

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

MY DEALINGS IN JAPAN & SOUTH KOREA

How to Shake a Tail in Three Easy Steps

By Mr. X

Former CIA Officer

A good deal of my time working for the CIA was spent in Japan and South Korea. Once while working in Japan, I had recruited a Triad mobster with whom I would conduct personal meetings (PMs) on a regular basis.

When working overseas, not only did I need to avoid detection and surveillance by foreign intelligence services, but I also had to be on the lookout for local police. Obviously, I needed to make sure to never draw attention to myself or the people I was meeting with, which is why all of my PMs were carefully planned and executed.

Before these meetings, I would always conduct a surveillance



detection route (SDR). I would make multiple stops at different places — sometimes taking five or more hours — to see if I was being followed.

One critical thing to remember when conducting an SDR is that it should have some sort of theme. For example, one time my “theme” was that I was looking for a particular book to purchase. I stopped at multiple bookstores on my route and in between two stops I also went to a coffee shop for a short time.

Finally, I caught the train and

"I had recruited a Triad mobster with whom I would conduct personal meetings."

headed east to a place called Kabukicho, an area I knew was controlled by the mob and therefore safe from local police. Plus, the mobster I was working with knew everyone there. So, if someone stood out or wasn't someone he recognized, there was a good chance it was surveillance.

Once in Kabukicho, we would meet at a hotel we had agreed upon at the previous meeting. About three days prior to our meeting, I would call to tell him which hotel room to meet me in. Of course, I didn't come right out and

WHAT'S INSIDE

- 3 Survival Without Any Special Skills for Mere Pennies
- 4 How to Conceal Gear in Hostile Territory
- 5 The Antidote to Socialism's Rise in America
- 7 Medical Truth Without Politics or Agenda
- 8 Know Your History: When the Dollar Actually Divorced Gold

say the room number. I would tell him a story and mention a person's age and perhaps their address. My mobster knew to add the two numbers together to get the room number for our meeting.

As you can see, I went to great lengths to avoid detection on my missions. I realize you may not have to employ these practices in your everyday life, but you should understand that you are being watched everywhere you go. Simply put, there is no way to avoid surveillance in the world we live in.

All countries implement some sort of surveillance to deter crime and thwart terrorism. In America, we know the FBI conducts surveillance on Americans with suspected ties to terrorist groups, but the reality is that they are watching many more people.

As a former intelligence officer, I know this surveillance is (mostly) done for protection. I have no doubt that U.S. government surveillance has foiled terror plots and saved lives. It's a fine line, but there would be a lot more crime and mayhem without the critical intelligence information gained from certain surveillance.

However, if you are worried about somebody keeping tabs on your every move — whether it's the government, an ex-spouse or a crazy co-worker — here are a few tips to help you stay safe:

Know where you are going: This

"As you can see, I went to great lengths to avoid detection on my missions."

means you should have a plan. If you are going to the grocery store and think someone may be following you, then you should do as I did. Go to multiple grocery stores and act as if you are looking for an uncommon ingredient. If you go to three different grocery stores and see the same person each time, you know you are being followed.

Use Intrusion Points: Another way to gauge if someone is following you is to use intrusion points. These are places where someone following you would physically have to go in after you if they wanted to keep their eye on you. If you go into a coffee shop with all glass windows, surveillance could stay outside and continue to watch you from the exterior. But if you enter a mall or a big store like a supermarket, they will be forced to follow you inside.

Act Normal: The biggest mistake you can make if you think someone is following you is to run. This only informs them that you are on to

them. At that point, if they are working as a team, you will most likely have multiple people converge on you. You can't always dodge or avoid

surveillance — so your goal should be to bore them to death. Make them think you are a regular boring Joe who is a waste of time to follow.

The bottom line is there are eyes and ears all around us. You can't avoid surveillance entirely, but if you know how to counteract it, you'll be better prepared to elude any people who are coming after you.

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Devcore Plate Carrier Backpack

These days, more and more people are interested in bulletproof backpacks. One option is the Devcore Plate Carrier Backpack that provides you with the ability to conceal armor plates inside it.

The backpack itself is made in America from 1000D nylon, YKK zippers and mesh padding on the back panel, waist belt, and shoulder straps. The main compartment has Velcro for accessories and there's a small zippered pocket for important items. There is also a rapid deployment bottom compartment that can hold other gear such as a medical kit.

The Devcore features a rear armor plate pocket and thumb loops on the shoulder straps that can be pulled up to deploy a front plate pocket. Once the front plate is deployed, the pull straps attach to Velcro on the waist belt. The backpack system works with soft Level IIIA plates for reduced weight or Level III rifle plates for increased protection. The Devcore Plate Carrier Backpack sells for \$600, not including the armor plates, and can only be purchased directly from the company.

Contact our Customer Care Center:

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or e-mail support@spymbriefing.com



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SURVIVAL WITHOUT ANY SPECIAL SKILLS FOR MERE PENNIES

The 10 Items You Must Have in Your Kit

By EJ Snyder

Former Army Ranger and Extreme Survivalist

These days, I'm bombarded with questions about survival kits. With the pandemic, riots, and skyrocketing crime, folks want some reassurances for themselves. And I don't blame them. Having a good survival kit with the right tools can mean the difference between living and dying — even without finely honed skills.

I have never left home without my kit. When I was in the Army, I made sure every soldier had a basic survival kit on them, as well as one in their vehicle. You should apply this same rule in your everyday life. So, here's the minimum you'll need to build your own kit. And again, you won't need special skills to use it.

First, a knife. In my book, it's the most important tool in any kit. Knives are used for all survival tasks, from shelter building to hunting to fire making. I've survived in the wild many times with just a knife. I recommend a good fixed-blade type of knife. (The knife I use and designed is called the SXB Skullcrusher X-Treme Blade. If you want to check one out, email Jason and he will be able to get you the best price.)

Next, I like a good single walled stainless steel water bottle that has a filter on it. You can both "dunk and drink," and carry extra water. If the filter breaks, or has passed its longevity, you can still boil water in it. As backups, you can add a water filter such as the SurvFilter and also water purification tablets.

You'll definitely need a way to make fire. So, be sure to include a lighter so you can start a fire quickly and efficiently. Keep windproof and waterproof matches in a watertight container, along with a ferro rod



fire starter as a backup. I like the Purefire Tactical. It can ignite in the wettest conditions — even in water.

Another must have item is a small mess kit bowl or steel canteen cup that is handy for boiling water, cooking food or making soups. If you have the survival food pouches, you can just boil water and pour in the food for a quick and hearty meal.

A good flashlight or headlamp is another no-brainer. A flashlight is easier to point and is directional, but a headlamp allows your hands to be free. Don't forget to bring extra batteries. Also, turn the batteries around in your flashlight so it doesn't turn on in your pack and waste the batteries. When you need to use the flashlight, just turn the batteries around.

Additionally, a compass can point you — and keep you — in the right direction. Especially at night, if you see lights that indicate a town, shoot a direct azimuth to it, and you can head that way for help. If you go on Amazon and search "Military Compass," you can see plenty of options to purchase.

You'll also want common first aid items: band aids, gauze, medical tape, alcohol wipes, antibiotic ointment, liquid stitch, tweezers, wraps, and basic pain meds. If

you take prescription drugs, have enough for at least a week. Injuries can happen at any time and without treatment even small wounds can turn into big problems.

Keep a minimum of 100 feet of parachute cord, which has many uses in a survival situation. You can build shelters with it, traps, even use it as part of a bow drill kit to start a fire if you have to. Add a quality tarp in your kit. It can make a quick and easy shelter, be used as a blanket or to catch water, etc.

Having a raincoat or a waterproof wind breaker or parka will make your life so much better. It will help keep your core body temp up and keep you dry. I never leave home without one. As a bonus item, you should keep a wool blanket in your kit. Wool is great and breathable, and even when damp or wet can still keep you warm. In a pinch, you can use pieces of the blanket to make clothing with.

As you can see, a simple survival kit like this doesn't take any special skills to use. Even better, getting one together won't break the bank. But it can definitely help get you through any tough situation that you may find yourself in. Now with this list in hand, you can start to put your own kit together and practice with it. This way, you'll be ready whenever you might need it. Be safe, and survive on!

HOW TO CONCEAL GEAR IN HOSTILE TERRITORY

These are the Items I Take With Me Overseas

By Jason Hanson
Former CIA Officer

I was 30,000 feet in the air on my way overseas. I was going over the checklist in my mind to make sure I had all of my gear and that it was properly concealed. The truth is, it doesn't matter how many times you head overseas — you never let your guard down. To this day, I obsessively double check everything.

For instance, as I was sitting on the plane that day, I was wearing my Escape & Evasion Gun Belt. This is a solid leather belt that has three hidden zippered pockets inside of the belt. In the first pocket, I had \$40 in cash because it's always a good idea to have extra cash when traveling. (In my pants pockets, I had over \$300 in cash.)

In the second pocket of the belt, I had a small lock pick set. If you don't know how to pick locks it's something you can learn very easily. In the third pocket, I had a bobby pin, hair barrette and a handcuff key. Overseas, you're more likely to run into corrupt police who will use handcuffs to restrain you. The bobby pin and hair barrette would allow me to escape handcuffs if that situation arose, as would the universal handcuff key I was carrying.

If you're traveling to more dangerous areas of the world, having escape gear on your belt is just the beginning of the preparations you should be making. There are additional steps you can take once you've arrived, to keep you safe as you travel around.

For example, one good, yet painful way to conceal items on your body is by using a piece of Gorilla Tape. This is a great way to carry small items that could come in handy,



such as a razor blade, a handcuff key or lock picks. Simply place the item in the middle of the Gorilla Tape and stick it somewhere on your thigh or leg.

If you're wearing shorts, put the tape lower on your leg. That way, when needed, you can just lift up the bottom of your shorts to tear off the piece of tape to access the gear. If you're wearing pants, fasten the tape up higher around the waistline so you can easily access it with your hands. Ripping the tape off your skin might be uncomfortable, but in a life-or-death situation, you won't think twice about doing it to get to the tools to keep you alive. (A pain-free version of this tactic is to wrap your arm or leg in a bandage to make it look as if you've been injured. Underneath the bandage, you can have your escape gear, essentially allowing you to hide the items in plain sight.)

If you wear pants with a button closure, you can hang survival items on the button. Simply take a piece of string and loop it around the button with the string hanging down inside your pants. On the end of the string, you can tape a handcuff key, hair barrette or bobby pin. I obviously wouldn't hang a razor blade or anything sharp using this method because it would be too easy to cut yourself.

One of my favorite ways to conceal gear on my body is by using a

safety pin and a small plastic bag. First, take the small plastic bag and fill it with whatever items you wish — cash, handcuff key, copy of your passport — and then clip the bag to the inside of your pants using the safety pin. You can even clip one set of gear to your front and one to your back since you don't know if you'll end up restrained with your hands in the front or back.

A final way to conceal gear is by using your shoes. On the tip of the laces on my shoe is a small handcuff key that is secured to the laces. Unless you know what you're looking for you'll never see it. You can also tape items to the inside of your shoes or under the tongue of your shoes. However, oftentimes, kidnappers will take your shoes, so make this a backup option. In other words, you want to have gear on other parts of your body too. (If you're in a truly dangerous area, tape items underneath your scrotum since almost nobody will check there.)

These are just a few of my favorite ways to conceal my escape and evasion gear. Your chosen method should vary according to the threat level of the country to which you're traveling. If you're going to Bora Bora, you probably don't need to be decked out head to toe in evasion gear, but if you're going to Afghanistan, you better be well equipped.

THE ANTIDOTE TO SOCIALISM'S RISE IN AMERICA

Our 250-Year-Old Battle Plan to Thwart "Decapitate, Evacuate, Then Substitute"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

"Never attempt to win by force what can be won by deception."

— Niccolò Machiavelli. I have participated in numerous first-wave assaults against enemies of our country. Some of those activities were directed against a small group of evildoers, while others were carried out against an entity with political power and control. But, in none of those attacks did I wear combat boots or carry a battle rifle. My surreptitious activities were "point of the spear," the leading edge of the coming battle.

Historians can examine the origins of a battle and see how long in advance the conflict had begun before any physical confrontation



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can get the gorgeous Deadly Crusader Knife. This knife is made from Damascus steel and comes with olivewood handles. It is a full tang knife, so it won't fail you if you have to use it for prying, chopping, cutting and more.

As a reader, you can get this amazing knife for over half-off while supplies last. Visit

www.AmazingGearGiveaway.com

now to see several pictures and to order.



had occurred. We are witnessing those same advance tactics in our news today. If we pay close attention, we can see the armed conflict coming before the days of open hostilities arrive. I know this because it is part of what I was trained to see, understand, and manage during my service for our country.

Politicians across America have defunded the police. They've worked to prevent citizens from being able to defend themselves, their families, and their property. Judges release criminals without bail and instead incarcerate the victims all while standing before cameras and proclaiming their virtue.

Yet this is neither new nor unusual. These are merely the beginning steps of "Decapitate, Evacuate, Then Substitute." Erasing any

institution from a society is incredibly difficult. It requires generations of time, massive amounts of energy, and consistent effort. Which means it's far easier to transform an institution than to remove one. Why attempt to win by force what you can win by deception?

"My surreptitious activities were 'point of the spear,' the leading edge of the coming battle."

As a trained and experienced intelligence operative, I can see the battle plan from evidence in the news. Prosecuting (innocent) police officers for enforcing the law is not a social experiment or reaction to perceived racial injustice. It's a tactic to demoralize the law enforcement community and divide the politically active state prosecutor from the street-level police officers. The goal is to dismantle the institution of law enforcement and rebuild it as a political enforcement institution.

Remember, defunding the police was never about eradicating law enforcement. It was a shallow and transparent gambit to remove leadership within the domestic law enforcement community. The Machiavellian socialists managed to decapitate the institutions of law enforcement and force a large number of honorable men and women out of those organizations. They decapitated and then evacuated the police forces across the country.

This was all done to create a vacuum. Now, as major democrat (read: socialist) cities like Washington D.C., Chicago, Atlanta and Baltimore cry out for increased funding and enlargement of their now frail police forces, they will hire a new breed of police officer. These will be men and women that are recruited, screened, and willing to serve in an entirely new capacity.

This new "police force" will be the henchmen and enforcers of the political elite. They will be the government shock-troops for BLM, Antifa, Nancy Pelosi and every other evil tyrant that derives power from darkness. They will be trained to exercise discretion with a bias towards the politically acceptable. They'll be given power to destroy social norms by how, when, why, and for whom they enforce the law.

Just as we see Capitol Police branches springing up around the country, we will begin to see our local police forces serving as "social order" enforcers.

If you get pulled over for a traffic infringement, you had better make sure you have your vaccine passport and your copy of the Critical Race Theory (CRT) handbook on your front seat.

From having been involved with

"This new 'police force' will be the henchmen and enforcers of the political elite."

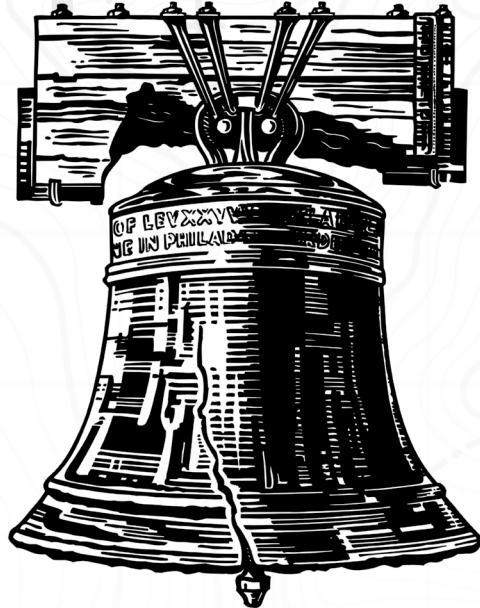
this type of operation myself, I can tell you the primary concern of those working to bring about this change right now is that 'We, the People', will rise up early in the process and nip it in the bud. They know that once the momentum sets in there will be a lack of both will and resources to interfere with their plan to convert America into a socialist country. A country where those without political titles serve as slaves and where the elitists can ensure their vocation of luxury on the labor and tax revenues of others.

This is not new to America. In our own revolution, on September 6, 1774, six months before the famed "Shot Heard Round the World," armed citizens from Worcester County lined the streets and made their presence and their demands known. This pivotal moment was captured perfectly by Ray Raphael in his book "The True Start Of The American Revolution":

... at dawn and through the morning, militia companies from 37 rural townships across Worcester County marched into the shiretown (county seat) of Worcester. By an actual headcount taken by Breck Parkman, one of the participants, there were 4,622 militiamen, about half the adult male population of the sprawling rural county. This was not some ill-defined mob but the military

embodiment of the people, and they had a purpose: to close the courts, the outposts of British authority in this far reach of the Empire.

This they did, and with great flare. Lining both sides of Main Street for a quarter mile, the insurgents forced two dozen court officials to walk the gauntlet, hats in hand, reciting their recantations more than thirty times each so everyone could hear. The wording was strong: the officials



would cede to the will of the people and promise never to execute "the unconstitutional act of the British parliament" (the Massachusetts Government Act) that would "reduce the inhabitants ... to mere arbitrary power." With this humiliating submission, all British authority vanished from Worcester County, never to return.

Is this year our "1774"? Are we, as a people, as a nation, going to stand up and fight for ourselves? Are we going to vote out of office and out of our society state and local prosecutors who coddle criminals and punish police? Will we line the street in protest when radical politicians demand our children wear masks? Have we reached the point where we have learned that tolerance has become the model for teaching bad and immoral behavior?

As a spy operating overseas, I was always afraid of the one individual who could see through my disguise and would call me out in public. Are we ready to call out the infiltrators currently running our communities? It only takes one voice to ignite change. Be the voice that brings September 1774 back to life - that brings your country back.

MEDICAL TRUTH WITHOUT POLITICS OR AGENDA

What We Know, What We Don't Know, and What to Do About It

By Dr. Omar Hamada
Special Operations Physician

Since COVID is on the rise again and I've been getting many questions, I want to cover the science in a simple way and bring some clarity to it all. While things are constantly changing, there are foundational truths we can build on, so I'll lay those out and then fill the rest in based on what we know so far.

First, some terms. SARS-CoV-2 is the virus. COVID is the disease caused by the virus. The spike protein (S-protein) is the part of the virus that fuses to our cells. It's what our body forms antibodies against during "natural" infection. And it's what the immunizations were developed to cause our cells to create and our bodies to make antibodies against. It's also the part of the virus that causes blood clotting and other complications.

Monoclonal antibodies (like Regeneron) are lab-developed antibodies meant to neutralize the virus by attaching to specific areas of the S-protein. And antivirals (like Remdesivir) prevent the virus from replicating in our cells.

It seems clear that SARS-CoV-2 is a weaponized virus, developed by a lab in Wuhan, China and partially funded by our own NIH under the oversight of Dr. Anthony Fauci. When it escaped, it spread like wildfire, causing devastation around the globe. Generally, the virus caused no to mild disease in 80% of those it infected, moderate disease in 15%, severe disease requiring hospitalization in 4.4%, and death in just over 0.6%. It seems to primarily affect older populations and those with preexisting chronic diseases.

Once vaccines came on the scene, we saw many variants develop. It's hypothesized that in addition to routine viral mutagenesis, this may have occurred because of "vaccine pressures" causing mutations of the S-protein that helped it survive and continue to infect its host while avoiding neutralizing antibodies created by the vaccines. True, they are not traditional vaccines that deliver antigen, but instead deliver codes that create antigen-like proteins. The end result is the same, but significant questions about long-term effects remain.

Though there may be literally dozens of variants now, only a few are worrisome. Of primary concern — today at least — is the delta variant. This is because of its increased infectivity, severity, and the way it affects younger populations. Plus, the delta variant is more resistant to monoclonal antibodies and those antibodies developed by immunizations — though they still confer some protection.

As this new surge continues, we look for clarity, truth and answers we can trust. But the politicization and polarization of our society has made this a difficult proposition. So, many have turned to alternative sources. Sadly, many of these sources feed on fear and either seem to seek to control us through mandates and shaming or give us reason to reject everything we hear in exchange for the opposite with great suspicion. As usual, the truth lies somewhere in the middle.

There is a great repository of research to draw on that most seem to have ignored. Though

our knowledge advances and understanding changes, actual science does not. Viruses are viruses and will act like viruses. Our immune system does what it does and does it very well.

"There is a great repository of research to draw on that most seem to have ignored."

The main concern is that these immunizations were rushed to market. They use a new and untested mRNA technology and have yet unknown long term effects — in both efficacy and complications. Additionally, many believe that this virus was developed as a bioweapon.

So, what do we do? Simple, we get back to common sense and un-politicized science. Avoid those who are ill. If you're sick, stay home. Wash your hands and keep them away from your face. Strengthen your immune system with rest and recovery. Hydrate, eat well, add Vitamin C and D, zinc, and aspirin (as needed) and engage in frequent, moderate exercise.

If ill, seek care early and determine whether or not you are a candidate for Regeneron or Remdesivir. Consider inhaled and intravenous steroids, antibiotics, oxygen, and lung "exercises." There does seem to be valid science behind the use of hydroxychloroquine and ivermectin in prophylaxis and treatment. These two medications act in different ways and can be used simultaneously.

Finally, assess your risk, and if you think it's right for you, get immunized. It's obviously up to you and all of us should continue to have the freedom of choice of whether or not to get the vaccine.

KNOW YOUR HISTORY: WHEN THE DOLLAR ACTUALLY DIVORCED GOLD

How Nixon's Decision is Still Affecting You Today

By Forest Hamilton
Universal Coin & Bullion

Many people think President Roosevelt took us off the gold standard in 1933 when he recalled physical gold from American citizens via Executive Order. But it was actually almost 40 years later when the United States dollar actually divorced from gold.

On Sunday night, August 15, 1971, President Richard Nixon not only devalued the U.S. dollar by nearly 17% relative to gold, but he practically abandoned what little was left of the gold standard by closing the gold window to foreign governments.

That August, President Nixon also instituted a 90-day wage and price freeze, despite the fact that the most recent annualized Consumer Price Index rate was only 4.4%, which is less than today's recent rate. He also boosted tariffs by 10% and added a series of other financial plans with the goal of stimulating the economy.

Because it was nearly 40 years since Roosevelt's gold recall, the public didn't really know much about the gold standard. Nor did citizens realize the effects this would have on the value of the dollars in their pockets. Thus, the overwhelming response was positive for Nixon's moves. Many people loved the idea of price freezes and tariffs against imports. Wall Street even celebrated with a massive rise in the Dow Jones Index on Monday, August 16th, 1971.

American citizens weren't alone in their approval. The vast majority of economists praised Nixon's

economic package. Major polls by Gallup and Sindlinger & Co found that over 75% of Americans approved of Nixon's plan. Albert Sindlinger said that, "most of those who dissented did so on the ground that Mr. Nixon's actions should have come sooner," adding "In all the years I've been in this business... I've never seen anything this unanimous, unless maybe it was Pearl Harbor."

Paul Samuelson, author of the most popular economics textbook of the day, said that gold would likely fall in price. Milton Friedman told Nixon that severing gold from the dollar would have little impact on the dollar's value. Nixon believed Samuelson and Friedman, so in his speech he said that abandoning gold would either strengthen or stabilize the dollar.

Boy, were they all wrong. The dollar lost two-thirds of its value to the German mark, Swiss Franc and Japanese Yen. It also lost 98% of its purchasing power relative to gold over the next 40 years.

But the dollar's biggest decline came in terms of gold. Even with the recent drop in the gold spot price, and the questionable rally in stocks to new all time highs, gold has handily beaten stocks long-term and has crushed inflation by eight and a half fold.

The majority of gold's increase came in the first decade of the dollar float, from 1971 to 1980. But gold also grew seven-fold from 2001 to 2011, then doubled again from its lows in late 2015 to an all-time high during Trump's presidency in August 2020.



While gold certainly has its ups and downs, and skeptics can always pick their dates to make gold's growth look flat, it has still beaten all paper currencies over the past 50 to 100 years by a significant margin. And although gold has handily beaten the major stock market averages, gold's primary role is to beat paper currencies (and bonds), while also being a stock portfolio hedge.

Yes, the official gold standard is long gone. But the unofficial gold standard lives on, with a rising tide of individual investors battling back central bankers by balancing their portfolios with real money, the true golden constant. I would certainly encourage you to do the same especially if you don't own any gold at this time.

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