TOWARD GREATER SELF-SUFFICIENCY: PREPARING FOR AND SURVIVING THE COMING MELTDOWN OF AMERICA

INTRODUCTION

Amelia is plunging toward the greatest period of financial, political, and social instability and upheaval in its history as the Obama regime and the Liberal Eastern Establishment push us towards a socialist police state and the New World Order. The US economy is faltering. Crime is turning our major cities into war zones. Drugs, liberal education, sexual permissiveness, and rebellion against parental authority are destroying our families and especially our children.

An all-powerful government is moving to control every aspect of our lives from the cradle to the grave with tens of thousands of new laws, rules, and regulations promulgated each year that are making it almost impossible for individuals, families, or businesses to function and prosper. Freedom is under attack as never before in America in every way imaginable, and the very foundations of our culture, our traditional way of life, our Constitution, and our families are crumbling.

King David asked the question in Psalm 11:3: “When the foundations are being destroyed, what can the righteous do?” The Bible answers that we should seek God for refuge, and direction. In Psalm 97:10 it also says “Let those who love the Lord hate evil” and in Proverbs 8:13: “To fear the Lord is to hate evil.” Romans 12:9 says “Hate what is evil, cling to what is good.”

The average American today (including many Christians brainwashed with liberal secular humanism by our media, educational system and government) cannot even recognize the difference between good and evil, much less...
take an actual stand against that evil. As Edmund Burke once said: “All that is necessary for evil to triumph is that good men do nothing.” Well, good men and women in America have been doing nothing for decades and evil is triumphing while our foundations crumble.

Today, evil is manifested in America in the massive push for homosexuality (think gays in the military, gay marriage, gay life-style education from grade school to high school); in the extermination of 1.6 million babies per year; in rampant promiscuity; in an explosion of pornography and drug use; in the breakdown of the family; in the explosion of crime (especially in American cities); and in a socialist government under the Obama regime that is trying to force on the American people gun control and control of our children, our private property, our finances, our health and our wealth, and even our thinking.

In this writer’s opinion, the primary message of the Bible is two-fold: Take an active stand in every way for God, for his Son, and for his laws, and take an active stand against evil. Regarding the latter, concerned Americans need to get involved in local, state, and national political initiatives and organizations that support and defend America, our Constitution, our traditional values, the family, and the free market. MIA has long advocated involvement in political action and will continue to do so.

But there is another concept in the Bible – that of being prepared, of getting out of harm’s way, of providing for your family. As I Timothy 5:8 says, “If one does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.” Many Americans are in a very complacent comfort zone and nothing short of personal catastrophe will shake them out of their apathy, or cause them to prepare for difficult times.

Many Christians believe that preparing for difficult times or disaster demonstrates a lack of trust in God, ignoring Biblical examples such as Joseph preparing Egypt (at God’s instruction) for seven years of famine through a massive food storage program, or Noah’s preparing the ark for the great flood. Hence, they ignore the signs of the times, assume that we are still living in a 1950s-type era where all is well and always will be, and do nothing. But as Proverbs 27:12 says:

“The prudent see danger and take refuge, but the simple keep going and suffer for it.”

There are a number of areas of preparation for difficult times and self-sufficiency that people who understand the times in which we live should be rapidly implementing at this time.

A. TOWARD GREATER FOOD SELF-SUFFICIENCY

It is quite difficult to become totally food self-sufficient if you live in the city, or for that matter if you live in a small town. But you can prepare for unexpected emergencies, such as riots, hurricanes, earthquakes, blizzards, tornados, floods (such as the recent ones in the US), etc. which can interrupt food supplies for weeks or even months. This writer has long believed, and believes more strongly than ever today, that every family in America should have at least one year’s supply of dehydrated or freeze dried food reserves for each member of their family.

This does not make you food self-sufficient on a long-term basis, but can carry you through an acute emergency, which could include the loss of a job or business, with no income coming in. This writer has stored dehydrated food since 1970 (it should be rotated about every 5-7 years, but it has a shelf life of about 15 years). Twice during the 1970s when business income was down, this writer and his family dipped into this food for several months at a time. It is excellent unemployment or low income insurance.

During several recent hurricanes, such as Irene (and Katrina a few years ago), during the recent floods in the Midwest, tornadoes across the southeastern US such as the killer tornado that devastated Joplin, Missouri, and during the Los Angeles riots 20 years ago, many people could not get to the grocery stores, or the stores were closed, or their shelves empty, or in Los Angeles many were burned to the ground. This was true for convenience stores and fast food restaurants as well.

Many people did not have enough groceries on the shelf to last two days or even through a weekend. Some depended upon food handouts from FEMA and other relief agencies. In Los Angeles, some people sat behind locked doors with riots in the streets and with no weapons and no food – guarding their families with baseball bats. Americans are not well prepared – most think that a disaster or tough times cannot hit them (it’s called DENIAL) – but recent events show that it can! Think Japan’s recent earthquake, tsunami, and nuclear meltdown, or think Joplin, Missouri. Think about the record number of floods, wildfires and earthquakes in America in 2011.

LONG-TERM FOOD SELF-SUFFICIENCY CONSIDERATIONS

Thirty to forty years ago, America had several years of food surpluses or reserves (i.e., two to four years at any given time) set aside for times of emergency, famine, drought, or war; much as our strategic metals stockpile used to be set aside for times of national emergency. Over
the past few decades, these food surpluses have been sold off or given as aid to other countries – and allowed to dwindle to almost nothing.

Another phenomenon has been the bankruptcy or closure of over two-thirds of America’s family farms over the past few decades – due to financial difficulties, low farm commodity prices, or government regulations such as the draconian environmental laws. Most of this farmland has been taken out of production forever, with much of it being incorporated into US government lands or bought up by multinational food corporations. So with a burgeoning population (i.e., 311 million, not counting tens of millions of illegals), America is now experiencing a sharp decline in food surpluses.

[ED. NOTE: It should also be understood that over 95% of America’s food production today is controlled by five multinational food giants that comprise an “unofficial” multinational food cartel that controls US (and global) food production, supplies, deliveries, and prices – not to mention seed production. This “big five” group works closely with the US Department of Agriculture and is closely tied to the New World Order and the Liberal Eastern Establishment, which control America’s financial system, media, educational system and much of the government. The power to control food supplies will be the ultimate in people and population control in the emerging New World Order!]

For greater long-term food self-sufficiency, most families should take up gardening and/or learn how to grow vegetables hydroponically in a greenhouse. A 30x30 foot garden could grow most of the vegetables a family of four would need for a year, and could be grown even in the backyard of most city homes (not very privately, however).

Hans Schneider wrote in Timely and Profitable Help for Troubled Americans (referred to in Part I of this report) about how the German people had to innovate to procure food during the Soviet occupation: “The food situation would have been a catastrophe to supermarket shoppers. There was practically no food to be bought in those days. We found our supplies by picking berries and mushrooms in the mountains. We had a small garden where we had various fruits such as currants, gooseberries and cherries, as well as strawberries, potatoes, tomatoes and many other products. We used nettles as spinach which, by the way, is very healthful and very tasty if prepared properly. We used dandelion leaves and other wild edible greens for our salads.

“We had one goat and three chickens which supplied us with milk, meat and eggs. It was important to have only economical animals as there were no resources for fancy livestock and no time available to invest in that type of undertaking. Such easy-to-care-for animals provided people not only with food but also with leather, which they could prepare with just a few added items.

[ED. NOTE: Growing rabbits in a few back yard hutches is a great source of meat and fur for warmth in winter, and takes up very little space. In high school, this writer started with two rabbits and in short order had almost 100. They are cleaner and less smelly than chickens, and can be grown in a city backyard on a relatively low profile basis – or even on the roof top of a large multi-story apartment house. Our socialist government may soon outlaw such endeavors, but some resourceful Americans will still find a way.]

“All of the foods I mentioned were fresh products, and from those we could conserve for the wintertime. Many of the mushrooms we sliced into thin pieces and hung on a string in a warm room or in the sunshine to dry. They were later added to meat dishes and made into delicious soups. We also were able to dry some fruits and vegetables, such as pears and apples, in a similar way. Many other vegetables, such as potatoes, carrots, etc., would keep through the winter imbedded in some soil or sand in specially constructed bins in our cellar.

“We were able to secure wheat by gathering the heads from the fields after the grain had been harvested. We rubbed them on an old-fashioned washboard placed in a container, so the kernels would be separated and collected. Then on a windy day we winnowed the wheat by slowly pouring it into another container placed about two feet below. These wheat kernels were ground for bread, cereal, etc. Even a simple coffee grinder will do.”

When considering gardening or farming, it should be understood that most seeds today are hybrids – meaning that they have been crossed so much that they are not fertile (they can only give life one time – there is no second generation – and therefore new seeds must be bought each year). A few large multinational agriculture companies such as Monsanto control most of the hybrid seed production and therefore all future food production in America, and a growing proportion of global food production.

On the other hand, non-hybrid germinating seeds will continue to reproduce for generations (eliminating the need to buy new seeds) and can be stored for up to 10 years. If one gets serious about long-term food self-sufficiency, a large supply of non-hybrid seeds should be purchased and stored. (You can find excellent information on this subject, including seed sources, from Backwoods Home Magazine, at backwoodshome.com or 1-800-835-
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2418 to subscribe. On their Web site, just search for “heritage seeds.”

[ED. NOTE: It should again be remembered, the New World Order/global socialist/environmentalist crowd wants to control people and wants to control population growth – they are very open about both. (That is what abortion and euthanasia are all about – some people think the AIDS crisis is as well.) What better way to do it than by controlling food supplies, and with those supplies as thin as they are in America today, food control as a weapon of the New World Order may not be so far-fetched. Indeed, the supplies of dehydrated/freeze dried food in America are extremely thin and would dry up overnight if even 10-20,000 Americans began to buy them at once. This is another important reason for families who understand the times to move toward food self-sufficiency expeditiously.]

Several excellent books are available dealing with many facets of self-sufficiency or preparedness including sections on food self-sufficiency. This writer’s good friends the late James McKeever and Jeani McKeever a number of years ago published an excellent book on disaster preparedness entitled Preparing for Emergencies (available used at the time of this writing from allbookstores.com), which analyzed in depth most areas of becoming self-sufficient in food.

Another excellent book is the Old Fashioned Recipe Book: An Encyclopedia of Country Living by Carla Emery. This is not a cookbook. It deals with almost every aspect of self-sufficiency, including food production and preservation (available used at the time of this writing from allbookstores.com for as little as $14).

[ED. NOTE: If you want a simple, low cost, rather boring – but life-sustaining food reserve (or insurance) – buy 5, 10, 20, or more five-gallon nitrogen sealed buckets of rice (brown rice is most nutritious) and red beans. (Rice is the daily staple diet of over two billion Asians and Africans.) You can also buy five-gallon buckets of wheat, oats, corn meal, salt, honey, etc. Properly stored in nitrogen-sealed buckets, these staples can be kept for decades. (This writer and his family have done so.)

In the 1970s, this writer and his family primarily ate red beans and rice two or three meals a day for almost two years during some rather lean financial times. Though the diet became quite boring (how many different ways can you cook red beans and rice?), we survived just fine – no one died of malnutrition. Check with your local ag co-ops for where you can buy such bulk food in your area. (Some of our wealthier readers are probably saying that they would or could never eat such a diet – perhaps that is true, but in a huge crisis, hungry or starving people will eat almost anything and will be grateful for it.)

It did occur to this writer while writing this section that it is our wealthier, more affluent subscribers who can most readily afford these and other survival preparations, but who are the most likely to make little to no preparations. It is easy for them to believe that in hard times, their wealth will protect them “as it always has,” or that they are “bulletproof from disaster.”

This writer has found that those people he knows with the most wealth are by and large the most complacent people of all regarding the coming problems MIA continuously writes about and any form of disaster preparedness. (Watch the old film classic, “Dr Zhivago” to see how the wealthy actually did live after the 1917 Bolshevik Revolution. Hint: Not well!]

B. MEDICAL SELF-SUFFICIENCY

There are three problems with the medical system in America today. The first is that traditional allopathic medicine doesn’t have answers for many people with degenerative diseases such as cancer, multiple sclerosis, muscular dystrophy, Parkinson’s disease, Alzheimer’s, AIDS – it cannot cure them, except maybe in about 5-10% of the cancer cases. (It is now estimated that one out of three Americans in their lifetime will contract cancer.) Nor does traditional medicine have cures for the host of new deadly viruses (some laboratory produced) that are coming on stream with a vengeance.

The second and even greater problem is Obama’s and the political left’s efforts to socialize the entire US medical system as per the former Soviet bloc or Sweden.

The third problem is that the government (via the FDA) is in an unholy alliance with the American Medical Association and the large pharmaceutical companies. That alliance is attempting to stamp out all forms of alternative medicine and is jailing doctors and practitioners of such medicine or seizing their clinics, equipment, records, and supplements – ostensibly to “protect the public.” (The outlawing of many, if not most, natural health supplements is rapidly approaching.) That’s like protecting the public via the “drug war,” or “privacy,” or new “child abuse,” or “terrorism,” or “gun control” laws. It is called “controlling the people under the guise of protecting them.” (Or is it called “population control” – a phenomenon we see currently with abortion and next euthanasia, and which we saw in Nazi Germany.)

There are a number of alternative medicine treatments, therapies, or modalities which have evolved, some
over centuries and others in recent years, which have been very promising as far as controlling or eliminating certain degenerative diseases, as well as viruses. (The best kept little secret of our day is that many patients diagnosed as terminally ill are being cured of their diseases at alternative medicine clinics both in and out of the US.)

These techniques or therapies would include chelation therapy (which eliminates the need for much of the very expensive and unnecessary bypass or open heart surgery), oxygen therapy (ozone, hydrogen peroxide, or hyperbaric chambers), enzyme and nutritional therapy, homeopathy, herbal medicine, and bio-magnetic (bio-electric) therapies, as well as a number of detoxification techniques (including colon hydrotherapy) designed to clean the poisons and toxins out of the body and strengthen the body’s auto-immune system. A number of these fall into the category of “preventive medicine” – a concept which the traditional medical establishment by-and-large shuns or maligns as “quackery.” (Where is the profit in diseases or illnesses that are prevented?)

The government is moving to stamp out and close down alternate (or preventive) medicine clinics, supplement and vitamin manufacturers, health food stores, herbalists and herbal supply houses, and either jail or put out of business many of these practitioners or manufacturers via a host of Nazi-style FDA rules and regulations, as they try to force everyone into their highly computerized, socialized medicine system.

This is all being orchestrated by the large pharmaceutical companies, the FDA, a group of US legislators (who are in bed with and well paid by the big drug companies), and of course the Obama Administration.

As this process continues and accelerates, it will become necessary for people who believe in and utilize preventive or alternate medical techniques, to either know like-minded practitioners who will treat patients on a very low profile (i.e., almost underground) basis; to seek alternate medical treatments for diseases such as cancer, MS, MD, Parkinson’s, AIDS, and a host of others diseases outside of the US (for those who can afford to travel to offshore clinics); or to learn preventive medicine techniques that cannot be stamped out by “Big Brother.”

Knowledge of detoxification techniques, proper diet and nutrition, herbal medicine, oxygen (i.e., hydrogen peroxide or ozone) therapy, enzyme therapy, vegetable juice fasting, and bowel management will be essential and perhaps life saving for you or members of your family.

If one cannot rely on the emerging socialized medicine system, and if (or when) most facets of the practicing alternate medicine community have been shut down, then you will be forced to utilize natural, preventive medical techniques to become medically self-sufficient – but first one must set aside any preconceived biases or prejudices against alternate medicine, and go on a crash course to become knowledgeable about same.

Hundreds of natural (non-chemical) remedies and techniques practiced by our forefathers, by the Indians (once the most self-sufficient people in America), the Chinese, and others have been forgotten in our modern, affluent, sophisticated 21st Century America. But in difficult times, when the entire system has gone into gridlock, or has ceased to function, as in Germany in the ’30s and ’40s or in Russia from 1917 forward, knowledge and expertise in these natural approaches may save your life.

Hans Schneider describes in his aforementioned book how alternate, natural medicine techniques were used by the German people in Soviet-occupied Germany after the war – techniques that saved lives when no other form of medical treatment was available:

“While spending our five years under the Communist terror regime, there were no medical facilities we could call upon whatsoever. Fortunately, my aunt had a knowledge of herbs and curing diseases by simple home remedies. To our amazement, the sores on my foot and troubles which I struggled with for many months received greater and faster relief through the herbal treatment than they had through medical salves and treatments.

“We used narrow-leaf plantain which we washed in pure water and dried with a clean towel. After this we crushed and rubbed it between our hands and then pressed the juice into the wounds. It produced an immediate healing of wounds which had been running for a long time. Since small bone splinters had been left in the foot from the operation quickly performed under emergency conditions at the very end of the war, the foot would swell up and reopen after terrible pain, so there was a need for cleansing and purification of the inner system of the foot.

“Later, while I suffered terrible pain again when no medical help was available, an old forester about eighty-one years old visited us. He told my mother that there was no need for me to suffer in such a way or for her to go through those agonies with me. He advised us to go to the forest and dig loam or mud (because loam does not contain any stones) after removing the upper layer (about half a foot thick). Then we took that loam and mixed it up with water until it became a thick, pasty substance and applied it on and well around the afflicted part about the thickness of two fingers.
“Then some clean cotton cloths were wrapped around it, bandages placed over the cloths and left on until the mud had become dry. The dried mud was removed and fresh, moist mud applied. This treatment opened the pores and produced a suction which pulled out impure substances from the body through the wounds and pores and gave me definite, immediate and great relief.”

1. HERBAL MEDICINE

For years, the primary antibiotic for the Russian Army in the field was garlic oil (an herbal remedy). Don’t laugh – this writer has tried it on wounds and infections and it works. Our family makes it out of garlic and olive oil. Cayenne pepper is often called the universal herb: it can be used to stop profuse bleeding, arrest a heart attack, relieve ulcer symptoms, etc. It should be remembered that in Bible times the primary medical treatment was herbs, and when God wanted to judge the Israelites He took away their herbs (i.e., their “balm in Gilead,” Jeremiah 8:22).

About 30 years ago, this writer was traveling in South Africa and was in very poor health – suffering from exhaustion, severe jaundice, and early indications of liver cancer. When in Capetown, by Divine Providence this writer encountered South Africa’s leading herbalist at the time, the late Dr. Stanley Deane, who began to treat him with an herbal medicine regime. Over the next 12 months, this writer not only recovered his health and stamina, but began to feel and act younger than he had in over 15 years. Many traditional medical practitioners would make light of this experience, but to this writer it was very real.

Herbal medicine will be almost impossible for “Big Brother” to stamp out (although the FDA is presently illegally allowing dozens of important herbs and harassing or closing many herbal remedy suppliers). Their problem, however, is that there are thousands of herbs in the US (most are called “weeds”) and they cannot stamp out all of them – in fact, the environmentalists probably wouldn’t let them do so in any case.

How does one learn how to utilize herbal medicine? For years the late Dr. John Christopher was probably America’s leading herbalist. His book, School of Natural Healing: The Reference Volume on Natural Herbs for the Teacher, Student, or Herbal Practitioner is a classic and should be read, studied, and in the library of every family interested in medical self-sufficiency (available used at the time of this writing from amazon.com).

Dr. Christopher’s son, David, operates a correspondence school on herbal medicine that, in the opinion of this writer is the finest of its kind in the world. It takes about one year to complete and is topped off with about a 10-day hands-on preparation and application course in Utah. Some years ago, this writer’s wife and daughter took that course as a part of the family’s home schooling program. It is highly recommended! For information on the same, contact: The School of Natural Healing, PO Box 412, Springville, Utah 84663, phone: 1-800-372-8255, or online at snh.cc.

2. USING ESSENTIAL OILS

As mentioned in Part I of this report, Essential Oils (from Young Living Essential Oils) are an essential part of an alternate/herbal medicine arsenal. We never leave home without them – in fact, as this issue of MIA is being written from remote southern India, we are using a number of these oils for fungal infections, insect bites, sleep, headaches, respiratory problems, and stomach bugs. We use them because they work – fast! They are highly concentrated forms of herbs that work far more quickly than regular herbal remedies. (We use some of both almost every day out here in the Third World on ourselves or with our orphans.)

Our son used a number of these oils a few years ago (along with garlic oil) in Indonesia to reverse a very serious late-stage case of gangrene of the foot – wherein, the man (a poor beggar) would have lost his foot or leg to amputation, or died. (As an aside, this writer has also seen gangrene reversed using ozone gas – something that would be strictly prohibited by the medical establishment in America.)

A few years ago, this writer picked up a severe respiratory infection while spending a very cold and damp Christmas in London. (I didn’t have any of my herbal remedies or essential oils with me.) It deteriorated into bronchitis over six weeks, in spite of four doctor visits and that many different antibiotics. Finally, when I was back home and very close to pneumonia, I started a regime of three different Young Living Essential Oils – internally and externally applied. The entire problem cleared up in less than 36 hours – after zero improvement in six weeks with a traditional medicine approach.

For more information on the use of Young Living Essential Oils, contact Margie Hofer at 1-800-641-0208, or go on line to: oils.vibrantscents.com, or email: oils@rushmore.com.

3. STOCK UP NOW ON HEALTH SUPPLEMENTS

If you already take vitamin supplements, herbal remedies, etc – and understand their benefits, it would be wise (in this writer’s opinion) to stock up on some (i.e., a year
or two’s supply, or more of those which are most important to you). The global/socialist juggernaut is serious about stamping out supplements (as they have already done for the most part in Europe), and forcing everyone into their socialized medicine (people control/population control) system. The big pharmaceutical companies are collaborating with the political left in Congress and the Obama Administration (as well as the FDA) to eliminate most supplements over the next one or two or three years. (See the article on same in the October 2011 issue of MIA.)

[ED. NOTE: It might be a useful exercise to sit down and ponder why the political left and powers that be so badly want to stamp out alternate medicine, supplements, etc. This writer used to believe that it was simply about money – about increasing profits for the big pharmaceutical companies and their comrades-on-the-take in the Congress and FDA – by stamping out all competition. But this writer has begun to think that there is something far more sinister behind these global efforts to stamp out natural/alternate medicine. Think about it, and prepare accordingly.]

4. A LINE OF SUPPLEMENTS YOU SHOULD KNOW ABOUT

In PART I of this report, we mentioned the natural, plant-based vitamin/mineral supplements made by Mannatech. My wife and I take them daily, and find them especially helpful when we are traveling in the poor Third World – for immune system support, fighting infections, and general strength and stamina. We have seen some incredible health reversals with these products – in ourselves and friends who use them – including the cessation of all pain and symptoms among several friends who were suffering from fibromyalgia or other nerve-related maladies.

As with the essential oils described above, we never leave home without Mannatech Optimal Support Packets, Ambertose, and other supplements. (In fact all of our Asian orphans are now beginning to take them as well – we describe how that came about in Section II below.) For information on Mannatech’s excellent supplements call 1-888-644-5281; or order online at: yourrealfood.com.

5. A LIBRARY ON ALTERNATE MEDICINE/ MEDICAL SELF-SUFFICIENCY

There are a growing number of books available in the various areas of natural/alternative/preventive medicine. People who are interested in self-sufficiency in general and medical self-sufficiency in particular should begin to build a library of such books immediately (they will not always be available) and to assimilate and put into practice many of the preventive or therapeutic techniques found therein. Just a few (of the many available) such books include the following titles, which can generally be found on allbookstores.com or amazon.com:

- Prescription for Nutritional Healing, by Phyllis Balch. This is the best, most complete book on natural supplements, herbs, and diets for virtually every health problem imaginable that this writer owns. If I could have only one such book, this would be the one.

- Staying Healthy With Nutrition, Dr. Elson M. Haas.

- Dr. Wright’s Book of Nutritional Therapy, by Dr. Jonathan V. Wright.

- Bypassing Bypass, by Elmer Cranton. An excellent book on chelation therapy.

- The Unmedical Miracle – Oxygen, by Elizabeth Baker.


- Remove The Thorn and God Will Heal, by Bud Curtis.

- Elementary Treatise on Herbology, Dr. Edward E. Shook, and Advanced Treatise on Herbology.

- Home Chiropractic Handbook, (and video), by Dr. Karl V. Holmquist. A course on how to do minor chiropractic adjustments when a professional chiropractor is not available. Try to get both the video and handbook.

- Natural Remedies – A Manual, by Phyllis Austin, Agatha Thrash, M.D., and Calvin Thrash, M.D.

- Food Allergies Made Simple, by Phylis Austin, Agatha Thrash, M.D., and Calvin Thrash, M.D.


- Who Killed Candida, by Vicki Glassburn.

- Fit As A Fiddle: A Complete Guide To Healthy Nutrition, by Jeani McKeever.

- New Hope for the Arthritic, by Jane Banks and Dr. Colin Dong.
CONCLUSION: This is by no means an exhaustive booklist of alternative or preventive medicine, nutrition, etc. There are many more excellent titles.

This writer does not agree with everything in all of these books, nor has he personally tried all they recommend, but there is a wealth of information from which to choose in these books for people or families seeking greater medical/health self-sufficiency or independence. If the incredible government crack-down on alternate medicine continues, these books could be banned by the FDA and become unavailable within a very few years. A personal library of such books seems to this writer to be a very prudent thing to have.

Many people place their health (and that of their families) in the hands of their medical doctor, just as many people place their finances in the hands of a bank trust officer, stock broker, or financial planner. If the doctor or financial advisor is incompetent or messes up (as happens with some frequency) they may feel badly, but, for them, life will go on. On the other hand, your health or finances could be irreparably damaged.

In the final analysis, the only person that should be responsible for managing your health (or finances) should be you unless you would like to turn them over to the Obama regime – which would like to have control but which might not be a wise steward of your most precious assets. In this writer’s opinion, being medically self-sufficient ranks extremely high on the self-sufficiency agenda in the turbulent period that lies ahead.

C. EDUCATIONAL SELF-SUFFICIENCY

John Dewey (the reputed “father of modern education” in America and a leading secular humanist) once said that if the public (government) schools could keep the children occupied from 7 or 7:30 a.m. in the morning, throughout the day, with sports after school and homework in the evening, the parents would have less than an hour a day with their children, and the family’s and Christian church’s influence over them could be broken in about a generation. Has this happened?

What is the agenda of the government-sponsored school system in America today? Is it to educate our children and prepare them for life or is it to break the influence of the family and Christian church over them; dumb them down; and prepare them to be obedient, unthinking serfs in the coming socialist America and New World Order? This writer believes it is the latter three.

Today, our public school system in America is run primarily by secular humanists who share and even promote the agenda of the abortionists, the homosexuals, the radical feminists, the evolutionists, the atheists, the environmentalists, the hedonists, the globalists, the socialists, and more and more the New Age movement.

The textbooks and curriculum are based almost wholly on their philosophies [ED. NOTE: If you are a parent, check them out!], and, in many school systems, any teacher who dares to oppose them will be reprimanded, become persona-non-grata, or may be terminated. Peer pressure among teachers may be as great as among the students.

The majority of public school teachers today accept and gladly teach these philosophies, or easily knuckle under, because they themselves have been educated in liberal secular humanist universities. (Of course, there are exceptions from the old, more traditional school of education, but many of these are older teachers who have seen American education turned upside down in recent years, and who have retired or are about to do so.)

What is secular humanism? It is a philosophy (or rather a religion) that says there is no supernatural God; rather, man is god and sits on the throne, man is getting better and better and will determine his own destiny, there are no absolutes, and if it feels good, do it. Secular humanism is the underlying philosophy and common denominator behind the abortionists, the homosexuals, the radical feminists, the environmentalists, the evolutionists, the atheists, the hedonists, the globalists, the liberals, the socialists, the Nazis, and the communists.

If you understand secular humanism, you can understand what makes the political left (which now dominates all three branches of our government, the media, and the US educational system) tick. Marx, Engles, Lenin, Stalin, Gorbachev, Mao Tse Tung, Castro, Bill and Hillary Clinton, and Barack Obama were (or are) first and foremost not just socialists (which they certainly were, or are), but above all they were/are all secular humanists.

This writer used to be confused about the commonality between many of the beliefs of the liberals and the communists. But in the early ’80s, he read two books by Dr. Tim LaHaye, entitled: The Battle for the Mind and The Battle for the Family (Fleming H. Revell Company, Old Tappan, New Jersey, 1980, 1982) and the lights, bells, and whistles began to go on. These books defined and delineated the common religion which most people on the political left share (and which motivates them) – namely, secular humanism.

Liberals and communists both share the same collectivist/globalist/socialist mentality and view of God and man, and differ primarily only in tactics and techniques.
To our founding fathers, the highest authority was God and his law, as laid down in the Bible. To liberals and communists, the highest authority is man and his whims or instincts, and there should be no restraints on those. But Jeremiah 17:9 says: “The heart [of man] is deceitful above all things and desperately wicked, who can know it?”

The fruit of this ruling liberal secular humanist/no-restraints philosophy (or religion) in America today is seen in our near total social, moral, cultural free-fall: in rampant promiscuity, homosexuality, abortion (and next euthanasia), crime, gang warfare, exploding use of drugs, and pornography; an inability to discern between good and evil; and a growing condemnation of the Bible, of the family, of all traditional values, and of the US Constitution.

If these are the fruits of liberal secular humanism in America today (and they are), they are also the fruits of our public school system. Our children have about as much chance of getting through a public education in America today with their traditional family, moral, religious values intact as a person playing Russian Roulette with five of six chambers loaded. And if they make it through high school with those values intact, their chances of making it through college with them intact is about one in ten.

John Neider, the head of a ministry called The Art of Family Living and a popular radio talk show host has said that in either high school or college about 86% of the children from fundamental, evangelical Christian homes are lost to their parents with respect to retaining their family’s religious, moral, traditional values. When we send our children to the public schools or universities in America today, this writer believes that we are donating their minds, their values, and their future lives to the liberal secular humanists who also dominate the political system. Traditionalist families must wake up to this phenomenon and find an alternative. At stake are their values, their children, and the future of America.

THE HOME SCHOOLING ALTERNATIVE

The good news is that there is an alternative — a loophole in the liberal secular humanists’ educational monopoly. It is called “home schooling,” and it is well suited to beat the present system, preserve our children’s minds and values, and to give them a vastly superior education to that presently offered by the secular humanist government educational system. It is also extremely well suited to families seeking greater self-sufficiency and independence.

There are dozens of excellent curricula parents can choose from that are based on traditional values; the US Constitution; our Christian/Biblical history and heritage; on traditional reading, writing, and arithmetic skills; and on traditional morals and values. Most large cities have annual home schooling conventions whereby these materials can be examined and purchased. Many home schooling families mix and match different subjects from different suppliers.

It is estimated that there are close to three million children in America today being home schooled and, as the public schools implode with sex education, training in condom use, crime, violence, drugs, and children graduating who can’t read, write, or do math, the home schooling movement is likely to continue to grow rapidly.

The fruits of the home schooling movement are almost exactly the opposite of the public schools. Home schoolers normally score much higher on standardized tests than their public school counterparts. Very few home schoolers get involved in promiscuous sex, drugs, or rebellion against parents or authority. Home schoolers are almost always very close to their siblings and parents, which is no longer the case in most American families today. The vast majority of home schoolers retain their traditional family, moral, and religious values – with the exception of some who attend liberal public secular universities. Even then, a higher percentage of former home schoolers keep their act together.

[ED. NOTE: It seems to this writer that one of the goals of education in American above and beyond preparing young people for life and to earn a living should be to build up and strengthen their character. Read the old McGuffey Readers from the 1800s and you’ll see that every page had to do with building character. Do the public schools do this today? Home schooling does!]

A typical home schooling day will be four to five hours of studies with infinitely more one-on-one time with their teachers (i.e., the mother and/or father) than in the public schools. The parents do not have to be college educated or have teaching degrees. They have excellent curriculum to follow, but they do need to love their children and be willing to make a very real time sacrifice to home school them. (Many parents’ priorities are such that they will not make that sacrifice.) This is obviously much more difficult for single parents, but can in some instances still be done with the help of friends, grandparents, etc.

Many home schoolers get jobs in the afternoon (either paid or unpaid) in which they can learn a skill. The biggest misconception about home schooling is that home
schooled children will grow up as social misfits. This writer thinks this could be said about many public schooled children today (try walking around the halls of any public school in America today and take a close look) but it is not true of the great majority of home schooled children.

True, they do grow up extremely close to their parents and brothers and sisters – but is that bad? But they also know and socialize with many other home schoolers (as well as friends at church) and in fact often share certain classes (i.e., Latin, foreign languages, music, art, etc.) with other home schoolers (i.e., 5 to 10 to 15) taught by a teacher with a specialized skill for that subject.

In the majority of cases, home schoolers are far more comfortable and self-confident around adults than their public school counterparts, and very seldom experience the so-called generation gap (which is in part bred by the public schools). The so-called peer pressure most teenagers experience in public schools is practically non-existent among home schoolers. Home schoolers are far more comfortable around children of all ages (as well as adults), with less antagonism toward younger children than their public school counterparts.

Most areas have groups of 10 to 20 to 50 home school families who share similar values who meet together in associations, or on a regular social basis. Some of these organize sports teams among home schoolers which compete with small public or private schools.

[ED. NOTE: This writer has seen a number of parents who realized the value of home schooling leave their children in public schools because the sports were better (and they probably are!) only to lose their children to the liberal secular humanists. This writer, who played a lot of sports in his day, believes that choosing sports over a traditional values-based education is a mistake.]

Country living is particularly well suited to home schooling (though not essential) because the greatest laboratory for many of the subjects is the outdoors, nature, plant and herb life, animal husbandry, raising crops or animals, etc. It is a more propitious environment for home schoolers to learn hands-on skills and to work in. There are always 101 jobs to do when a family lives in the country, and, in the children’s spare time, there are more things to do (and they are more wholesome) than in the city.

It should be noted that the liberal secular humanists, the left-wing National Education Association, and much of the liberal government bureaucracy are intensely antagonistic toward the home schooling movement. It is a loophole in their educational monopoly and their efforts to prepare an entire younger generation for socialism and the New World Order.

It can therefore be expected that the Establishment will make major moves to neutralize or terminate the home schooling movement – probably via accreditation laws and standards that will be so difficult, bureaucratic, leftist, or perverted that most home school families cannot or will not be able to comply.

The movement has several things going for it, however: 1) Children who are better educated, and who test as such – a fact that is now becoming common knowledge; and 2) Growing lobbying muscle via its rapidly growing universe of families, and hard-nosed groups such as the Home School Legal Defense Association. The home schooling movement (like gun owners and so many other groups in America today) will have to struggle to preserve its existence in the coming socialist environment, but it appears to have a better than even chance of survival at this point. To help insure that survival at both the individual and broader home schooling levels, all home schooling families should join the Home School Legal Defense Association. Go online to hslda.org, or call 540-338-5600.

Home schooling, in the opinion of this writer, is an essential, indispensable part of a family moving toward self-sufficiency and retaining their traditional family, moral, and religious values. What good is it if your family moves toward self-sufficiency and you still lose your children or have their minds stolen by a public education system with a secular humanist, socialist, hedonist, anti-religious, anti-family agenda?

Private Christians schools have not yet been mentioned in this article. They are certainly vastly superior to the public schools but have a number of weaknesses relative to home schooling: they are expensive and underfunded; many use the same secular humanist textbooks used in public schools; they are often dumping grounds for problem children and teenagers; the peer pressure in many private Christian schools is as great as it is in public schools; some Christian schools have promiscuity and drugs – though usually far less than in public schools; and they are vulnerable to losing their tax exempt status if they do not toe the government line on curriculum, standards, etc. This loss would sink many of them, which are already operating near the edge of financial disaster.

Nevertheless, most private Christian schools are vastly superior to public schools and should be considered if home schooling is not an option. Both Christian schools and home schooling are likely to come under heavy government attack over the next few years. This
The vast majority of adult Americans spend their leisure time (which in past generations would have been spent reading) in watching television (i.e., two to four hours per day), surfing the Internet (which can become quite addictive), or on Facebook. They have been retrained to think in terms of visually entertaining material served out in spoonfuls (or mini-bites) of time ranging from a few seconds to a few minutes. And this material (especially on television) is carefully selected and skewed to advance the political, financial, and economic agenda of the liberal left, which controls and dominates the media in America today.

In his excellent book Amusing Ourselves To Death, Neil Postman describes how Americans have lost their ability to think deeply in the age of television (and now in the age of the Internet, Facebook, Twitter, etc.), by relying on that medium (or those media) as their primary source or sources of information and understanding, instead of reading books. He discusses how in the 1850s people would sit and listen to the very deep, intellectual, thought-provoking Lincoln-Douglas debates for six or seven hours non-stop (people without college or in many cases even high school educations).

Because they were avid readers, they could mentally focus for long periods of time and their ability to think deeply, discern, reason, “connect the dots,” anticipate consequences, grasp concepts, and formulate long-term strategies (i.e., farsightedness) was infinitely greater than the average adult American of today (college educated or not). Read some old books from the middle 1800s and note the vast difference in the vocabulary and depth of thought from then to now. Check out the old McGuffy Readers in this respect. The wisdom, understanding, and character of the average American 100 years ago (or more) was far higher than for the average American today.

If you and your family want to be educated, discerning, deep thinking, and far-sighted, you must become avid readers. (That is one of the great strengths of home schooling – children do a vast amount of reading on a wide range of subjects.) This writer believes every young person and adult should be spending at least two hours a day reading (above and beyond school, work, house work, or newspaper reading).

For most people (unless they are already doing it) this would take a major rearranging of schedules and priorities (and elimination of television, Internet surfing, Facebook, Twitter, etc. – the greatest time wasters of our day). But it is worth it. If you will study the lives of the great men and women in history and of the great leaders, almost all of them were avid readers. If you want your chil-

writer does agree with Dr. James Dobson that private Christian colleges or universities are vastly superior to secular universities or colleges in upholding traditional family morals and Biblical values, but even some of these are now becoming quite liberal.

This writer challenges readers of this issue who are parents, grandparents, aunts, or uncles of children in the public school system (or colleges or universities) to investigate what their young people are now being taught and exposed to: the academics; the sex education; the anti-moral, anti-Christian, anti-traditional values bias; and the drug/rebellion/sex/violence aspect of public schools today. Examine the textbooks – it will blow your mind!

Public education has massively changed (deteriorated) since most of us were in school – there is virtually no comparison between the school systems of today (which are for the most part simply an extension of our socialist government) and the traditional, locally controlled, financed, and directed public schools of 40 years (or more) ago – schools that were there to educate rather than to brainwash children with the socialist/globalist/hedonist agenda of the Political Left.

Readers are encouraged to objectively investigate the home schooling alternative and its potential benefits for your children, grandchildren, etc. to have a traditional-values education.

As Deuteronomy 6:4-8 says: “Hear 0 Israel: the Lord our God, the Lord is one. Love the Lord your God with all your heart, and with all your soul, and with all your strength. These commandments that I give you today are to be in your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down, and when you get up. Tie them as symbols on your hands, and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.”

**D. READING SELF-SUFFICIENCY**

Americans are, by and large, no longer avid readers – except for entertaining novels, newspapers (which for the most part are written at an eighth-grade level), news magazines, and short Internet blurbs. (This – along with the ease of ordering books on Amazon – is a major reason why the giant national bookstore chain Borders, recently closed down.) Very few Americans sit down and read non-fiction books which have to do with history; world developments; political, cultural, or social developments; or self-sufficiency.
dren to be successful in life, or to be leaders, teach them to be avid readers.

But simply reading is not enough. One must read books that will teach us history (true history, not liberal revisionist history); that will teach us about the character or faith of great men and women; autobiographies or biographies of great leaders; books that will teach us about our government, Constitution, and political system from the point of view of our founding fathers; books that will strengthen our spiritual faith; old classics (many of which are no longer even read in public schools, found in public libraries, or are even in print).

A few years ago, this writer spoke to a very intelligent young man who had just graduated from public high school with excellent grades, and asked him if he had ever read James Fenimore Cooper’s Last of the Mohicans, The Path-finders, or The Deerslayer – classic books about our American frontier and heritage that most students in the ’40s and ’50s and earlier were assigned to read. He had not, nor had he ever heard of Cooper or the books. He had seen The Last of the Mohicans movie, but was surprised to learn that there was a book that it was based upon.

Old books, which describe our American history, heritage, greatness, and way of life prior to our takeover by the liberal secular humanists over the past 40 to 50 years, are becoming quite difficult to find. Most are out of print, they are systematically disappearing from public libraries, and are falling between the cracks of history. But some can still be found in garage sales, flea markets, used book stores, and in the attics or book shelves of some senior citizens.

This writer would encourage lovers of truth, knowledge, and traditional values to seek out and buy these old books for your library, read them, and keep them for your children or future generations. The search can be fun – like a giant ongoing treasure hunt. Most of these old books and classics will be gone within 5 to 10 years.

One of the most important areas of self-sufficiency is to build a reading library of not only old classics, biographies, and historical books, but of “how to” books covering a myriad of self-sufficiency subjects, including: organic gardening; food preparation and storage; alternate medicine (including emergency first aid, herbal medicine, cleansing and detoxification, oxygen therapy, nutrition, old nearly forgotten home remedies, etc.); gun repair and storage; ammunition reloading; solar energy; hunting; fishing; backpacking; short wave communications; mountain, desert, or jungle survival; nuclear war survival skills; general farming; how to fix things; and other self-sufficiency skills. (In a time of crisis, or under the New World Order, many of these books will not be available.)

This issue of MIA has cited a number of excellent books. You probably won’t buy all of them, but choose the ones that interest you and start buying them now – don’t procrastinate! And after you buy them, start reading them.

A growing number of more traditionalist-type families are beginning to read together at meals (and discuss what they are reading). This writer attempted to have a 45-minute “wisdom search” each morning before breakfast with his family (when his children were still young and at home) – reading aloud and discussing the Bible or some related materials, and an hour or so of family group reading aloud (from one of the types of books discussed above) each evening after dinner.

For example, a book that this writer and his family regularly read from after dinner or on long car trips was Gaining Favor With God and Man, by William Thayer. This is a reprinted compilation of 111 essays by great American leaders (most of them written 100-150 years ago) discussing character traits such as courage, self-reliance, perseverance, self-control, honesty, integrity, etc. Great family discussions come out of reading this book. Another such book is: Great Americans and Their Noble Deeds, which discusses the noble traits and deeds of 47 great American men and women. Both books are available from amazon.com, and are highly recommended!

[ED. NOTE: Another form of education and clean, family friendly entertainment is to acquire a library of older classic movies, so you can show your children what the “old” America was like before our moral/cultural collapse – movies that supported and reinforced traditional values and character traits such as: good versus evil; heroism; courage; patriotism; loyalty; self-sacrifice; diligence; hard work; spiritual values; etc. (Also Biblical films such as Ben Hur; The Ten Commandments; The Robe; Demetrius and the Gladiators; Jesus of Nazareth; Quo Vadis; Samson and Delilah; The Bible; etc. – or Chariots of Fire. Several of these movies actually won multiple Academy Awards.)

If you sample a couple dozen of these older films, you will be amazed at the difference between the culture (and the Hollywood movie making culture) 40-50 years ago and today – a dramatic visual exercise in comparing our culture then and now. (Imagine wholesome movies with no sex and no “F” words, that actually teach good traditional principles and values! This writer has a library of several hundred such movies.) Many of these old films can be found and rented online at netflix.com.]
E. HOME-BASED COTTAGE BUSINESSES

The concept of having a home-based business has been growing rapidly over the past 10-20 years – especially with the advent of the Internet era. At present, over 40 million Americans currently work at home, either for another company or in their own home-based cottage business. The advent of computers, the Internet, faxes, door-to-door Federal Express or UPS, discounted phone service, satellite communications, etc., has now made it feasible for people to work from home – wherever that home is – in the city, in a small town, or in the country.

There are four main types of home-based workers: the self-employed entrepreneur, telecommuters (those working for other people in some type of white collar profession), piece workers (those in industrial-type work), and independent contractors working for a company without employee rights or benefits.

All four fit an independent, self-sufficient lifestyle better than working out of a business, commuting to work, etc. They also fit better with home schooling and country or small town living. The home-based business is the most independent and financially rewarding of the four. There are thousands of products or services you can produce and market from your home or homestead.

One needs to think of a business, product or service that people will need in good times or in bad times; of a product or service less likely to be stamped out by control-happy government regulators; one that lines up with your skills, talents, or interests; one that has good profit potential; and one that perhaps the whole family can participate in making, selling, or delivering. Above all, the business should be fun. If it’s not fun, don’t do it! Home-based businesses offer tremendous opportunities for children to work in a business and learn work ethics, entrepreneurial skills, how to run a business, etc. Many home schoolers work in their parents’ home-based businesses.

There are dozens of excellent books (that will expand your mind on the concept) now available, which describe home-based (or cottage) businesses and list thousands of ideas for products and services, give ideas on how to start one, etc. A partial list of such books follows:

- Homemade Money, by Barbara Brabec.
- The Work At Home Source Book, by Lynie Arden. Over 1,000 job opportunities plus home business opportunities and other options.
- Minding Your Own Business: A Common Sense Guide to Home Management, by Raymond and Dorothy Moore. The Moores were pioneers in America’s home schooling movement and were instrumental in getting this writer’s family into home schooling.
- 33 Profitable Part-Time Businesses, by the Editors of Income Opportunities.

[ED. NOTE: If you cannot find these books in your local bookstore, try either Amazon used or out of print books at amazon.com, or The Tattered Cover Book Store, tatteredcover.com. (This writer originally purchased all of these books at The Tattered Cover.)]

CONCLUSION – This writer can really get excited about the concept of a home-based business – that is how he started his precious metals brokerage and consultation firm back in the 1970s. The wife and children can get involved; it takes you out of the travel/commute rat race; you can be independent and your own boss; you can (depending upon the nature of your chosen business) live anywhere including in a small town or the countryside of your choice; you can set your own hours (but if they’re too short, you’ll starve); you can start on a financial shoestring if necessary and keep your costs low with no office or business rental and by utilizing the world’s cheapest labor (i.e., yourself and your family), and you can have a lot of fun doing it all. I repeat, if the business is not fun – and something you really enjoy doing and have an attitude for, then don’t do it. Find another one.

A few reasons that many people would not start a home-based business: they don’t want to be with their family; job security or fear of failure (if you fail, just get up and start over again); fear of an initial or maybe even a permanent drop in income; difficulty in getting out of a rut; lazy (a home-based business will not work without hard work; or no entrepreneurial spirit).

The biggest advantages this writer sees in a home-based business are more time with the family, greater independence, greater compatibility with home schooling,
or with country (or small town) living, and with a more self-sufficient lifestyle.

[ED. NOTE: Much of what is described in this section could be done by single-parent families or even a single with no children at home.]

F. FINANCIAL SELF-SUFFICIENCY

With the economic, political, and social convulsions that are coming, the greater financial self-sufficiency (this does not mean great wealth or net worth) one can have, the more likely that you and your family can survive and come through unsathed. Key elements include:

1) Reduce your debt as rapidly as possible to as close to zero as possible. All forms of consumer debt should be avoided, mortgage debt should be paid off as quickly as possible or minimized, and credit card balances (if you have to use a credit card) should be paid down to zero on a monthly basis.

2) Budget and make yourself save at least 10% of your income (whatever it is). Learn to live frugally, and find less expensive alternatives to paying full retail prices, such as outlet stores, warehouses, wholesale clubs, garage sales, and flea markets. This applies whether you are a millionaire, a pauper, or somewhere in between. Get out of the habit of charging routine purchases such as clothing and small appliances and pay by cash or check. You’ll have a better awareness of exactly what you have spent.

3) Get as liquid as possible (i.e., as much of your assets as possible in liquid cash equivalents – including gold and silver coins).

4) Monitor your bank or insurance company’s financial condition by calling ICA at 1-800-525-9556 for a free rating. If it is a C- or worse, keep close tabs on the financial institution or switch to a stronger one. Many more financial institutions will fail in the next couple of years and at that point the FDIC insurance will be seen as the mirage it is.

5) Avoid the stock market and equity mutual funds (except for precious metals shares mutual funds). The stock market is likely to implode (Wall Street/Fed manipulation notwithstanding) as the US economy and financial crisis worsens, and the socialist stranglehold on America tightens its grip.

6) Reduce real estate holdings, if possible, to no more than 25% of your net worth. Small town and country real estate in some areas should continue to fare much better than in major cities.

7) Between 33% and 50% of a portfolio should still be in precious metals (the recent high prices and volatility notwithstanding) – split two-thirds US and European semi-numismatic gold coins (and gold bullion coins), and one-third US silver coins – silver dollars, junk silver, or silver American Eagles. These semi-numismatic coins are highly liquid, highly portable, low profile, and should be non-leveraged and personally held. As collectibles, they are more likely to remain legally tradable if the government ever moves to make gold and silver bullion or bullion coins illegal again.

Gold and silver coins are by far the most important part of financial self-sufficiency and have been for over 5,000 years. For centuries, persecuted people have lived underground with such coins, bought their way to freedom with them, started new lives with them, etc. They can be stored in a safety deposit box or preferably squirreled away in a personal home safe or hiding spot (on or off your property). [ED. NOTE: At present, there is growing concern that the government may start looking into safety deposit boxes.] Your possession of, and storage location for, such coins is very private and should not be discussed with people outside your immediate family.

As government seizure/forfeiture activities increase, well-concealed gold or silver could be incredibly important to you and your family. Remember, if the government ever seizes all of your assets or freezes your bank accounts (it has happened to thousands of Americans in the past 5-10 years), those well-secured gold and silver coins could become your only means of financial survival, or of hiring an attorney. They could save your life!

8) Up to 15% of a portfolio should be in gold or silver mining stocks (preferably via well diversified metals shares mutual funds).

9) One to two months expenses in emergency cash should be held at home or elsewhere in your possession via currency or traveler’s checks. Be sure not to violate any currency or cash reporting laws.

G. SPIRITUAL SELF-SUFFICIENCY

Since America, and indeed much of the Western world, is about to enter the greatest financial, political, social, and spiritual upheaval in its history, Americans need to be spiritually prepared by: 1) first knowing the Lord Jesus Christ in a personal and intimate relationship; 2) knowing the Bible and studying same at least 30 minutes to an hour a day;
3) Memorizing scripture verses (you may not have a Bible with you if you are in a crisis situation, in jail, or in a federal detention center); 4) talking to the Lord in prayer daily (and perhaps many times each day) and seeking His guidance, wisdom, and discernment on how you should live in the days ahead; 5) developing the habit of listening to the Lord for directions (for that “still small voice”) and to the leading of the Holy Spirit; and

6) Understanding spiritual warfare and how the forces of darkness operate. (i.e., Ephesians 6:12 says, “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”)

Persecution of Christians (at least those who closely and outspokenly follow the Bible and the teachings of Jesus Christ) in America is (in the opinion of this writer) coming like a freight train out of control. Christian churches or organizations that speak out on the issues of the day (i.e., homosexuality; abortion; the government’s police state tactics; child abuse laws; seizures; etc.) or which adhere strictly to the Bible are likely to lose their tax-exempt status, to be harassed, to be shut down, to have their pastors or elders jailed, etc.

Fundamental evangelical Christians are being labeled by the media and leftist power structure as “dangerous religious cultists.” In the not-too-distant future, it could be open season on such individuals, churches, and Christian groups. In Matthew 24, Jesus talked about a time of wars, rumors of wars, earthquakes, famine, and deception; a time when there would be a great falling away of believers and betrayal of believers by other believers; a time of persecution; and a time of tribulation such as the world has never known. It appears to this writer that such a period could be ahead in the not-too-distant future in America, the UK, Europe, and much of the world.

In the period that lies ahead, the organized church as we have known it (at least the part of it that refuses to collaborate with the New World Order/secular humanist/socialist crowd) is likely to be forced to move underground, to meet secretly in homes, and to function under great duress and persecution from the government, from the New World Order, and from the organized (collaborationist) church and its leaders.

In Russia, Romania, Eastern Europe, and throughout the communist bloc (during the Soviet era), and in China today, there were two different churches. The aboveground, organized church that for years collaborated with the KGB and the communist hierarchy, and the underground church of true believers who suffered betrayal, persecution, and even martyrdom for the cause of Christ. Such a dichotomy is likely to emerge in America, Europe, and many parts of the world over the next few years. This writer discussed this phenomenon in great detail in his book published in 1999, entitled: Storm Warning: The Coming Persecution of Christians and Traditionalists in America.

Books on the underground church in Russia, Eastern Europe, and China should be obtained by Christians who see the black cloud of persecution approaching. [ED. NOTE: i.e., Richard Wurmbrand’s Tortured for Christ (available from The Voice of the Martyrs at persecution.com); The Heavenly Man, by Brother Yun (about the underground church in China), and Dumitru Duduman’s Through the Fire Without Burning (available at amazon.com).]

H. ADDITIONAL SELF-SUFFICIENCY CONSIDERATIONS

1) The window of opportunity to purchase unregistered firearms or ammunition could be about to close. Every family should have at a bare minimum at least one high powered hunting rifle, one 12 gauge shotgun, and one large caliber handgun, and a couple of thousand rounds of ammunition for each.

A .22 rifle and pistol are also handy for hunting small game, and ammunition for same can still be pur-chased relatively inexpensively at large retail discount stores. At this writing, a number of Americans are still buying firearms on a low profile basis from other individuals via classified ads in the newspaper or at gun shows. That could change soon. Registered guns will ultimately be confiscated in the coming gun control blitz in America.

2) It is prudent to have an up-to-date passport for every member of the family for foreign travel purposes or in the event that you or your family should ever wish to relocate abroad.

3) A few Americans (probably the more affluent), frustrated with the regulatory climate, high taxes, crime, and social problems and the moral tone being set by the political left in America today, will undoubtedly relocate abroad. Countries more remote from the US than Canada, Mexico, or even Central America, and countries not high on the pecking order in the New World Order seem to this writer to be more attractive (i.e., Chile, Argentina, Paraguay, Uruguay, New Zealand, etc., or poor, low-tech Third World countries where the cost of living is also much lower). Europe is in the forefront of the New World Order, and will have as many socialist controls on people as America. Ditto for Australia. Ditto for Canada.
For most Americans, however, staying right here in America and riding out the storm is their only real alternative (or desire).

4) **Develop the habit of keeping a low profile.** Don’t flaunt your wealth. We live in an age of envy and socialist “entitlements,” and the obviously affluent are prime targets for Big Brother or street thugs. An unpretentious demeanor and image can literally be a lifesaver in the coming American police state. Old cars, modest clothes, and no flashiness attract less attention. Use your social security number only when legally required to – most people and businesses have no legal right to ask for it.

Avoid unnecessary revelation of information about yourself, especially to banks and creditors on lengthy loan applications. Much of that loan information eventually finds its way into government computer databases for future use.

**Develop the habit in every area of your life of keeping a low profile.** Political bumper stickers reveal to a lot of neighbors and strangers what your political persuasion is. And pro-gun ownership bumper stickers tell people that you own guns – and may even have one in your car.

5) For people concerned about nuclear war (and there are now about a dozen countries with nuclear weapons, including 12,000 Russian nuclear missiles with 30,000 warheads, pointing at America) Art Robinson, the co-author of the book *Fighting Chance*, published an excellent book several years ago entitled: *Nuclear War Survival Skills* by Cresson Kearny, a brilliant scientist. Kearny developed a “low cost” plan for a bomb shelter made out of an obsolete gas storage tank from old, closed-down filling stations. The total cost: About $10,000. To order Kearny’s book or Art’s excellent newsletter (cost $40 per year), go to accesstoenergy.com. You can order *Fighting Chance* from amazon.com.

6) **SELF-SUFFICIENCY SUPPLIERS AND PUBLICATIONS:**
- Lehman Hardware, lehmans.com. This small-town firm serves Amish and Mennonite families across America and Canada. Items such as kerosene lamps, wood stoves, propane stoves and refrigerators, composting toilets, high-quality tools and kitchen gadgets, and books are among the items offered.
- United Country Real Estate, unitedcountry.com. Sells rural (and some suburban and urban) real estate through a series of local offices across the country.
- *Countryside*, countrysidemag.com. This unpretentious bi-monthly magazine is a gold mine of information on self-sufficiency and rural living. Also carries occasional articles on home schooling. Annual subscription $18.
- *Backwoods Home Magazine*, backwoodshome.com. Another practical bi-monthly magazine, *Backwoods Home* describes itself as “the magazine without the socialist propaganda which is a practical journal of self-reliance.” $24.95 for one year, $46.95 for two years.

7) **ADDITIONAL SELF-SUFFICIENCY BOOKS:**
- *Dare to Prepare!* The best all-in-one preparation guide available today. By Holly Drennan Deyo, amazon.com.

**CONCLUSION**

Most of your friends, neighbors, relatives, business associates, or even fellow church members will never do or make any of the crisis preparations suggested in Part I or II of this report. **Neither will mine!** Indeed, they will laugh at, or ridicule such preparations, and make fun of you (and this writer) for being so “paranoid, negative, and out of step with the times.” Sadly, this includes a number of MIA’s subscribers (or ex-subscribers); some of this
writer’s wealthiest friends; and many of his own family members. Only a tiny remnant of people who understand the times will make any preparations in advance of the coming financial, economic, political crisis – over 95% will not!

Nevertheless, this writer suspects that the most difficult period in US (or world) history is emerging at this time – a time which could threaten our wealth, health, well-being, freedom – and perhaps even our very lives. MIA has written and warned about such times for years, and believes they are now upon us. The political left now controls virtually all the levers of power in America – including the hierarchies of both major political parties. Our national elections are as orchestrated and manipulated by the establishment today as our financial markets clearly are. All the while, most Americans remain fast asleep – like the frog in the pan of gradually warming water – oblivious to the fact that they are slowly losing their freedoms to the political left.

Only one major crisis (perhaps a huge natural disaster such as recently hit Japan; depression-induced social upheaval; a massive terrorist attack – perhaps government-induced and blamed on the conservatives) stands between us today and a total American socialist police state. All the machinery for same has been put in place since 9/11. It only awaits the “right” crisis! (Is this why intense preparations have been made to move the top government leadership from Washington to the 300,000 square foot underground facility under the Denver International Airport?)

Europe is in the same condition. Watch the growing social upheaval in the US, Europe, and UK. It is being orchestrated by the political left, and could become the excuse for a 1930s Nazi-style power grab. Remember, great quantum change comes out of chaos – whether that chaos is accidental (or spontaneous), or well planned (and orchestrated) – as we see across the Middle East today.

This writer believes (but hopes he is wrong) that our entire way of life may be about to change (perhaps irreversibly) over the next two months to two years. Economic/financial collapse could be the least of our worries. A total loss of freedom in America is this writer’s greatest concern. (Under that scenario, newsletters like this one and conservative Internet blogs would surely be banned [censored], and their writers would be very unpopular indeed with the powers that be.)

Are you prepared if real chaos should eventuate in America? I sincerely hope so!

II. SUPPORT FOR APCF’S ASIAN ORPHANS

As many MIA readers know, my wife and I work closely with and help support about 450 orphans (at seven orphanages in India, Indonesia, and the Philippines) via our 501(c)(3) trust – the Asian Pacific Children’s Fund. Prior to APCF’s involvement, several of these homes had children (or siblings of these children, living in poor Third World villages) who died of malnutrition or other health challenges, which in the West could have been easily treated.

Now for the good news: The top management of Mannatech Corp, (a large and respected US-based health supplement manufacturer) has very generously begun to supply all of our homes and children, plus another 350 poor children near our orphanage in the Philippines, with their basic vitamin/mineral supplements. (Mannatech is actually helping over 25,000 poor orphans or street children in over a dozen countries – through their Manna Relief Program – to receive these supplements, completely at the company’s expense, and has documented over a 50% decline in illness and deaths at dozens of children’s homes around the Third World over the past year or two.)

This writer is frankly blown away by their love, caring, and generosity towards these (and our) orphans – in a world where most large corporations live by greed, deception, and lining the pockets of their top executives. (Think Wall Street firms like Goldman Sachs, the big banks, and most of corporate America.) I have had lengthy discussions with the chairman of Mannatech and am deeply touched by his (and that company’s) love and compassion for these Third World orphans – the same compassion that some of you subscribers have for these children.

Now Mannatech has taken this “magnificent obsession” even a step farther (“putting their money where their mouth is,” so to speak). They have agreed to donate 20% of the retail price of all Mannatech supplements bought by MIA subscribers back to our APCF children’s homes in monthly cash payments. And this is in addition to supplying all of our orphans with free supplements. This writer has been in business for 40 years, and first went to Wall Street and got involved in the financial world in 1968 – 43 years ago. Never in that time have I encountered a corporation as generous and compassionate as Mannatech in helping our orphans.

So, if you are using vitamin/mineral health supplements (and if you’re not, you should be), you might want to consider switching to Mannatech supplements (which my wife and I have been regularly using for al-
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most 15 years), and at the same time help Mannatech in financing our orphans homes. You will be killing two birds with one stone: helping your health and helping our orphans. Please think about it, read the enclosed flyer, call Kathy Jackson for more information at 1-888-644-5281, or to order online, go to MyMannaPages.com/apcfund.

[ED. NOTE: As alluded to above, this writer and his wife are presently at our orphans home in remote (and very hot) southern India, staying with 200 orphans and street children (at the Hope Mission Home).

We conduct exercise classes, weight lifting classes, English classes, and evening devotions with the children almost every day; have one-on-one time with many of the children; and your editor even speaks (through an interpreter) at several churches nearby. These kids (who all call us Mom and Dad) are the greatest – all from very poor families (or no families at all), all from the lowest caste where they are denied any chance of a future – until they come here – and all dreaming of a future as teachers, nurses, doctors, engineers, businessmen, etc. – after they attend university. Unlike millions of other orphans and street kids across India and Asia, our kids are excited about life and have a vision for the future.

Asian Pacific Children’s Fund is committed to sending all of these children to university – the only way they can break out of their cycle of poverty – and this is now happening at all seven of our homes (57 have done so at our home in the Philippines) – with the help of our generous contributor/partners – such as some of you. We recently took the children to a nearby water park, and it is impossible to describe how excited they were. When you have nothing (i.e., they go to school barefooted, they eat outdoors, they sleep on the floors in the dormitory – they have nothing that Western children take for granted) – little things like a day at a water park are beyond huge.

But one thing they do have is tons of laughter, excitement about life and their future, a growing knowledge about the Bible and the God of the Bible, and incredibly grateful hearts for everything – large and small. If you spent time with them, it would bring tears to your eyes. And they are very grateful to their American and other Western supporters and send a huge THANK YOU to you all.

As an aside, contributions to most Third World orphans homes and other such endeavors are falling sharply due to the global economic contraction which is now worsening. So, we are trying to start some small micro-businesses near our orphans homes to generate some extra income for them. We are also trying to raise more food crops or farm animals for meat (such as pigs, sheep, and goats, small fish farms, raising rice and corn) to make these homes more self-sufficient in the event that the global economic contraction is protracted. Any ideas or input from any of our readers on any such projects would be greatly appreciated.]

PLEASE HELP US TO HELP THESE CHILDREN. Some of our readers have been generously helping with this work. We are very grateful to them, and would like the rest of you to consider this worthy cause, as well. Contributions to the Asian Pacific Children’s Fund are still tax deductible (but if our “beloved leaders” in the White House and Congress have their way, maybe not for much longer).

Don, with some of the boys from New Hope Mission in India

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The needs and expenses in all of our homes continue to grow: two of them need new facilities – which must be built or acquired over the next year at a cost of several hundred thousand dollars. School fees, books, and uni-
Would you switch your vitamins if...?

- It meant you & your family could have a vitamin/mineral supplement made entirely from REAL FOOD and not from petroleum by-products & rock dust?
- It meant your purchase could possibly save a child from dying and help solve the #1 global problem of malnutrition which is killing a child every 6 seconds?
- It would give you and your family the necessary nutrients to help your brain function better, improve your immune system and keep everyone healthier?
- It would also provide critical funding for Asian Pacific Children’s Fund?
- There was a 180 day satisfaction guarantee on the products?

150 million Americans already take vitamin supplements... you’re probably one of them. However, the problem is that most all of these supplements contain synthetics from petroleum by-products, coal tar and rocks. Your car runs great on petroleum, but your body was designed to run on real food.

All “nutrients” come from one of two “plants”
A real plant or a chemical plant
Which will you choose?

The Truth About Vitamins
Studies are showing that synthetic supplements may be dangerous over time. Most vitamins in supplements are petroleum extracts, coal tar derivatives, and chemically processed sugar (plus sometimes industrially processed fish oils), with other acids and industrial chemicals (such as formaldehyde) used to process them. Synthetic vitamins were originally developed because they cost less.

A New England Journal of Medicine (Nov, 1995) study at Boston University School of Medicine found that synthetic vitamin A given to pregnant women, in medium to high doses, increased the risk of birth defects by 240% at the lower dosage and 400% at the higher dosage. Serious genetic damage that caused cleft lip, cleft palate, heart malformedns, and nervous system damage were linked to synthetic vitamins. This comprehensive study of 22,748 women over a period of four years reported that there was no birth defect risk noted from foods containing Vitamin A.

Could Your Vitamins Be Killing You?
A study of 29,000 Finnish smokers proved that synthetic vitamins increased death rates significantly enough to stop a 10-year study prematurely. To the researchers’ horror the risk of cancer increased by 16% and there were more heart attacks, more strokes, and an 8% higher increase in the overall death rate of those smokers taking the synthetic nutritional supplements.

Choose Real Food Supplements and create a BIG win!

Mannatech® has taken on the responsibility to solve the global problem of malnutrition!
It begins with Mannatech’s ‘donation through consumption program’ called Give For Real™, which allows you to help nourish the world’s most vulnerable children by simply nourishing yourself, AND provide needed funding for Asian Pacific Children’s Fund, at no extra cost.
Truly a Win for every body!
Don McAlvany’s #1 Real Food Supplement Recommendation:

“When you see orphan’s getting healthier and see a 57% reduction in their medical bills all because of the good nutrition that is being supplied by a caring company like Mannatech, that get’s my attention! On top of all that, Mannatech’s generous program to support nonprofit charities gives back to Asian Pacific Children’s Fund 20% of all purchases plus commits to supply the APCF orphans with the same critical nutrition as you purchase, every month. Now that’s putting your money where your mouth is!”

This writer and his wife travel almost nine months out of the year in poor Third World countries where malaria, dengue fever, and a thousand other diseases are prevalent. We travel under very tiring and stressful circumstances, where exhaustion and stress are more the norm than the exception – and where our immune systems are continually compromised or challenged. Those circumstances may be roughly comparable to the stressful times most Americans are about to face – and may be even more stressful. We credit our use of Mannatech supplements, to the fact that we very seldom get sick even while traveling on trips that definitely challenge our immune systems to the extreme.

This writer was in the supplement business for seven years and also edited an alternate medicine newsletter. We got to look at and test hundreds of supplement/vitamin/mineral products – and most were useless and not much better than taking sugar pills. Some actually did damage to the immune system, in part because most were made from synthetic, not natural sources, as referenced on the front page of this flyer. Over the past 15 years, my wife and I discovered a group of health supplement products that we have used every day and take with us on all of our trips to Asia. They have kept our immune systems strong and have helped us with many other health/medical problems we have encountered – often in places where there are no doctors or traditional drugs/meds/antibiotics (which in many cases don’t work anyway).

This group of Mannatech supplements are based on real food (not synthetics) and protect your cells against the harmful effects of toxins, environmental stress, poor diet, daily physical stress and oxidative stress. These supplements come in Optimal Support Packets and have been literal life savers for us and for our Third World orphans who have been taking them (the great majority of whom have stopped getting sick since they started taking them over a year ago. One orphanage administrator recently reported a 57% reduction in medical costs). Unlike so many supplements we have tried over the past 30 years (mostly from health food stores), these work!

Our dream is to provide these supplements to thousands of Asian orphans and street children. By simply switching your brand of vitamins to these real food supplements, you will play an integral part in helping us to care for these children. Mannatech is already suppling nutrition to 800 children in our orphanages. Helping the children is not the only reason to decide to purchase these supplement, I believe they will be extremely helpful to our readers as well, in the stressful times that lie ahead. If you agree with this writer that difficult times are approaching that may stretch us all, these products should be taken every day by you and your family and kept in stock as a necessity for survival. Order now and help us help these children and get healthier yourself!”

Optimal Support Packets
A Premium Wellness program for adults!
Children’s Wellness Program available too!

Convenient packets Filled with three of our core health products, our Optimal Support Packets provide an advanced nutritional foundation for a healthy lifestyle. Only 2 packets a day and, they’re the perfect answer for people who need an easy way to keep healthy while on the go.*

- 2 PhytoMatrix® caplets-Are among the world’s first naturally sourced vitamin and mineral complexes and phytonutrients created from plant- and food-based sources that deliver many important nutrients your body needs*
- 1 Ambrotose AO® capsule-Powerful antioxidants and glyconutrients combined to help protect your body from the harmful effects of poor diet and daily physical stress*
- 2 PLUS™ caplets-Amino acids and nutrients used to support the body’s immune and endocrine systems as well as bone, breast, colon and prostate health*

Yes, I’ll switch & create a BIG Win!

Give For Real™ program: Every automatic order counts to provide a month’s supply of the same nutrition to an at-risk child, plus Asian Pacific Children’s Fund receives necessary funding!

Two simple ways to place your order:
1) Order online Or to view all the Mannatech products at MyMannapages.com/apcfund
2) Or Call 1-800-281-4469

Tell the customer care agent that you want to place a “Member” order under the Asian Pacific Children’s Fund Acct# 3047313

*Request that your order be set up as an automatic order to get a 10% discount and support a child!

Specify number of ___Optimal Support Packets

? Any questions about the products or ordering - please call your personal service rep: Kathy Jackson (888) 644-5281

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
form expenses continue to rise rapidly, as do energy and food prices. In a few of our homes, due to budget constraints, there are little or no vegetables or fruit in the children’s diets – and virtually no meat or protein. (The Mannatech supplements now being taken will take up some of the slack for inadequate nutrition – but the children still need fruit, vegetables, and protein – on a daily basis, if possible.) At most of our homes, the staffs are unpaid – receiving only room and board. They do it because they have compassionate hearts and really love the orphans.

So, if MIA’s advice and financial counsel have been of any use to you over the years, I would encourage you to give some of it back – to kids who have no future without our help. Thanks for at least thinking about it!

(For more information on our APCF orphans homes and what we are doing, go to our website – apcfund.com.)

III. PRACTICAL CONSIDERATIONS

A. THE RELAUNCH OF OUR WEB SITE WAS DELAYED THIS PAST MONTH – but the site is now ready for your viewing and use! You can go to MIAtoday.com or mcalvanyintelligenceadvisor.com to see our new format and content. Our goal is to become your primary source for world and national intelligence and news. You’ll find articles, videos, important historical documents, and other useful information already posted, and we’re improving things daily. Take a look at the site and give us your feedback. You can contact us at mcalvany@mcalvany.com with comments or suggestions.

B. DAVID MCALVANY WILL BE SPEAKING – at the World Economic Summit in Nassau, Bahamas from February 1-5, 2012; at a private presentation in Orlando on February 8, 2012 from 9 am to 12 pm; and at the Orlando Money Show from February 9-12, 2012. Details are still being worked out, but to find out more or to register, call Karis at 1-800-525-9556, ext. 118, or email her at karis@mcalvany.com.

IV. FINAL THOUGHT: GIVE IT AWAY AND IT COMES BACK TO YOU

The recent death at 56 of Apple founder and former CEO Steve Jobs is a sad and sobering reminder of our mortality and the fact that we are all going to die one of these days. Our lives can leave a legacy of good or evil – the effects of which can live far beyond our years on this earth. This writer was recently reminded of this as he walked through the old Highgate Cemetery in London and saw the gravesite of Karl Marx – the founder of communism. His life’s work, philosophy and lasting gift to the world was the death of over 100 million people in Russia, China, and other communist tyrannies; the enslavement of billions of people; and a reign of terror and human suffering unmatched in human history. And that Marxist philosophy lives on today in a large number of countries and governments (including our own).

But, one can also leave a legacy of good that can live on for generations and impact many people – some still unborn. Isn’t that what Jesus did? And many great men and women who have followed him. Think Mother Teresa, Florence Nightingale, David Livingston, and many others who have given their lives in the service of others less fortunate. This writer recently saw the stage-play in London of Les Misérables – based on the classic by Victor Hugo – about a man named Jean Valjean, a man who is imprisoned in France for 20 years for stealing a loaf of bread to feed his starving family. He escapes as an angry and embittered man, but is helped by an old priest who in turn encourages him to spend the rest of his life helping others – and after an incredible heart change, he does. It is a very moving story of forgiveness, redemption, and a life dedicated to helping those less fortunate than him. (You should get and view the movie by the same name with Liam Neeson – it is quite inspiring and has some great life lessons for all of us on creating a legacy of good and helping others with our lives.)

This is the lesson of Jean Valjean’s life – that when you give it away – whatever “it” is – that it comes back to you in some way, perhaps not financially, but in some good that comes back into your life. This was the theme of the book by Loyd C. Douglas and the great 1950s movie by the same name – “A Magnificent Obsession” (also worth getting and viewing). You don’t give it away so you will get something back in return (that would be a very flawed motive), but it just seems to work out that way.

This is a life principle that is stated over and over in the Bible – the principle of giving and being generous to those less fortunate than you, and not having any ulterior motives for doing so. Proverbs 16:2 says: “All of a man’s ways seem innocent to him, but motives are weighed by the Lord.” Proverbs 11:24-25 says: “One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed.” Proverbs 14:21b says: “...but blessed is he who is kind to the
Proverbs 22:9 says: “A generous man will himself be blessed, for he shares his food with the poor.”

Proverbs 28:27 says: “He who gives to the poor will lack nothing....”

Proverbs 31:8-9 says: “Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and the needy.” Proverbs 31:20 (speaking of the wife of noble character) says: “She opens her arms to the poor and extends her hands to the needy.” Psalm 82:3-4 says: “Defend the cause of the weak and fatherless; maintain the rights of the poor and oppressed. Rescue the weak and the needy; deliver them from the hand of the wicked.”

Psalm 112:4,5 says: “Good will come to him who is generous and lends freely, who conducts his affairs with justice. Surely he will never be shaken; a righteous man will be remembered forever. He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear; in the end he will look with triumph on his foes. He has scattered abroad his gifts to the poor; his righteousness endures forever; his horn will be lifted high forever.”

Paul wrote in Acts 20:35: “In everything I did, I showed you by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” Jesus also said in Matthew 6:3,4: “But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.” Luke 21:1-4, says: “As he looked up, Jesus saw the rich putting their gifts into the temple treasury. He saw a poor widow put in two small copper coins. ‘I tell you the truth,’ he said, ‘this poor widow has put in more than all the others. All these people gave their gifts out of their wealth, but she out of her poverty put in all she had to live on.’”

[JED. NOTE: Over the past six years, this writer’s Asian Pacific Children’s Fund has had several hundred generous contributors to our seven Asian orphans homes and orphans – some very wealthy readers or clients (including one very well known international newsletter writer), some of average income and some very poor. There is one woman in her 60s in Chicago who has cerebral palsy, is in a wheel chair, who lives in a project on $400 a month – but who nevertheless gives $10 a month for our orphans. Jesus’ story about the poor widow comes to mind. We have a number of faithful givers who are in similar circumstances. I believe that the principle alluded to above about giving it away and somehow, and in some form, it comes back to you applies to all of these people. Perhaps Ecclesiastes 11:1 applies here: “Cast your bread upon the waters, for after many days you will find it again.” We are very grateful for this generous support for our orphans – but I believe the good Lord also takes note and is very pleased as well!]

In Luke 6:38, Jesus said: “Give and it will be given to you. A good measure, pressed down, shaken together and running over will be poured into your lap....” And finally, in II Corinthians 9:6-9, Paul wrote: “Remember this: whoever sows sparingly will also reap sparingly, and whoever sows generously will reap generously. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. As it is written, ‘He has scattered abroad his gifts to the poor; his righteousness endures forever.’”

And that is the legacy that you can leave behind you that will live on long after you are gone – that you helped the less fortunate – the poor, the widows, the orphans, and the hurting. Everything else you have accumulated in this life you will have to leave behind to those who did not work for it – very possibly much of it going to the government – who will not even say thank you for your lifetime of hard work, toil, and asset accumulation. Remember the principle: give it away and somehow it comes back to you! And that is the bottom line!