

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## ARE YOU GIVING UP YOUR FREEDOMS?

### What We Must Think About During This Crisis

by Jason Hanson

*Former CIA Officer*

While many people are still freaking out about not having enough toilet paper, you better believe that foreign intelligence agencies are (happily) watching what is going on in real-time to see how easy it is to bring the United States to a standstill. Our adversaries are glued to the TV (and getting boots on the ground reports from foreign spies here) about every move the American public is making.

On the other hand, our government is doing the exact same thing. Our government is paying close attention to how the citizens in other countries are reacting and the main vulnerabilities that we might not have thought about before. Of course, at this time, many people are in extreme financial duress and it is a good time to swoop in and recruit them to help the United States.

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However, our foreign adversaries are not our biggest threat right now. As I'm sure you're aware, "we are our own worst enemies." Politicians in our own country who have evil designs are watching this crisis with the same joy that our foreign adversaries are watching it. They are watching to see how many of our freedoms the American public is willing to give up during this time. They know that once we give up these freedoms, it is much harder to get them back.

Even worse, the liberals and socialists are in a prime position to

**"It is a good time to swoop in and recruit them to help the United States."**

make gains at this time. After all, if they are promising everyone a ton of freebies and that they'll promise to take care of them, who do you think "the people" are going to vote for? Are they going to vote for a government of more freedoms and less taxes? Or will they vote for a government who promises to hold their hands, wipe away their college loans, send them free money each month and tax everyone but them?

As this crisis continues to unfold, I hate to see so many people turn into sheep and just immediately believe and do everything the media

and the government say. Now, more than ever, you need to think for yourself. You need to make sure you are not blindly following the masses and are not giving up your freedoms without even realizing it. You need to question everything you see and hear. Does it really make sense or is there some underlying motive? As any intelligence officer will tell you, it's often a "wilderness of mirrors." Nothing is what it seems to be and you can never take what you're told at face value.

Lastly, if this crisis isn't a wake-up reminder for self-reliance, I don't know what will be. My phone has been ringing off the hook from people who ignored my advice for years and are now begging me to help them. Some of them are panicking more than others and I tell them to calm down and think about what they really need in life. I tell them to start with shelter. Hopefully, they've got a home to live in at the moment. I also tell them to get a good tent because they need some type of portable shelter. There's a company called Kodiak Canvas Tents that makes high quality tents that you could live in for a while if needed.

Once you've got shelter covered, then you need food. Most of my food is in the #10 size cans. I get this food from The Church of Jesus Christ of Latter-day Saints. I happen to be a member, but any person of any religion can order this food from the website and I encourage you to do so. Some of the food you can buy is apple slices, black beans, carrots, hard white wheat, macaroni, onions,

pinto beans, potato flakes, quick oats, white rice, and more. If you do an internet search for "LDS Online Food Ordering" it will be the very top result you see.

At the same time that you're making sure you've got food, make sure you've got plenty of water. My family has hundreds of gallons of water stored in a combination of large drums that can stack on top of one another, 7-gallon containers that are portable and regular bottled water. We also have multiple water filters if we end up needing to go to the river to get water.

Of course, all of these supplies are useless if someone ends up taking them from you or kills you. As a buddy of mine recently said during this crisis, "this is the real reason I own an AR-15." I own plenty of ARs and I am glad I live in a small town where everything is nice and calm. I'd be much more worried if I lived in a major city. But, if you don't have guns yet, now would be the time. Shoot me an email if you need any help or suggestions. (Short answer is a Glock 19 and AR-15 made by Springfield or Colt or Rock River Arms.)

The bottom line is, this will eventually pass, but what will we learn from it? How will we be better prepared for the next time? And, will we keep our eyes open enough to make sure our freedoms are not being taken? May God bless you and your family and please reach out to me and let me know if there's anything I can do for you during this time.

## Seiko SKX007 Dive Watch

If you like watches, you may wish to check out the Seiko SKX007. A lot of former Navy SEALs love this watch and it's one of the most popular options on the market. The SKX007 has a water resistance rated for 200m. In addition, the dive watch includes a highly legible dial luminosity, a screw-down crown protected by 'shoulders' and an offset to 4 o'clock to free up wrist movement.

The watch meets ISO 6425 standards, meaning it's certified for its rated depth and has been tested for a reasonable amount of magnetic and shock resistance. Plus, it's made with Seiko's proprietary hardlex crystal, which has a reputation for being tougher and more scratch-resistant than most other mineral crystals.

The only drawback about the SKX007 is the 120-click bezel has a little bit of wiggle room. Obviously, this isn't a big deal, but some folks may find it a little frustrating.

If you are looking for an entry level dive watch, the SKX007 is a great choice that is tough and durable. If you purchase it new, it will cost around \$200, but you can also find them used at a much cheaper cost.

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# GOLD GOES VIRAL

## Gold is Quietly Living Up to Its Safe Haven Status

by Forest Hamilton

*Universal Coin & Bullion*

I am confident that nearly every financial article you will read for the foreseeable future will include multiple references to the Coronavirus. I will attempt to not overuse COVID-19 as I do my best to shine some light on what is happening in the financial markets and, more specifically, where gold and silver have been and where they are heading.

Earlier this year, I wrote about the historical data showing that when stocks fall fast, gold generally offsets those losses by rising just as fast. While gold did rise dramatically in the beginning of the recent stock market correction, things changed rapidly. In February, gold briefly touched a seven year high of over \$1,700 per ounce. It has since fallen over \$200 per ounce into the \$1400s.

When the Dow Jones began seeing almost daily 1,000, 2,000, and even 3,000-point drops and the S&P saw multiple 5-13% daily crashes, here's what happened: Many investors were forced to cash in their gold ETFs (Exchange Traded Funds) and their gold stocks to cover heavy margin calls on their stock investments, bail out their own small businesses or just pay their bills from being out of work.

When people begin to panic in a stock market free fall, they don't sell what they want, they sell what they can. This also happened during other market crashes in 1987, 1998, 2002 and 2008. So, I was not surprised, but I must add that history also shows that gold typically recovers rapidly from such selloffs. Still, so far this year, gold is basically flat while stocks and silver are down over 20%, making gold the "winner by default" in 2020.

I would still get in gold now if

you aren't yet, since stocks will remain volatile as long as (1) the coronavirus keeps expanding around the world, slowing economic growth; (2) Democrats gain in the polls during this controversial election year; (3) Saudi Arabia wages a deflationary price war on the global price of oil; (4) global central banks push interest rates further below zero in this deflationary environment; and, (5) the world's nearly-forgotten "hot spots" take advantage of global unrest to expand their power, testing America's will during a time of crisis.

Historically, gold has been a proven crisis hedge in times like these. Even though gold will probably outshine silver, don't forget to add some silver whenever supplies begin to be replenished. Many dealers are totally out of American Silver Eagle bullion coins and the U.S. Mint is temporarily incapable of resupplying them. The Mint announced in March a hiatus on silver sales after Eagle sales jumped by 1.57 million pieces in a week.

The bottom line is, during these tumultuous times, it's always a good idea to have hold-in-your-hand gold and silver. If there are any questions I can answer for you or your family, I am only a phone call away and am happy to help you in any way I can.

**[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 800-822-4653. 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.]



# COVID-19 AND SLEEP

## Protecting Your Brain and Your Body

by Dr. Omar Hamada  
*Special Operations Physician*

While you have no doubt heard a million and one things about COVID-19, one of the most important things to do in order to protect your health and your immune system is to get plenty of sleep. I realize a lot of people are stressed out and worried, but you've got to make sure you're giving your body time to recover and giving it the necessary sleep it needs.

Before the advent of electricity, people slept more because they had insufficient light to do much work once the sun went down — especially as they got older and as their eyesight dwindled. Once technology blossomed and light and entertainment became available 24/7, people's sleep began to suffer. After their sleep suffered, their health suffered as they gained weight, increased cortisol and developed high blood pressure and diabetes.

Many times, we sacrifice what we think is unnecessary sleep for productivity. Sometimes we even sacrifice sleep for things that don't matter — like Netflix binges. What we fail to realize is that not only are we slowly killing ourselves, but we are also actually reducing our productivity over the long term.

Sleep is essential since it is during sleep that the brain recuperates, eliminates toxins and waste, and lays down new neural pathways as it learns new skills and preserves new memories. When we don't get sufficient sleep, the brain is unable to sustain these essential functions.

**"We will tend towards higher sugar content, more binge eating and weight gain."**

But it's not just the brain. The body also suffers without proper sleep. Without sleep, the body breaks down, the immune system weakens and the brain degenerates. Studies have repeatedly demonstrated that sleep is essential in repairing damaged processes, rebuilding old neural highways, renovating tired and worn out tissues and strengthening the infrastructure of our bodies. Sleep helps us fight cancer and faulty DNA replication. It helps us maintain a good weight and maintain good insulin sensitivity. It keeps our minds sharp and provides us the energy to function efficiently and effectively.

Without sleep, we become sluggish, error prone and injury prone. We know that driving while sleep deprived is not much different from driving while under the influence of alcohol. In fact, police are authorized to ticket us for driving while overly sleepy as we become a danger to ourselves and others.



When we talk about maximizing our health, reversing disease, reducing inflammation, decreasing oxidative stress and improving immune system function, our sleep is the first thing we need to lock down. It's also the easiest.

Without proper sleep, we simply don't gain the expected benefit from good nutrition or from good exercise. In fact, we will tend towards higher sugar content, more binge eating and weight gain, as well as more injuries, more aches and pains, less focus and worse recovery.

We all need sleep, and the healthiest among us have consistent, protected, disciplined sleep patterns that result in long term well-being both physically and emotionally. So, please, please, please remember to get plenty of sleep during the crisis our country is going through. In your quest for your best health, your sleep should be the first and most important thing you lock down. Not next year, not next quarter, not even next week. Start today.

# HOW TO SURVIVE A CARJACKING

## Dealing With an Attacker Who's Pointing a Gun at You

by Matt Numrich

*Head Instructor of Spy Black Belt*

During the 1990's, carjacking became a buzzword, and as a self-defense instructor, I had people asking how to deal with these scenarios in class. Over the last 20 years, the world hasn't gotten much safer and people are still committing horrible crimes. So, due to the crazy situation the world is now in, I would like to cover the specific instance where someone is pointing a gun directly at you to hijack your car.

Being in a car, with a gun pointed at you, is a double-edged sword. It is a plus, because you can get away fast by pressing on the gas pedal. However, the downside is that while

you are sitting in a car, most likely with a seat belt on, you are isolated and "stuck" in a vulnerable fixed position. Unlike standing alone with a gun pointed at you, when you are in a car your movement and flexibility are limited.

**"If you do decide to fight back, here are some techniques that can help you disarm an armed attacker."**

Like all defensive situations when assaulted by a gun, you must choose if you are going to give up whatever the perpetrator is wanting or fight back. If it is your wallet, watch or phone, can you throw it one way and drive away? If it is your actual car they want, do you believe you can give it up and escape without the person shooting you? Will they want you to get back in the car or trunk, to take you to an isolated location or use you as a hostage? These are all decisions you will have to make.

If you do decide to fight back, here are some techniques that can help you disarm an armed attacker. If someone is greater than arm's length away from you and you want to escape immediately, the good news is that you are in control of a car that can drive faster than they can run and even provide cover if they decide to shoot. Stepping on the accelerator, even at the price of side swiping cars around you, may be your best shot.

However, if the person is within arm's length of you, pointing the weapon at you, you have the option of disarming them. First, clear the weapon (move it) out of the line of fire and then slam and pin it in the corner of the window (as shown in the pictures). You can either continue to slam the hand holding the weapon into this corner until



they release it, quickly drive off or a combination of both.

The most important thing to remember is that you can react faster than they can pull the trigger. So, immediately push the gun away from you so that if they do pull the trigger, a bullet goes into your car and not into you. (We practice this during the Ultimate Spy Week and it is much easier to disarm a person with a gun than most people think.)



### SAVINT

#### YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you get the unique opportunity to learn hand-to-hand combat strategies from the man who's trained numerous special forces groups, including the Navy SEALs. His name is Ernest Emerson and he's one of the toughest human beings you'll ever meet. Ernest has agreed to share his 7 Strategies of Hand-to-Hand Combat at [www.FreeCombatSecrets.com](http://www.FreeCombatSecrets.com).

# COVER FOR ACTION

## Taking Advantage of a Crisis

by Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

I was a junior member of a team of foreign intelligence operatives sent into a third world country in the early stages of a revolution that was causing the collapse of the national government and the national and local economies. Despite all of the claims to the contrary, our government did not foster the revolution, but we did exploit it.

We used their national crisis to infiltrate their government, their businesses, their local commercial activities, but more importantly, their press. The crisis was our Cover for Action to carry out substantive changes in their governmental structure and their rule of law. (Cover for Action means just what it sounds like: some kind of activity that you appear to be performing, when in fact, you are performing the true operation.)

We made sure their most prominent reporters had the stories we wanted them to focus on. It was critical to our mission that all of the people were fixated on emerging news of the local and national governmental changes. For us to succeed in the shadows, we needed everyone watching the spotlight on the economy, politics and fear.

When people panic because of uncertainty, especially when sub rosa sources fuel the speculation, public dissent, and general distrust of political leadership, it makes it easier for nefarious interlopers to accomplish their mission.

**"The crisis was our Cover for Action to carry out substantive changes in their governmental structure."**



It is especially convenient for those usurpers already in place in government positions. Politicians that have been longing for their chance to seize power and control over others will use the cover of a crisis to force their will into the equation so that the sum becomes their reign over others.

On March 19, 2020, Governor Cuomo of New York addressed concerns and fears that the City of New York and the entire state might be "locked-down." The reporters asked if the New Rochelle containment was going to spread throughout the state. The Governor responded that although he has the power (does he?) to quarantine and impose shelter-in-place mandates for the state, such terms as quarantine and shelter-in-place scared people and confused them.

power (does he?) to quarantine and impose shelter-in-place mandates for the state, such terms as quarantine and shelter-in-place scared people and confused them.

He gave the example (although erroneous) that the term Shelter-In-Place was developed for active shooter situations only and with the media using that term to describe his actions, they are exacerbating the current crisis. He blamed the media on causing panic when in fact he is in control and all is well. He said he issued orders to close certain businesses, prohibit gatherings (unless pre-approved by the State), restrict peoples movements (except those that the State determines are essential for the protection and safety of the population), and has asked for the "voluntary" cooperation of businesses to assist the State during this time of peril.

He clarified that his response to this peril is definitely not a mandatory "lock-down." He said that he is allowing people to leave their houses to go on runs, walk their pets and visit family members. He asked "How can it be a lock-down or mandatory shelter-in-place" if he is permitting those activities?

Our secret mission in that third-world country that was undergoing a revolution was to plant the ideas of personal liberties, human rights, democracy, self-determination and individual freedoms into groups and individuals as they faced imminent changes to their daily life as a result of the revolution. We used their national crisis to nudge them towards democracy as an answer to their fears and uncertainty and as the best route to a stable form of government that would provide for the safety and welfare of the country without imbuing a tyrant with limitless powers.

We did not start at the national level. We started in politically distinct provinces. Our plan was to get regional leaders to adopt the philosophies and lead their people on a path that would unleash the power of the individual and create a stable government where the leader could rule with the consent and cooperation of his people with far less fear of radical revolutions by a disgruntled populace.

We are trained to not sell the idea, but sell the benefits of adopting the idea.

Governor Cuomo explained that his unprecedented (and unconstitutional) actions are absolutely necessary to save the lives of millions of people. He asked that people accept these urgent actions and then after the crisis is resolved, they can go back and put the genie back in the bottle.

He and other governors and US Government leaders are using the virus as their Cover for Action to conceal food shortages, national and global financial collapse, while they use the shadows to work their way around the US Constitution as we are all fixated on the spotlight on the disease.

The US Government is going to make this too easy on Americans. They are bailing our airlines, automotive manufacturers, delaying tax collections, sending checks to every US citizen, providing extended and enhanced unemployment benefits, etc. Money is no object!

*“What we obtain too cheap, we esteem too lightly: it is dearness only that gives every thing (sic) its value. Heaven knows how to put a*

*proper price upon its goods; and it would be strange indeed if so celestial an article as freedom should not be highly rated.” (From one of the 16 pamphlets produced and published in 1776-177 by Thomas Paine under the title “The American Crisis.”)*

At what price do we trade our freedoms for perceived safety and security? I can tell you this: The more calamitous, deadly and looming the crisis, the faster and cheaper panicked people will bargain away value for paucity. It took many years, dozens of teams, tons of money for access, and a lot of brave indigenous people to make it happen, but that country is now an ally and trusted friend. How long will it take for our Constitution to collapse under the weight of a global pandemic? Well, we know our Constitution prevailed in 1918, but now we hear politicians claiming that the death toll would have been much lower had our ancestors not got all caught up in Constitutional restrictions on the government.

How sad for the men and women, the patriots, of the 1918 “Spanish” Flu — not that so many died because they upheld the Constitution, but that they are now seeing us discard and forfeit all of their sacrifices to preserve our liberties in exchange for promises that by abandoning our antiquated notions of individual rights our omnipotent leaders will curtail our suffering. What a strange and disgusting bargain. Especially when we consider that it was an ultimatum, not a negotiation and that we didn’t even cry “FOUL!” once.



# THE SIMPLE ABCS OF AVOIDING THE VIRUS

## How I Kept My Troops Healthy

by EJ Snyder

*Former Army Ranger and Extreme Survivalist*

I remember one training cycle when I was on Drill Sergeant duty and one of my trainees came down with the chickenpox (this was prior to the vaccine). There was no way that I or anyone else could have seen this coming. Instead of panicking that my entire 60-man platoon was about to go down, I quickly went into action. The trainee was immediately taken to the hospital for treatment and quarantined. I held a formation and separated them into two groups: Those who'd had the chickenpox before and those who hadn't.

The ones that hadn't yet, a total of 10, were all checked out immediately by the medics for symptoms. Luckily, only four others were displaying symptoms and were taken to the hospital for treatment. The other six, I moved into a separate area in the bay for about 5 days until cleared. I had the rest of the platoon disinfect and sterilize the barracks sleeping area and latrine to ensure all the germs were taken care of. The other platoons of the company repeated the same actions I had. In the end, it was professionally handled and we did not have it spread like crazy and take down a bunch of my men. So, while the coronavirus is certainly more serious than the chickenpox, the lesson is: Don't panic, take action and take preventative measures for the future. In fact, here are some things to think about when it comes to adjusting your everyday life to the coronavirus we are currently experiencing.

**A. AIR:** The air around you are how airborne transfers of viruses happen. If you sneeze or cough, always remember to do it in your bent elbow sleeve or cover the area with your hands and immediately clean them. If you are steadfast on wearing a mask in public, please make sure it is rated pharmaceutical grade, one that properly seals around your nose and mouth, otherwise it really isn't helping. If you are sick yourself, wear a mask as not to spread the germs and just stay at home until your illness passes if possible.

**"I had the rest of the platoon disinfect and sterilize the barracks sleeping area."**

**B. BASE:** The base of where many germs comes from starts with your hands as the main transfer point. Stop touching your face with your hands after touching surfaces, as the eyes, ears, and mouth are entry points for viruses. You can use hand-sanitizer easily enough. If using a public use sink, first have your paper towels ready, turn on the water, wash your hands with soap, then dry your hands and use the paper towels to shut the water off so as not to touch the possibly contaminated handles.

**C. CLEAN:** Lastly, if you are traveling by commercial or public transportation, one thing you can do is clean your area where you are sitting with disinfectant wipes, by wiping down your seat, arm rest, food tray, and wall area immediately near your seat.

In addition, here are some things to think about when "Bugging-In" as many people have done...

**1. WATER:** Since water is life's blood, you need to have plenty of fresh clean drinking water on hand with at least one gallon a day per person. Add in a couple gallons for cooking and a couple for domicile cleaning per day. Basic personal hygiene is about a half-gallon per person per day. (Basic washing, not a shower!)

**2. FOOD:** Energy and healing is fueled by food, so you will need plenty of food per meal, per day. It depends on how long you may be hunkered down and how long perishables will last. Many

preppers stockpile up on long shelf life type foods like MRE's or meals in pouches.

**3. MEDICAL/CLEAN:** You need to have on hand plenty of prescribed and over the counter medications for the designated period of time. Cleanliness is next to Godliness, so you will want to have plenty of disinfecting and sanitizing cleaning products to keep the germs down. Air filters should be replaced and have plenty of replacements on hand to help keep the air as clean and fresh as possible.

If you just add these simple ABC and 123 tips into your life, you will find that you will minimize your risks of getting sick greatly and if you decide to hunker down like most people, you'll be prepared. Pandemics are going to pop up and will be a part of our world for the foreseeable future so you must always be ready for them.