

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

3 “TELLS” THAT SOMEONE MIGHT NOT BE WHO THEY CLAIM

How To Quickly Spot A Sleeper Agent In Your Midst

By Jason Hanson

Former CIA Officer

In the 1980s, Jack Barsky was living the American dream. Trouble is, Jack Barsky died in 1955. The Jack Barsky of the 1980s was actually an East German named Albert Ditttrich. In the 1970s, while training to become a chemistry professor at a German university, Albert was recruited by the KGB.

He went to Russia for training on how to act like an American. Albert said, *"I was sent to the United States to establish myself as a citizen and then make contact, to the extent possible, at the highest levels possible of decision-makers — particularly political decision-makers."*

WHAT'S INSIDE

- 3 Is A Giant Crash Coming?
- 4 What Should You Add To Your Gear List This Year?
- 5 Keep Your Cards Close To Your Vest
- 7 The Biggest Predictor Of Health, Success And Happiness
- 8 Mastering Sun Tzu's Principle of Terrain



Albert started his life as Jack Barsky with no identification papers except for a birth certificate. He was a confident man with a flawless American accent. With limited job options, “Jack” found work delivering parcels as a cycle courier in New York City. This was his way to get close to important political figures.

He regularly updated his Russian handlers in radio transmissions or microfilm at dead drops in parks. He typically reported to Russia about American views toward the country. He also tracked down Russian defectors and even stole software from his employer and provided it to his handlers.

One day, on the subway, a man

walked up to Jack and said, *"You have got to come home or else you're dead."* The FBI had been watching Jack for years, they even purchased the house next door to him, trying to figure out if he was still an active spy.

In the end, Jack (Albert) was arrested by the FBI after an argument with his wife. The FBI had bugged his home and heard him tell his wife he used to work for the KGB.

The truth is, Russia has long planted sleeper agents in the U.S. who will spend years building up their resume of spy skills and delivering info on America. And as you will read this month in Michael D's article, there is no shortage of foreign

spies coming into this country. This is why we should all be aware of this. Here are some signs someone could be a sleeper agent living near you.

First, look for people who are desperate to blend in, become part of a group, and are overly eager. While sleeper agents are supposed to blend in and slowly build up their resume, oftentimes these agents feel pressure and want to impress their handlers.

For example, if a new co-worker is always asking to learn about a particular software or task, it could be that they are up to something more if it's an area that does not pertain to their job and there's no reason they need to know about it. Additionally, if someone is willing to take extreme risks, it could be a sign they are a sleeper agent.

Background information is another clue. In the case of Jack Barsky, it was difficult for him to pass a background check. For instance, he was unable to get an American passport because he could not come up with the proper documents to do so.

One of the easiest ways to tell if someone is lying is to ask where they went to high school since everyone should be able to answer that without hesitation.

And if a person says they are from a small town or even a particular part of the city you should be able to look up what high school they would have attended.

So, if you suspect someone is not telling the truth about their past you can start with a basic question such as their schooling. If they are hesitant, it could be a big clue.

Badgering, as mentioned, is a crucial "tell" of a possible sleeper agent. If someone is constantly saying that they "need to know" particular information, use caution, and stop to consider if they need the details. No matter how small the detail, if the person is constantly asking or pushing for access, it could be a sign they are looking for information to share.

"In the case of Jack Barsky, it was difficult for him to pass a background check."

So, one of the best ways to protect against a sleeper agent is to limit what folks can access. My point is, even if you have known or worked with

someone for years, it doesn't mean you can trust them.

A sleeper will take years to build up trust and gain access to the information they want. They are trained to blend in, get comfortable, build a life, and "go to sleep" to create a resume before they are activated. So, just because you have been friends for years, it doesn't mean they can't turn on you. Use these tips to keep aware of potential sleeper agents around you. I realize the chances of this are slim, but with the world we live in today, it's better to keep your guard up and trust your gut when someone doesn't seem right. After all, it might not be a foreign agent trying to cause you harm, it could be an undercover FBI agent trying to get dirt on you that doesn't exist.

IceMule Boss Backpack Cooler

If you haul a cooler around when traveling or camping, you know it can be uncomfortable and awkward to carry. This is one of the reasons the IceMule Boss is worth considering for your survival gear.

The IceMule is a backpack cooler with 3-centimeter-thick insulation foam. The insulation allows the cooler to keep ice frozen for days. The foam insulation is sealed between two layers to prevent air or heat from getting into the cooler.

When empty, the backpack weighs about 5 pounds. It has a top-loading design and a suspension system that makes it easy to carry. It's designed to carry up to 60 pounds.

It's made of waterproof fabric and has welded seams to keep the weak points from failing. The backpack has double-padded shoulder pads to help distribute the weight. It also has an adjustable stabilizer strap to make sure it fits securely across the waist.

The IceMule includes two insulated and waterproof pockets, which are secured with a zipper. Plus, the pack has a MOLLE system for attaching tools and other equipment to the backpack.

The IceMule Boss comes with a three-year warranty and sells for \$375 new.

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IS A GIANT CRASH COMING?

What “Rich Dad, Poor Dad” Author Robert Kiyosaki Believes Is About To Happen – And Why You Need To Prepare Now

By Forest Hamilton
Universal Coin & Bullion

You may know parts of my story. You may know that my Vietnam Veteran father, with severe PTSD from multiple in-country helicopter crashes, delivered me in the mountains of Washington State and raised me without running water or electricity into my teens.

What you may not know is that along with my “poor dad” I also had a “rich dad.” From the age of 6 until I was 16, my uncle down in Texas arranged for me to spend the summers with him and his family. He would mail me a plane ticket and my dad and I would hitch-hike into Seattle. Then my father, with tears streaming down his cheeks, would sit me on the plane and leave.

I can’t imagine how difficult it must have been to allow his only child — at just 6 years old — to fly alone, over 2,000 miles away, and stay for months. But my father knew he was unable to provide for me the things my uncle could. He didn’t send me to Texas for toys and clothes, but to learn the mindset and strategies my uncle used to transform himself from a

poor kid with two blind parents into a wealthy entrepreneur and philanthropist living a healthy and fulfilled life.

I learned valuable lessons from both of my “dads.” But my “rich dad” (my uncle), taught me that working hard is great, but working smart is better. To not work for money, but to have money work for me. He taught me that money isn’t the root of all evil, but the love of money is. To not be obsessed with anything other than being the best version of myself. To give back (to the church, community, and my family).

While my childhood was often difficult and I was brutally bullied for many years for being the poor, smelly kid wearing the buckskin clothes, I now know how blessed I was to have that upbringing.

Many young men don’t have a father in their lives. But I had two great men pouring into me and sometimes the best lessons I learned were what not to do based on their failures and mistakes.

With this being my life story, I was truly inspired when I read Robert Kiyosaki’s “Rich Dad, Poor Dad”

in my early 20s. His book vividly reminded me of the things my uncle taught me before he passed away at only 45 years old.

Mr. Kiyosaki has always been a vocal believer in gold and silver, calling it “God’s Money.” He has lost all faith in the U.S. dollar and calls it “fake money.”

Kiyosaki recently tweeted he believes a giant crash is coming with a depression possible, sending gold over \$5,000 an ounce by 2025 and silver over \$500. He then went on to tell his 2.3 million followers not to panic as all the markets begin to fall and that this is actually “good news,” adding that he plans to buy more gold and silver as it dips in the short term.

After the upcoming drop, the “Rich Dad, Poor Dad” author believes the Federal Reserve will be forced to print billions of dollars of “monopoly money” to prop up the equities markets, further expanding the national debt and eroding the value of the dollar.

While I don’t have the financial acumen of Robert Kiyosaki, I do have over 25 years of my life invested in studying the gold and silver markets and how they react to inflation, rising interest rates, and geo-political turmoil.

Mr. Kiyosaki and I are in lockstep when it comes to the importance of owning “real money.” Physical gold and silver. If you don’t have enough gold and silver for the upcoming period of uncertainty, give me a call and I will be happy to answer any questions you have.

[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.]



WHAT SHOULD YOU ADD TO YOUR GEAR LIST THIS YEAR?

My Top 3 Gear Picks For the Summer of 2023

By EJ Snyder

Former Army Ranger and Extreme Survivalist

When it comes to the outdoors and gear, I try to never cut corners, and the gear I take out to the wild has to be good, reliable, durable, and efficient. In the Army, I was in the Light Infantry, a foot soldier, so we would try and find lighter but high-quality gear. It allowed us to move faster and farther, with less wear and tear on our bodies. It's a lesson I have kept with me ever since and still use to this day.

A few weeks back, I was at two major trade shows (Shot Show and the Great American Outdoor Show) which showcase the latest gear. I always start every new year on the lookout for good gear. Here are the top three gear items I will be trying out soon.

First, is the GEERTOP Wood Burning Rocket Stove. It's made of durable, rustproof high-quality stainless steel and folds flat at approximately 6" X 9" and a weight of just 0.78 kg. Plus, you don't have to purchase or carry fuel for it because you can use wood, coal, dry leaves or sticks you find in the field as fuel.

This rocket stove is easy to assemble and cooks more efficiently, and faster, and uses less wood to get the job done. It disassembles quickly and stores easily taking up little room. I found it for just \$26.99 online.

Next, is Dark Energy's Poseidon Pro Battery Pack. When I found this battery pack I was stoked. It's a power bank with 37.74 WH (10,000 MAH) power capacity, able to recharge many items for longer periods. Its Power Pulse Technology also charges items faster than the average battery pack.

It is only the size of a smart phone and weighs approximately 9.6 oz. It's super tough and durable and has survived being crushed by 1,000+ lbs., falls from 75+ feet, withstood the shock of high explosives, and they even froze it in a block of ice for four weeks. (Those are pretty good torture tests if you ask me.)

The outer shell is made of resilient, steel-like polymer that's been tested to the extreme. Rated at IP68 it has the capability to be underwater for 45+ minutes.

Also, it's able to retain 70-80% of its charge up to 3+ years. It currently

comes in High Vis Orange, Black, and Camo colors at a price of \$120.00.

Finally, there's BSO Survival Gear's Blackout Survival Kit. This kit offers some of the best survival gear on the market today from some of the top suppliers, including Wazoo Survival Gear, UST, Sawyer, Red Rock, Fox Tactical, and more. The kit gives you everything you need to survive, with several different options to suit your needs.

The components of the kit come packed in a sling bag with a cross-chest shoulder strap, multiple pockets, and MOLLE webbing, which also includes a concealed carry pocket. Depending on how you customize your survival kit, the price range is between \$199.99 - \$339.95. But I will tell you this is a bargain for all the gear you get, because if you bought it all separately, it would cost a heck of a lot more.

So, those are my top three gear choices to take out with me for the summer of 2023 and I recommend you consider adding one, or all, of them to your gear this year.

Above all, never forget that when it comes to gear in the field, whether to do simple tasks, or things you need to count on to get you out of a bad situation, always look for the best stuff out there. Look for written reviews on the items, check out gear expert videos, and ask around.

Go light for weight to save your back, but don't skimp on price for life-saving gear. Most times, especially with survival gear, you get what you pay for. You never want to be dependent on the cheapest, flimsiest survival item to keep you alive.

Spend the extra money for quality and durability.



KEEP YOUR CARDS CLOSE TO YOUR VEST

The Modern Dangers Of "Oversharing"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Before 9/11, there was the Lockerbie bombing of December 21, 1988. Terrorists detonated explosives that caused Pan Am flight 103 to rip apart in mid-flight over Lockerbie, Scotland. A total of 270 souls perished in that horrific attack. There were 259 on board the aircraft (190 Americans) and an additional 11 residents on the ground.

We, the US Intelligence Community, suspected that it was a joint Iranian and Libyan-sponsored covert operation. Iran wanted payback for the American USS Vincennes guided missile cruiser shooting down their Iranian Air Flight 655 in July of 1988. This tragedy occurred while the USS Vincennes was operating in the Persian Gulf during the Iran-Iraq war and misidentified the Iranian Airbus as an attacking aircraft.

Libya had it out for the US as well. Not long before the bombing of Pan Am 103, Libya publicly issued this threat: *"There will be no safety for any traveler on an Israeli or U.S. airliner."* Intelligence gathering and analysis showed extensive cooperation between several radical entities and operators of Iranian and Libyan loyalties.

Later, the public learned that, after defecting to Germany, the former head of Iranian intelligence, Abolghasem Mesbahi, admitted Iran had asked Libya and Abu Nidal, the Palestinian guerrilla leader, to carry out the attack on Pan Am 103.

Those are the moving parts, but what most people do not know is who was onboard that particular



flight. It was very closely held at the time, but in more recent years, it has since become public knowledge that among those nearly three hundred killed by the terrorists, there were some special characters.

There were several American intelligence operatives on board, including Matthew Gannon, the Central Intelligence Agency's Deputy COS (Chief of Station — the intelligence community's senior intelligence authority in any given country) for Beirut, a group of US Intelligence Specialists, and two US Department of State Diplomatic Security Special Agents.

It took a couple of years and the collective efforts of hundreds, if not thousands, of American and British intelligence officers to dig into the complex international plot to take down the commercial airliner. I was a young NSA covert operations officer at the time and was sent to London to work with MI6, and to travel to Scotland to perform a small task in our efforts to find and prosecute anyone and everyone involved in the terrorist bombing.

I had a very small and simple part in the operation to uncover the terrorists. I was to meet with

someone on a train from London to Edinburgh. That man provided me with documents as we met outside a specific washroom of one of the train cars at a pre-designated time.

I intentionally bumped him as we both stepped to the door at the same time. I apologized and said with a smile and wave of invitation, *"After you, my good man. I would not want to delay a journey as important as this one appears to be."* I waited for his response. He responded exactly as planned: *"Thank you. I do have some rather urgent and significant business to attend to."* He smiled, stepped into the bathroom and I waited outside the door.

He stepped out and nodded to me, and I went in and retrieved an envelope full of documents. To the best of my ability, I confirmed they appeared to be records of communications and code sheets. Then I spent the next few days enjoying Edinburgh while making sure I was free of any surveillance.

Next, I made my way back to the London area to meet with two MI6 officers in a very remote pub and share the documents I obtained. I had worked with MI6 previously



and had even served for a short period of time on some joint MI6 – NSA operations and had enjoyed the temporary title of “Mr. (true name) of Her Majesty’s Secret Service,” and even had a nice little plaque on my desk commemorating that title.

Getting a copy of the original documents to MI6 before I left the UK was part of the deal with the individual who offered the documents. He wanted to hand over the secret communications and codes to a US Intelligence Officer, but insisted the vital intelligence be shared with the UK intelligence apparatus.

When I was tagged to go on this rather low-threat operation, I did not know exactly what I was to be given on that train, nor the magnitude of the overall operation, how many special agents, covert operatives, and case officers had risked their lives and invested countless hours of analysis, research, planning, and preparations for this special activity.

I often did not know as much as you might think they would tell us about an operation and our role in it. It’s to protect everyone in the event any covert operative is grabbed prior to or even after the exchange.

So, the less I knew, the less damage I could cause during any interrogation, torture, or simple operational or communications security error. You can’t divulge what you don’t

know. And it’s simply a function of good operational security to limit the amount of knowledge that can be extracted from someone who goes behind enemy lines.

The fact is, oversharing can be a very dangerous habit in our de-volved conditions. Just a few years ago, we could all feel reasonably safe that here within our own borders we could say whatever we wanted, to anyone, without fear of criminal, political, or economic punishment by our government.

Now, we are all behind enemy lines. We must be cautious about what we share with close friends, family, and especially on social media. We are under constant, invasive surveillance with the explicit goal of finding something that can be used against us.

Today, you are in as great of jeopardy with the information you have as I was on that train dealing with a covert source of terrorist deep intelligence. There are powerful sources, including pre-programmed artificial intelligence search bots, that are watching you, listening to you, and studying you.

They don’t need your social security number, date of birth, or any of that — they already have all of that. They want to know where you shop, what you buy, how you spend your money, what medications you take, where you travel, and more frighteningly, they want to know what

you think, who you network with, and what you intend on doing.

They are after you and you have to insulate yourself. Protect yourself by protecting information about yourself. Limit how much and what kind of information you share with anyone besides your very closest family and friends. Ask yourself this critical question, “*Would this person tell the government what I was talking about or what thoughts I shared if that’s the only way they could get food?*”

Imagine that you are being held in a windowless room as some government thugs are interviewing, interrogating, and threatening everyone you have ever spoken to with the express goal of getting some sound bite that they can use against you.

That’s the America we live in today. So, you must be cautious and don’t overshare. Protect your information like you would your family’s lives.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

I encourage you to check out the bundle we just released that shows you how to ensure the government can’t control you or invade your privacy any time that it wants to. You get a big discount on this bundle and all of the details can be found at www.Dukelore.com. (You’ll also learn about the Government Control Act of 2023.)

THE BIGGEST PREDICTOR OF HEALTH, SUCCESS & HAPPINESS

Your Quality Of Life At 80 Years Old Depends On THIS

By Dr. Omar Hamada
Special Operations Physician

We live in a tumultuous time in history that affects nearly every nation on earth. Here, in the United States, we've seen a rather impressive uptick in dissatisfaction, shorter tempers, hostility, violence, fear, and divisiveness.

We've also seen a curious reduction in lifespan, as well as a large increase in what many term "mental illness." It's estimated that over 50% of Americans are on some sort of psychologically active medication like an antidepressant, anti-anxiety, stimulant or anti-psychotic.

That's not counting all the self-medicating with alcohol and drug use or the more socially acceptable methods of numbing like workaholism, pornography, sex addictions, television binge watching, eating disorders, and the like. People are feeling more stressed, fearful, insecure, and angry and are looking for ways back to normalcy.

What's going on? What happened to the American way of life? Where have our dreams gone? What happened to the happiness and joy?

Though some are genetically predisposed to happiness (just like some are predisposed to depression), much of our happiness comes from the choices we make on a habitual basis. In addition, much of our happiness stems from the attitude and outlook we choose to have despite life's challenges.

However, there's another major factor in our happiness that we often forsake: Relationships. In 1938, in the midst of the Great Depression, Harvard University began a study entitled "The Harvard Study

of Adult Development." What they discovered was remarkable.

To start, they chose to follow 268 Harvard sophomores throughout their lives to study the clues that contributed to leading happy and healthy lives. They later added these men's descendants and expanded the study population to 1,300 men in order to determine how early life experiences affected eventual life outcomes.

They continued to expand the study population and eventually included the wives of some of these men. They followed them through their trials, successes, and failures. Though some became very successful businessmen, doctors, lawyers, and bankers, others ended up schizophrenic or alcoholic.

They found one of the primary determinants of happiness and success – even more predictive than taking care of physical health – was how healthy and happy one was in their relationships throughout life.

Regardless of social strata or geography, more than money or fame or title or position... close, loving, intimate relationships consistently brought happiness, joy, peace, and contentment.

Surprisingly, they even found that regardless of cholesterol levels, the thing that most strongly predicted one's future health at 80 was their level of satisfaction with their current relationships. Secure relational attachments are significantly more predictive of current and future health and happiness than any other single factor.

But the current American way of life has gotten crazy and out of whack. As we chase financial success, independence, fame, self-importance, titles, positions, and identity, we necessarily compromise intimacy. As we prioritize self, we lose "us."

We've become a nation of isolation. We've become lonely. And because of that, life has become meaningless for many because we no longer know who we really are.

Truth is, we are relational beings. We need each other. We waste away without touch – both physical and emotional.

We need emotional safety, yet we've given it up. For most of us, it's not mental illness. It's anger that we are alone and unconnect-

ed. It's rage that we're not seen or valued. It's a deep ache that we are not known, sometimes not even by ourselves.

It's time to heal. It's time to forgive. It's time to love. It's time to stand up, to lean in, to embrace. It's time to reach out and be the one that mends a broken past.

How do you find happiness? It's not in a bottle or a pill or a job or a tv show. It's in relationships with others. Yes, there's pain. There always will be. But pain either destroys us or it builds us. It's our choice.

This is your time to live, love, and laugh. Connect, don't wait on someone else. Make that phone call, send that text, write that letter. Say you're sorry. Be the adult. Engage. Lead. Heal. The Harvard study proves your life and happiness depend on it.

"In 1938, in the midst of the Great Depression, Harvard University began a study."

MASTERING SUN TZU'S PRINCIPLE OF TERRAIN

How To Fight And Win On Precarious Ground

By Matt Numrich

Head Instructor Of Spy Black Belt

Growing up outside of Chicago and running a self-defense academy there, taught me a lot about terrain and self-defense. I would regularly take my classes outside to train in order to teach them how radically different types of footing, weather, and temperatures could foil whatever “magic bullet” self-defense moves they might be banking their survival on.

I would see seasoned kick boxers realize wet footing wasn't good enough to use the kick they had developed for the last decade. I would observe ground fighters figure out snow covered ground threw off the timing on their takedowns so much it might as well have been in slow motion. And I watched boxers with incredible footwork be grounded when trying to move around on an icy parking lot.

Assuming your footing is extremely compromised, you are limited on the types of moves you can actually use to defend yourself. If you are standing on extremely wet, icy, or even snow-covered ground, your ability to kick, perform takedowns, and just plain move well is not possible.

So, what is possible? Mainly, grabbing onto your opponent with certain holds and using a mixture of close quarter strikes. In order to better keep your footing, there are three “holding” positions that will give you stability, control, and allow you to perform some brutal moves so you can escape the altercation.

First, the “plumb” position is where we lock both of our hands behind the attacker's neck. This gives us great center of gravity, while at

the same time, has the potential of protecting our face when done correctly (see picture to the side of this article). From here, my favorite move is to use a head butt, by pulling the opponents face into the top of your head.

The second position is called a high pummel position where one arm is locked behind the opponent's head and the other is grabbing the back of their arm. This is another great control position, which can control an attacker who is throwing punches. As a counter to their punches, we can throw elbows that can truly throw off their equilibrium (see to the right).

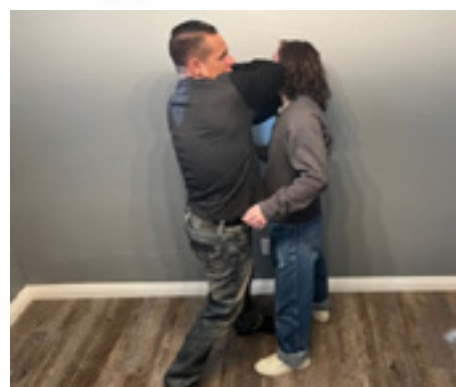
Finally, the underhook position.

This is when we have both of our arms under theirs. This position is common in grappling arts and is used many times in a takedown, which is why we are going to use it for the same purpose.

Sometimes when on a slippery surface, it is obvious that your footing is poor, and if you can't avoid a confrontation, it's likely that both of you will end up on the ground. In those cases, it is best to take control and make sure they are the ones going down first and that you end up on top.

By using a double underhook position, we squeeze their lower back and pull up, as we press our heads into their upper torso, folding them in half at the waist. This helps us to pull them down. (Again, see picture to the right).

Our goal is to land on top of them and gain a superior mounted position where we can rain down strikes and end the fight.



Defending yourself on unstable ground is a challenge and having the awareness of your footing and using the proper range, position and techniques will give you an advantage if these situations arise and you're forced to defend yourself.

"I would see seasoned kickboxers realize wet footing wasn't good enough."