell apart. But these days, some might consider 3D printed guns more practical.

You've probably seen the security camera footage and heard all about Luigi M., the alleged killer of the United Healthcare CEO. Obviously, it was all over the news back in December. But one thing the media didn't talk much about is the 3D-printed gun used by the killer.

After Luigi was arrested, police searched his backpack and found a 3D-printed pistol, a suppressor, and bullets. Police described the weapon as having "a metal slide and a plastic handle with a metal threaded barrel."

The officers wrote that "The pistol had one loaded Glock magazine with six nine-millimeter full metal jacket rounds. There was also one loose nine-millimeter hollow point round... The silencer was also 3D printed."

The NYPD was able to conduct ballistic testing of the firearm and determined it was the pistol used in the murder of the CEO. And while it doesn't appear that Luigi is a firearms expert, he was able to build an effective 3D-printed gun.

Now, I'm all for building guns, but I always do it legally. And of course, you should never use it to commit a crime.

Since 3D-printed guns have come a long way, you may consider adding one to your collection. If so, here are a few things to keep in mind about

3D-printed guns.

It's not exactly clear what gun was used in the murder of the United Healthcare CEO, but some people believe it was similar to an FMDA 19.2 pistol.

The FMDA 19.2 is a 3D-printed gun that resembles a Glock. The firearm is one of the most well-known and widely built 3D-printed guns and is made with both commercial gun parts as well as homemade 3D-printed parts.

The reason the pistol is popular among 3D enthusiasts is that it has gone through extensive testing to determine its quality and durability. So, if you wanted to build a firearm, the FMDA 19.2 is a quality blueprint to do so. Again, make sure you follow all laws if you choose to build a gun.

When 3D-printed guns first came out they were unreliable, and it was common for the guns to fall apart during use. But today, 3D print technology has evolved greatly. They use stronger filament materials and composite plastics that can withstand the stress of firing a gun. The printers can also make tighter and better-fitting gun parts. Both of these advancements have made the 3D printed firearms far more durable and reliable.

In addition, computer-aided design models have been tested and refined over the years to create better performance. However, a 3D-printed gun part is still not as strong as metal.

It's also important to remember that even with a 3D-printed gun, it's not a completely plastic gun. In



many cases, 3D-printed guns use a combination of commercial gun parts and homemade 3D-printed parts.

In fact, these firearms use some of the same parts as factory metal guns. For instance, 3D-printed guns might use a metal barrel, slide, and even factory magazines. The 3D-printed portion is usually the lower receiver (the part of the firearm that would be serialized at the factory).

While 3D-printed guns have come a long way, they are still nowhere near the quality and reliability of a factory-made firearm. Sure, it could be a fun novelty build, and it will give you knowledge. But if you're putting together a gun you're going to rely on for home or self-defense, using a metal parts kit to build it is a better option than a 3D-printed gun.

You can find quality build kits for Glock pistols at the website righttobear.com. For 1911 pistol lovers, you can find build kits at gunbuilders.com.

For AR15 style rifles, you can get parts kits at a variety of sites, including blackrifledepot.com and palmettostatearmory.com. If you are looking for AR10 parts, you can find them at cmmg.com.