

A man or woman, born with natural unalienable rights, is never answerable to an agent and always free to:

1. Live, roam, and travel in peace;
2. Peacefully assemble and associate with other men and women;
3. Lawfully carry on a trade or business;
4. Decide what is morally the right thing to do for them at all times;
5. Assert and retain bodily autonomy and free will choice at all times.

Are you prepared for the declaration of an emergency or crisis lockdown?

Non-perishable food - water filtering - power packs – generators – cooking stoves - independent kettles - batteries - cash – first aid – colloidal silver/oregano oil (anti-biotics) – candles – indoor games – playing cards – books – torches – walkie-talkies!

Other pre-emptive strategies in an alleged or declared emergency:

1. Switch off the tv and radio!! Unplug from technology.
2. If you are able to, leave the town or city and head for the rural areas.
3. Find your tribe and form self-sustaining communities.
4. Keep your offspring safe at home and away from school.
5. Avoid pharmacies, doctors, dentists, and hospitals.
6. Keep your home safe from intruders. Do not answer the door except to known visitors.
7. Avoid supermarkets and eat only food grown by trusted sources or grow your own.
8. Organise rapid response teams to deal with civil unrest or agent visits and practise emergency communications.
9. Travel with companions if there is civil unrest or restrictions on movement.
10. Arrange car-pooling and resource sharing.
11. Get fit, strong, and healthy. Eat less and practise daily intermittent water fasting.
12. Rehydrate with pure, slightly alkaline (i.e., mineralised) structured water.
13. Have good old-fashioned fun in community such as: games, sports, conversation, storytelling, singing.
14. Read, study, meditate, pray, and learn to be comfortable in your own skin.
15. Develop your creative skills and/or superpowers (trust your intuition, telepathy, healing gifts etc).
16. Breathe more slowly and more deeply. Have faith that all will be well!

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