

HELP!

HELP! for those becoming aware of the pending pole shift and wishing to prepare.

Safe/Unsafe [Locations](#) (a ZetaTalk offering)

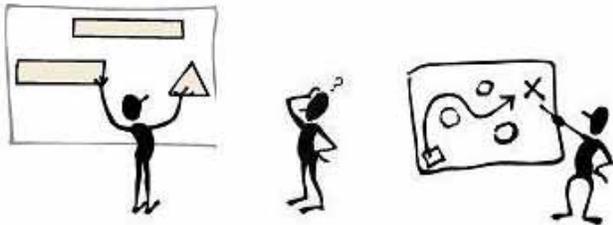
Earth Changes and Pole Shift [blog](#) (highly recommended)

Survival [Solutions](#) (ready to download)

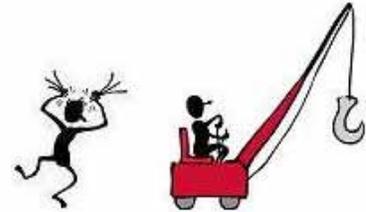
Survival [TOPICs](#) (linked from the Troubled Times Hub)

Please remember that you should *never* reveal, publically, where your survival site is located or give personal information on the lists or in a chat. Keep this close, and use private e-mail for any such information exchange. In making preparations, friends and family members you have known for a long time are the individuals you can count on. Giving personal information out to those casually met via the Internet is *never* a good idea. Keep discussions on personal preparations or your locale *general*, to protect yourself.

YES : Develop a [Plan](#), research your [Location](#) and plan your [Route](#) to safety.



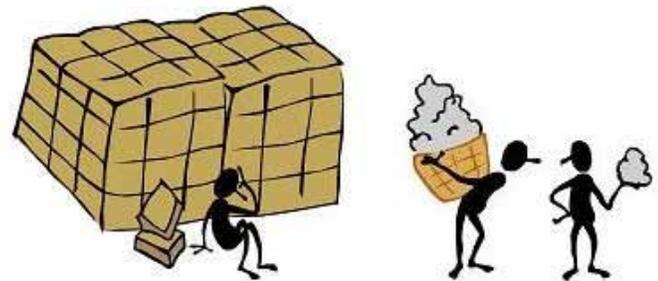
NO : Don't [Panic](#) or make a big [Operation](#) out of your plans.



YES : A [Trench](#) during the shift, [Temporary](#) shelter, and short term [Supplies](#) for the week of rotation stoppage and the months after.



NO : Don't [Overslock](#) or [Hoard](#).



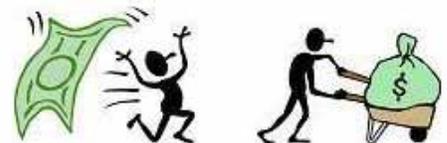
YES : Plan to rebuild [Shelter](#), with [Hand Tools](#), and a source of [Heat](#).

NO : Don't rely on government [Assistance](#), as [Camps](#) are likely to become slave labor camps.



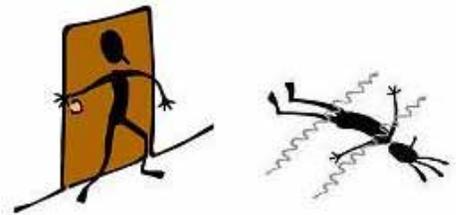
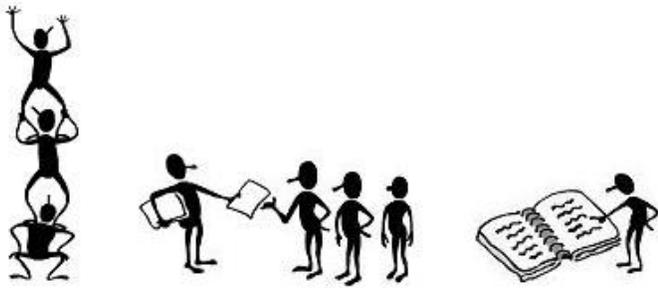
YES : Garden with [Seed](#) supplies, low maintenance [Flocks](#) and [Herds](#), and [Fishing](#) and [Hunting](#) as the area will support.

NO : Don't rely on [Money](#) to buy comfort in the future, or gather things that cannot be [Bartered](#) in the future.



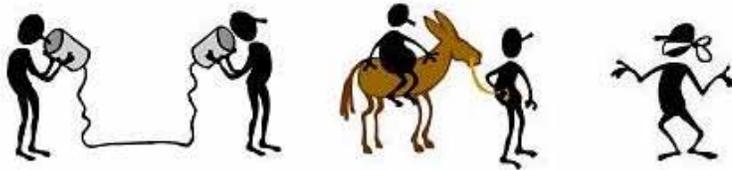
YES: Be part of a [Team](#), have an [Action](#) plan to keep people busy, and collect [Books](#) for future reference.

NO : Don't go it [Alone](#), nor be in the heavy [Traffic](#) lanes.



YES : Get into [Short Wave](#) radio, expect to be [On Foot](#) or boat when traveling, and keep your [Bearings](#).

NO : Don't expect [Electronics](#) to work, or to be [Rescued](#) by overworked emergency response teams.



Troubled Times



TOPIC: Zeta Advice on Locations

The following advice on safe locations has been given by the Zetas upon request from various questioners. The location may be a city, a country, or a state or province, as indicated, and are arranged as links in an alphabetical order. Also check the categories at the bottom of the list. This information is also in PDF format. The [Original 2004 PDF](#) is available, as well as an [Updated 2011 PDF](#) version with information through September 5, 2011.

Countries:

[Abu Dhabi](#), [Afghanistan](#), [Africa](#), [Algeria](#), [Angola](#), [Arabia](#), [Argentina](#), [Australia](#), [Austria](#), [Bangladesh](#), [Belarus](#), [Bermuda](#), [Bolivia](#), [Botswana](#), [Brazil](#), [Burma](#), [Cambodia](#), [Canada](#), [Chad](#), [Chile](#), [China](#), [Colombia](#), [Congo](#), [Costa Rica](#), [Crimea](#), [Croatia](#), [Czech Republic](#), [Denmark](#), [Ecuador](#), [Egypt](#), [El Salvador](#), [England](#), [Estonia](#), [Ethiopia](#), [Finland](#), [France](#), [Georgia](#), [Germany](#), [Ghana](#), [Greece](#), [Greenland](#), [Guatemala](#), [Guyana](#), [Honduras](#), [Hungary](#), [Iceland](#), [India](#), [Indonesia](#), [Iran](#), [Iraq](#), [Ireland](#), [Israel](#), [Italy](#), [Ivory Coast](#), [Japan](#), [Jordan](#), [Kazakhstan](#), [Kenya](#), [Korea](#), [Latvia](#), [Lithuania](#), [Libya](#), [Madagascar](#), [Malaysia](#), [Mali](#), [Mauritania](#), [Mexico](#), [Mongolia](#), [Morocco](#), [Mozambique](#), [Nepal](#), [Netherlands](#), [New Guinea](#), [New Zealand](#), [Nicaragua](#), [Niger](#), [Nigeria](#), [Norway](#), [Oman](#), [Paraguay](#), [Pakistan](#), [Panama](#), [Peru](#), [Philippines](#), [Poland](#), [Portugal](#), [Rhodesia](#), [Romania](#), [Russia](#), [Scotland](#), [Serbia](#), [Sierra Leone](#), [Slovakia](#), [Somalia](#), [South Africa](#), [SW Africa](#), [Spain](#), [Sudan](#), [Swaziland](#), [Sweden](#), [Switzerland](#), [Syria](#), [Taiwan](#), [Tajikistan](#), [Tanzania](#), [Thailand](#), [Tibet](#), [Turkey](#), [Turkmenistan](#), [Uganda](#), [Ukraine](#), [Uruguay](#), [Uzbekistan](#), [Venezuela](#), [Vietnam](#), [Wales](#), [Yugoslavia](#), [Zambia](#)

Cities:

[Adelaide](#), [Anchorage](#), [Athens](#), [Atlanta](#), [Auckland](#), [Austin](#), [Baku](#), [Banglore](#), [Barnaul](#), [Baton Rouge](#), [Beijing](#), [Beirut](#), [Belgrade](#), [Berlin](#), [Billings](#), [Bogota](#), [Bonn](#), [Boston](#), [Boulder](#), [Brandenburg](#), [Brisbane](#), [Brittany](#), [Buenos Aires](#), [Budapest](#), [Buffalo](#), [Cairo](#), [Calgary](#), [Cape Town](#), [Caracas](#), [Champaign](#), [Changchun City](#), [Charleston](#), [Charlotte](#), [Chelyabinsk](#), [Chicago](#), [Chongqing](#), [Christchurch](#), [Cincinnati](#), [Cleveland](#), [Dallas](#), [Denver](#), [Detroit](#), [Duluth](#), [Edmonton](#), [Fairbanks](#), [Fort Worth](#), [Fulsom Lake](#), [Greers Ferry](#), [Guadalajara](#), [Hamilton](#), [Hangzhou](#), [Hong Kong](#), [Indianapolis](#), [Irkusk](#), [Istanbul](#), [Jackson](#), [Jakarta](#), [Kansas City](#), [Karachi](#), [Kelowna](#), [Knoxville](#), [La Paz](#), [Lima](#), [London](#), [Los Angeles](#), [Louisville](#), [Lubbock](#), [Madison](#), [Madrid](#), [Melbourne](#), [Mexico City](#), [Minneapolis](#), [Montreal](#), [Montevideo](#), [Moscow](#), [Mumbai](#), [Munich](#), [Murmansk](#), [New York](#), [Nizhni](#), [North Bay](#), [Novgorod](#), [Novosibirsk](#), [Omsk](#), [Orenburg](#), [Ottawa](#), [Paris](#), [Perth](#), [Phoenix](#), [Philadelphia](#), [Pittsburg](#), [Port Moresby](#), [Portland](#), [Prague](#), [Prince George](#), [Quebec City](#), [Quinto](#), [Regina](#), [Reno](#), [Richmond](#), [Rome](#), [Saint Petersburg](#), [Salt Lake](#), [San Antonio](#), [San Diego](#), [San Francisco](#), [Santa Barbara](#), [Santa Fe](#), [Santiago](#), [Sarajevo](#), [Saratov](#), [Saskatoon](#), [Seattle](#), [Seoul](#), [Singapore](#), [Spokane](#), [Stockton](#), [Sudbury](#), [Sydney](#), [Tashkent](#), [Tbilisi](#), [Tokyo](#), [Toledo](#), [Toronto](#), [Tucson](#), [Vancouver](#), [Victoria](#), [Vladivostok](#), [Volgograd](#), [Washington DC](#), [Winnipeg](#), [Wroclaw](#)

Provinces and States:

[Alabama](#), [Alaska](#), [Alberta](#), [Anhui](#), [Arizona](#), [Arkansas](#), [Baja](#), [British Columbia](#), [California](#), [Chihuahua](#), [Chongqing](#), [Colorado](#), [Connecticut](#), [Dakotas](#), [Delaware](#), [Espirito Santo](#), [Florida](#), [Fujian](#), [Gansu](#), [Georgia](#), [Goias](#), [Guangdong](#), [Guangzi](#), [Hawaii](#), [Hebei](#), [Heilongjiang](#), [Henan](#), [Hubei](#), [Hunan](#), [Idaho](#), [Illinois](#), [Indiana](#), [Iowa](#), [Jiangxi](#), [Jiarigsu](#), [Jilin](#), [Kansas](#), [Kentucky](#), [Liaoning](#), [Louisiana](#), [Maryland](#), [Michigan](#), [Minas Gerais](#), [Minnesota](#), [Mississippi](#), [Missouri](#), [Montana](#), [Nebraska](#), [Neimongol](#), [Nevada](#), [New Brunswick](#), [New England](#), [Newfoundland](#),

[New Jersey](#), [New Mexico](#), [New York](#), [Ningzia](#), [North Carolina](#), [Northwest Territory](#), [Nova Scotia](#), [Ohio](#), [Oklahoma](#), [Ontario](#), [Oregon](#), [Parana](#), [Pennsylvania](#), [Pernambuco](#), [Qinghai](#), [Quebec](#), [Queensland](#), [Quizhou](#), [Rio de Janeiro](#), [Rio Grande do Sul](#), [Sao Paulo](#), [Saskatchewan](#), [Shaanxi](#), [Shandong](#), [Shanxi](#), [Sichuan](#), [South Carolina](#), [Tennessee](#), [Texas](#), [Tibet](#), [Utah](#), [Vermont](#), [Victoria](#), [Virginia](#), [Washington](#), [West Virginia](#), [Wisconsin](#), [Wyoming](#), [Xinjiang](#), [Yucatan](#), [Yukon](#), [Yunnan](#), [Zhejiang](#)

Rivers and Lakes:

[Baikal](#), [Black Sea](#), [Great Lakes](#), [Mississippi](#), [Niagara Falls](#), [Ottawa](#), [St. Lawrence Seaway](#), [Tahoe](#)

Coast Lines:

[East Coast](#), [Mediterranean](#), [West Coast](#)

Bays and Peninsulas

[Bay of Biscay](#), [Cape York](#), [Kola](#), [Puget Sound](#), [Eurasian Seaway](#)

Fault Lines:

[African Rift](#), [New Madrid](#), [San Andreas](#)

Deserts:

[Salt Flats](#)

Mountain Ranges:

[Alps](#), [Altai](#), [Andes](#), [Appalachian](#), [Ardennes](#), [Balcans](#), [Canadian Rockies](#), [Cordoba](#), [Himalayas](#), [Ozarks](#), [Rockies](#), [Sierras](#), [Urals](#)

Islands

[Aleutian](#), [Antartica](#), [Azores](#), [Bermuda](#), [Bonin](#), [Borneo](#), [Canary](#), [Caribbean](#) (see [List](#)), [Crete](#), [Cuba](#), [Diaoyu](#), [Fiji](#), [Guam](#), [Hawaii](#), [Java](#), [Madeira](#), [Mariana](#), [Marquesas](#), [Mediterranean](#), [Mentawai](#), [New Guinea](#), [Pacific Islands](#), [Reunion](#), [Sandwich](#), [Solomon](#), [Sumatra](#), [Tasmania](#), [Vancouver](#)

Mirror Sites

ZetaTalk now resides on several sites, which mirror each other. Please make a note of it for future reference. Trouble with downtime or response time? Switch to one of the other mirror sites. So that tearing of internet cables in the Atlantic, major quakes along the San Andreas or New Madrid, or a roll of the S American Plate makes the main site inaccessible:

Print off this page!

These sites have also been structured such that if the primary site is down or extremely busy, the public can use a logical schema to locate a site that might be accessible. The zetataalk.com site has mirror sites that are zetataalk2.com, zetataalk3.com, zetataalk4.com, zetataalk5.com, zetataalk6.com, zetataalk7.com, zetataalk8.com, zetataalk9.com, zetataalk10.com, and zetataalk11.com. They are also known as www.zetataalk.com, www2.zetataalk.com, www3.zetataalk.com, www4.zetataalk.com, www5.zetataalk.com, www6.zetataalk.com, www7.zetataalk.com, www8.zetataalk.com, www9.zetataalk.com, www10.zetataalk.com. Remember this schema. In the worst case scenario, where the domain name servers (DNS) themselves might be down, using a static IP will reach that mirror site. Please note that we have a static IP mirror on almost all sites as well as for most of the **PS-Survival** information.

<http://www.zetataalk.com> - Primary site, hosted by **Network Solutions**

Hosted by Nancy Lieder

<http://www.zetataalk2.com> (is also <http://www2.zetataalk.com>) - hosted in **California, USA**

Hosted by [AK Webz Hosting](http://www.akcheaphost.com) from Anchorage, Alaska: <http://www.akcheaphost.com>

[AK Webz](http://www.akwebz.com) also does website design. <http://www.akwebz.com>

<http://216.65.69.4> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk3.com> (is also <http://www3.zetataalk.com>) - hosted in **Moscow, Russia**

Hosted by Sergey Anfelso, in the Murmansk region of Russia

<http://217.107.34.146> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk4.com> (is also <http://www4.zetataalk.com>) - hosted in **Argentina**

Hosted by the Mirror Site Team donations

<http://201.235.253.110> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk5.com> (is also <http://www5.zetataalk.com>) - hosted in **Scottsdale, AZ**

Hosted by Steve

<http://173.201.227.192> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk6.com> (is also <http://www6.zetataalk.com>) - hosted in **Strasbourg, France**

Hosted by Guido Krohnke in Magdeburg, Germany

<http://85.25.64.83> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk7.com> - hosted in **Auckland, New Zealand**

Hosted by Bill Wong in New Zealand

<http://www.zetataalk8.com> (is also <http://www8.zetataalk.com>) - hosted in **Johannesburg, S Africa**

Hosted by the Mirror Site Team donations

<http://196.33.227.166> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk9.com> (is also <http://www9.zetataalk.com>) - hosted in **Jaipur, India**

Hosted by the Mirror Site Team donations

<http://180.92.169.155> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk10.com> (is also <http://www10.zetataalk.com>) - hosted in **Sydney, Australia**

Hosted by Matt Bowen, in Australia

<http://203.19.59.69> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk11.com> (is also <http://www11.zetataalk.com>) - hosted in **Almaty, Kazakhstan**

Hosted by the Mirror Site Team donations

<http://178.89.159.60> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk12.com> - hosted in **Kyoto, Japan**

Hosted by Shuichi Inoue in Japan

<http://www.nepanewsletter.com/zetataalk/> - **Yahoo** mirror

Hosted by a fan from Scranton, Pennsylvania

The **Pole Shift Survival** material also has a number of mirrors. Note the ending on almost all mirror sites (/docs) for locating alternate sites. Remember this schema.

<http://www.pssurvival.com> - hosted in **Arizona, USA**

Hosted by and authored by an anonymous individual.

<http://www.ps-survival.com> - hosted in **Chicago, USA**

Hosted by and authored by an anonymous individual.

<http://www.zetataalk3.com/docs> (also www3.zetataalk.com/docs) - hosted in **Moscow, Russia**

Hosted by Sergey Anfelso, in the Murmansk region of Russia

<http://217.107.34.146/docs/> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk4.com/docs> (also www4.zetataalk.com/docs) - hosted in **Argentina**

Hosted by the Mirror Site Team donations

<http://201.235.253.110/docs> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk5.com/docs> (also www5.zetataalk.com/docs) - hosted in **Scottsdale, USA**

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<http://www.zetataalk6.com/docs> (also www6.zetataalk.com/docs) - hosted in **Strasbourg, France**

Hosted by Guido Krohnke in Magdeburg, Germany

<http://85.25.64.83/docs/> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

<http://www.zetataalk7.com/docs> - hosted in **Auckland, New Zealand**

Hosted by Bill Wong in New Zealand

<http://www.zetataalk8.com/docs> (also www8.zetataalk.com/docs) - hosted in **Johannesburg, S Africa**

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<http://www.zetataalk11.com/docs> (also <http://www11.zetataalk.com/docs>) - hosted in **Almaty, Kazakhstan**

Hosted by the Mirror Site Team donations

<http://178.89.159.60/docs/> is a static IP that also reaches this site, should the domain nameservers (DNS) be down

ZetaTalk **Translations** also have mirror sites.

<http://poleshift.web.fc2.com/> - hosted in **Japan**, in Japanese, by Shuichi Inoue

<http://zetastalk.ru> or <http://zetataalk.tomsk.ru> - hosted in **Russian**, by Oleg

ZIP Instructions

The ZetaTalk website, including all Troubled Times data, up until the date of March 30, 2011 is available in a 354 MB ZIP file. This is available from the following mirror sites or their static IP addresses - Argentina, India, and Moscow.

<http://zetataalk3.com/zetataalk/zetataalk.zip>

<http://217.107.34.146/zetataalk/zetataalk.zip>

<http://zetataalk4.com/zetataalk/zetataalk.zip>

<http://201.235.253.110/zetataalk/zetataalk.zip>

<http://zetataalk9.com/zetataalk/zetataalk.zip>

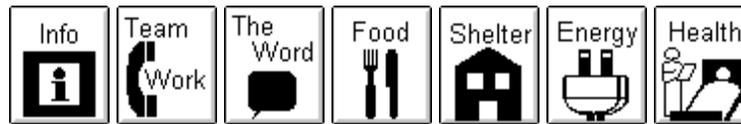
<http://180.92.169.155/zetataalk/zetataalk.zip>

Downloads of the ZetaTalk and Troubled Times material is available with more frequent updates, available weekly. Visit <http://zetataalk-download.ru> for instructions on how to arrange for weekly updates.

Troubled Times



The Hub



- [Troubled Times](#)
- [Hub](#)
- [Frames](#)
- [Table of Contents](#)
- [Surviving the Shift](#)
- [Homeless](#)
- [Settlement](#)
- [High Tech](#)
- [Science Data](#)
- [Nonprofit](#)

[Troubled Times](#) is icon driven. To explore the contents, just click on the icon above representing your area of interest. Troubled Times content can also be viewed from a [Frames](#) version, or a simple [Table of Contents](#) version.

Troubled Times content is also organized into several views. Surviving the pole shift and Aftertime lifestyles are cumulative views, so that [Surviving the Shift](#) would apply to all, [Homeless](#) would apply to all some time, and [High Tech](#) solutions assume that [Settlement](#) solutions are already in place. [Science Data](#) is a view into those parts of Troubled Times that detail the millennium in scientific terms.

A [Nonprofit](#) arm supports educating the public and developing solution sets and has developed a handy [Booklet](#) toward this end.



Survival Booklet

A hip-pocket sized paperback Booklet which summarizes the information on the Troubled Times web site TOPICS. The booklet is intended to be concise, covering the basics, and points to books or web site information for further information. Available in Adobe **PDF** format, which can be read and printed from an Adobe Reader, free to the public on the web as follows:

[Cover](#), front and back

[Table of Contents](#) and Introduction

[Homeless](#)

[Settlement](#)

[High Tech Note](#): continued in the next PDF document

[Communities](#)

[Resources](#)

[Addendum](#)

Note this booklet can be reproduced en mass and distributed to the public, as long as the booklet is printed in total with no change, and there is no charge to the public whatsoever for printing or distribution. Printing facilities can mass produce these booklets from the PDF formats above, with ease. We charge a fee of \$7.50 per booklet. This charge is still *below* our cost to publish and includes postage. This small fee will simply allow us to produce more booklets. Sorry, no discounts on group orders. Questions? Contact: [Troubled Times, Inc.](#) To order the booklet via PayPal:



A combo order of the CD's plus Survival Booklet, normally \$11.60, can be mailed at cost for \$10.00. To order the combo via PayPal:



For those preferring paper payments, in USD as cash, checks against a US bank, or a Money Order via snail mail to:

Troubled Times, Inc.
PO Box 10
North Freedom, WI 53951

Note: This Survival Booklet is now also available translated into Russian or Hungarian

[Russian](#), in Adobe PDF format.

If the Russian site is busy, this Russian version can be secured from the nonprofit site, as a [Mirror Site](#).

Also a [Russian Mini](#) booklet in Adobe PDF format and [ZIP](#) format.

[Hungarian](#), in Adobe PDF format, is available from the nonprofit site.

Note: other translations can be facilitated by downloading these zip files ([Text1.ZIP](#), [Text2.ZIP](#), [Text3.ZIP](#)) composed of the booklet text with graphics, to be formulated into PageMaker for Adobe PDF versions.

Safe Locations Document

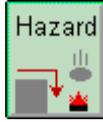
Information provided by the Zetas

The Safe Locations documentation is a composite of responses by the Zetas to questions regarding the safety of locations during and after the coming pole shift.

This document is in both an [Adobe .PDF format](#), and must be opened by an **Adobe Reader**.

The *same* information is in **web format** at the [Zeta Locations](#) TOPIC within Troubled Times.

Troubled Times



TOPIC: Hazards

A key consideration in setting up a survival camp is the location in relationship to potential hazards such as [Tidal Bore](#), [Tsunamis](#), [Sloshing](#), [Flash Floods](#), [Earthquakes](#), [Tornadoes](#), or the drift of [Volcanic Ash](#) clouds. Proximity to man-made hazards such as [Chemicals](#) or nerve gas near [Seattle/Portland](#) or [Utah](#) or other chemical weapons stored in US [Military Depots](#), a leftover from the Cold War, or a toxic waste dump could pose dangers. Rupturing [Dams](#) are another likely hazard, as well as the local [Hydrology](#), which may alter due to the massive earthquakes. [Mud Slides](#) are caused by water logged unstable soil, and will increase in torrential downpours. NOAA provides safety steps for severe weather hazards.

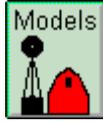
Troubled Times



TOPIC: Emotions

By [Sharing](#) reactions, Troubled Times members hope to help others. Emotional [Adjustments](#) to the coming [Cataclysms](#) vary by individual, but all are affected by [Grief](#), [Fear](#), despair, and [Anxiety](#). There is [Uncertainty](#). In other words, we all experience [Inner Struggles](#) and the need to integrate [New Information](#) to regain [Perspective](#). Some pay heed to [Prophecies](#) or the [Signs](#) or [Dreams](#) they receive, others plan for [Tomorrow](#) but live for [Today](#). Some [Look Beyond](#) the horror to see the potential for a better world, one with a [New Geography](#). [Life Goes On](#), and where life in the Aftertime is the focus, a [Positive Attitude](#) can develop. Survivors will learn to adapt, and by [Being Prepared](#) when [Disaster Strikes](#), be better able to cope. If unable to explain to family and friends, [Secret Preparations](#) can be made. Examining present day [Emergencies](#) and their [Prevention](#) is a positive approach. [Don't Wait](#) to start preparing.

Troubled Times



TOPIC: Models

[Celistine Properties](#) is patterned after the nine insights from the book. Other planned communities include the [Venus Project](#), and [Intentional Communities](#). This concept of [Sustainable Living](#) is echoed in **Earthship** in New Mexico, [Walton's](#), in Idaho, [Survival School](#) tools and courses, [Eco-Villages](#), and [The Farm](#) in Tennessee. Life in the Aftertime will be [Gloomy](#) and damp, and the [Reality](#) of survival grim, so prepare the family for [Adjustments](#) and take [Start Steps](#). An indoor [Biosphere Community](#) or [Community Gardens](#) would be sustainable. [Grow World](#) is an example, as is the [Sergyenko homestead](#) in Kiev. In planning a site, a [Question](#) and [Answer](#) exercise can help. There are various possible social [Scenarios](#) that could present. The [Silent Treatment](#) by the government is due to the fear of panic, beyond what the movie [Deep Impact](#) dramatized. Consider cash crops from a [Commercial Site](#), which then pays for itself. Actual survival sites or planned sites that serve as models are:

- [Mr. Hoag's Bunker](#)
- on the east coast of [Australia](#)
- as a [West Coast Nomad](#) in the US
- a [Utilities Sufficient](#) site
- Incorporating the [Old Ways](#) site

Troubled Times

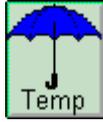


TOPIC: Survival Tips

Tornado strength is measured by the [Fujita Scale](#). Help with [Survival Equipment](#) and [Planning](#), survival [Shelters](#), or Red Cross advice on surviving hurricanes, tornadoes, and floods is available. [Tidal Waves](#) along coastlines are a concern. Troubled Times members have begun thinking about techniques that would help both man and his technology survive.

- Avoiding hurricane winds, hail and firestorms in a [Survival Trench](#), [Buried Bug](#), or [Sand Bag](#) shelter
- Bracing the sides of a house against hurricane winds with [Tire/Mud Bracing](#)
- [Laying Low](#) to survive tornadoes
- Enclosed in a metal [Pipe Shelter](#), a [Propane Tank](#), a series of [Water Tanks](#), or under a cast iron [Cauldron](#) for firestorm protection, or using a [Metal Roof](#)
- Using [Storm Pipes](#) for a personal enclosure
- Creating a [Safe Room](#) in the home, or having a [No-Window Dome](#)
- Personal protection in [Protective Clothing](#), or a [Shallow Trench](#)
- Keeping away from [Fuel Supplies](#)

Troubled Times



TOPIC: Temporary

Prior to the cataclysms the emphasis should be on protection from firestorms and earthquakes during the pole shift, such as a [Metal Roof](#) over a trench. Temporary quarters provide ample living space while waiting for the pole shift hour, but should be vacated prior to the shift for safer shelters. [Dome Tents](#) such as [US Calvary](#) seem to have some [Stability](#) in high winds, and can be [Hand Made](#). The [Shepherds Tent](#) is ample. Car top tents or [Mobile Homes](#) are portable. A [Blue Tarp](#) can shelter from rain. [Survival Sacks](#) are more water proof and insulated than ordinary sleeping bags. [Teepees](#) such as the [Plains Indians](#) erected, or a [Thatched Sapling](#) shelter likewise can be erected quickly and constructed with a variety of materials and [Techniques](#), but are designed for a [Nomadic](#) lifestyle though can be [Semi-Permanent](#). Dual use [Plywood Boxes](#) could become construction material after the shift. In cold climates, the [Igloo](#) can be a life saver. Usenet archives on primitive skills provide information on [Circular](#) huts, [Storm Shelters](#), [Debris Huts](#), [Debris Tips](#), [Debris Drawbacks](#), [Psychological Factors](#), [Debris Insulation](#), [Moss Insulation](#), [Warm and Dry](#), [Rock Overhang](#), and [Pit Shelters](#). For those with the resources, an [Airtight](#) dome is spacious.

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TOPIC: Check Lists

In anticipation of the [Crisis](#) that a pole shift would bring, Troubled Times members have compiled the generic checklists below.

- [Day One](#), the week leading up to the shift and the actual trauma the shift
- [Recovery](#), the weeks immediately following when rapid adjustments to disrupted services will be required
- [Long Term](#), the years and decades following.

Personal lists, such as [John's](#) list or Clipper's [Little Box](#) and the lists inspired by that thought such as [Mike's](#), [Shekina's](#), and [Nick's](#) list are also shared as a guide. A Usenet group dedicated to survival skills, misc.survivalism, offers a compilation of mini lists done by David Lee (davelee@visi.net), who recommends [Frugal's Home Page](#) on the web. The misc.survivalism list includes mini lists from [SAS Survival Handbook](#), [Urban Survival Handbook](#), [Save Your Life](#), [Food for Thought](#), [Camping and Woodcraft](#), [Common Sense](#), [Ten Essentials](#), [US Army](#), [Kit Sources](#), [Gear Sources](#), [Richard's List](#), [Camping List](#), and [Pack Items](#). A [FEMA](#) list and a NASA list for [Antartica](#) are also available, and [Surplus Sites](#) can provide the items. Quick purchase or last minute items are available from [Ebay](#), [Home Depot](#), [Target](#), [WalMart](#), [Dollar Stores](#), [Big Lots](#), but more items are available at [Harbor Freight](#).



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ZetaTalk: Small Groups

Note: added during the Nov 30, 2002 Live ZetaTalk IRC Session.

We have recommended from the start that survivor groups start with one's friends and family, known entities. Even should you not particularly *like* your relatives, and they despise your friends, at least you have known entities about you. We have advised against meeting on the internet, answering adds, posting one's qualification in a database, or similar trust-all schemes. Those with skills are unlikely to *need* to post them and seek entry into another group, as almost everyone who knows them will be uttering invitations! Thus, those who advertise are likely the type of person to *need* support, in massive doses, both physical and emotional. We have also advised, as has Nancy within Troubled Times, to keep a low profile, *not* advertise your site or your presence. After the shift, those who have not lined up a relatively safe location, stocked away a few weeks food supply or a tent or cot, will adapt. Even those who *have* prepared must find themselves at that level, as the unprepared, soon enough. One cannot live as an island, well prepared and ignoring the neighbors, as the presence of a well stocked and electrified group *soon* becomes known. Would you turn your guns on your neighbors starving children?

We have predicted that government snoop methods, such as tracking small purchases or the whereabouts of those claiming to be contactees, will fail. They will be overwhelmed with tasks more immediate and pressing, going into the shift. We have recommended that supplies be stocked *away* from the home of the purchase, and *no one* talk of the survival site location. If in spite of all these efforts, a group finds someone in their midst that is passing this information onto an establishment arm, what to do?

1. Should such a happenstance occur, first doubt it as the establishment has *far* more to worry about that a small group with few supplies. If you can feed an army for a month, you may have a worry, but otherwise, they will ignore the tip!
2. Stay small, as this in itself is an insurance against attracting attention. Gangs looking to loot go to the *rich*, which have immense stores, not the little guy. Being small also allows a better likelihood that all members of the group are *known*, and the likelihood of a snitch in the group lessened.
3. If all else fails and you feel you are under scrutiny, start over! Ditch the supplies, which in any case should have been place in multiple places, unknown to any one individual.
4. If you truly feel you are likely to be invaded and looted, then group after the shift in a place where *no* supplies exist!

These types of maneuvers will better your chances, and in fact reduce the likelihood of looting or takeover to almost nil.

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ZetaTalk: Hoarding

Note: written Nov 15, 1999.

Many people view with alarm the thought of food shortages and struggling with other people to wrest away a loaf of bread or fist fights over a bag of flour or rice. They view with alarm such thoughts, and their first thoughts are to stock up, to buy many of these items. A case in point is the scare just years ago over toilet paper, where there was purported to be a shortage of toilet paper. Suddenly all the toilet paper on the shelves had been bought up. This is the first response to worry about shortages, but there are many problems with this reaction.

Because the desire to hoard and stock up is anticipated by the authorities, this is the first trend that will be watched and guarded against. Hoarding cannot be disguised. The grocer knows who bought a large stock of food, and neighbors can see who carried many groceries into a house. Those places that sell large quantities of food such as rice or wheat or beans have the person who made the purchase on record. One cannot hide a stock. The police can come door-to-door, open the doors, and see a stock of food and this stock can be confiscated. These stocks *will* be confiscated as food shortages occur and hoarding is to be discouraged, so that fighting and arguments and theft do not happen. The police will go door-to-door and those people who have hoarded will have it taken from them, and this will be distributed to others. Therefore, not only will they lose what they have tried to gathered, they will be penalized. They will be fined, punished, maybe put in jail, and certainly be scorned by their neighbors.

Of course, there should be some stock for those times when there is nothing to eat, but a very small amount. Don't purchase in large quantities. A purchase in large quantities is a signal, and there are records being kept even today of who it is that purchases in large quantities. Those people are being marked to have their goods confiscated in the future. They are not being told this. They may even be encouraged to stock up because later someone can come and take these stores from them. It is a cruel game of those in control, to encourage stocking while knowing that these goods will be taken later. But those who wish to remain in control, who use such power plays, think not of their cruelty but only of their ability to get through hard times, and will manipulate whomever stands in their path to regaining their power. Even through what we are telling you is known and can be logically surmised, nevertheless warnings about punishing those who hoard are not going out, and people will not be alerted to the dangers of hoarding or stocking up until they have had the tables turned on them and all their saving put into rice and beans is gone. No one will tell them that this is to happen and no one will warn them.

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TOPIC: **Housing**

There is a range of non-traditional housing that can be erected going into or after the cataclysms. During an era of melting poles, consider a [Houseboat](#), perhaps on a [Cement Base](#). Many construction methods use inexpensive materials and can rely on manual labor. Methods include [Rammed Earth](#) construction, [Straw Bale](#) construction with [Midwest](#) example and [Instructions](#), [Adobe Bricks](#) with [Pueblo](#) example, and [Coating Burlap](#) or coating [Wire Mesh](#). [Combining](#) these methods also works. Earthen or [Bermed](#) housing has many options, is [Fireproof](#), or use fireproof material such as [FireFree](#). Methods recommended by **Earthship** include using old tires and aluminum cans, and an Earthship history shows the steps taken during construction. [Cob Cottage](#) offers workshops on building with earthen materials, and Ianto Evans tells you how to build your own for \$500. A partially buried [Grain Silo](#) or [Steel Pipe](#) could be bermed and wind resistant, as would a [Quonset Hut](#). A [Trench Hut](#) would double as a pole shift survival spot. A [Full Cylinder](#) drainage pipe could be a sturdy quake resistant home, and a [1/2 Cylinder](#) design, common as farm outbuildings, could be quickly constructed. The [EcoLodge](#) offers a self sufficient design. [Pyramid Homes](#) are sturdy and efficient. Old military [Bunkers](#) could be put to good use, and in the DC area, a [Fiberglass Radius](#) is popular.

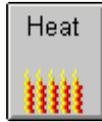
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TOPIC: Tools

All [Types of Tools](#) may be required in the Aftertime, from gardening to radio repair, and old fashioned [Non-Electric](#) tools, [Hand Tools](#) powered by muscle, may be back in fashion. Tools can even be fashioned with a [Wilderness Forge](#). [The List](#) is endless, but can be prioritized. [Garage Sales](#) or [Estate Sales](#) can be ideal places to locate such tools, which often sell at give-away prices. [Heavy Lifting](#) tools are portable, unlike a forklift truck. [Welding](#) can be done with a [Battery Series](#). [Fiberglass Handles](#) can present problems. [Harbor Freight](#) comes highly recommended. The Internet offers online shopping at [Woodworkers Depot](#).

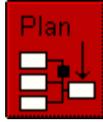
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TOPIC: Heat

Traditional sources of heat such as oil or gas will be scarce after a cataclysm, compounded by a lack of shelter. [Kerosene Heaters](#) are portable. [Starting a Fire](#) in the rain takes skill, and finding [Natural Kindling](#) such as [Fungus](#) or [Cattail](#) can make the difference. [Hot Rocks](#) help retain the heat. [Charcoal](#) is easy to produce, but [Woods Differ](#) in their qualities. The Hicks [Water Stove](#) produces both heat and hot water. Those with domestic animals can use [Animal Heat](#) during cold spells, and heat can even be gleaned from [Manure](#). Buried [Garbage](#) or a [Compost](#) pile can also be a source. [Geothermal](#) heat can be tapped, but may indicate [Unstable Geo.](#) [Hot Water](#) can be heated from any source with a [Tube Coil](#) system, with a [Caution](#). Heating [Large Quantities](#) is also feasible. A [Peltier Junction](#) supplies heat from 12V electricity, but has [Limited Use](#). Those wanting to [Experiment](#) can get their own! While housing is being rebuilt, [Gel Fuel](#) from a portable fireplace that can be safely kept in tight quarters may fill the gap. Use a [Re-Heater Bag](#) or [Electric Vest](#) to carry while traveling. Heat can be retained by [Reflection](#) and [Deflection](#). Cooking is more efficient with [Thermal Feedback](#).

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TOPIC: The Plan

[Government](#) and [Industry](#) are both likely to collapse and in any case not address the issues before hand, though [Emergency Ops](#) centers may exist. There will be [Bulk Survivors](#) almost totally [Unprepared](#), probably [Not in Cities](#), though [Some Groups](#) may fare well. There are [Obstacles](#) to any large scale plan, and communities could [Attract Gangs](#). A mental [Independence Day](#) must be entertained. Care should be taken not to be tracked by ones [Social Security Number](#) or other identifier. In laying plans, one must be [Realistic](#), stick to [Basics](#), and determine the personal [Mission](#). An [Integrated](#) approach to finances is possible. There is only so much an [Individual](#) can do, and there are [Tough Decisions](#) on whether to be [Moses or Noah](#). The approach is [Surviving](#), then rebuilding with [Supplies](#). Any given [Survival Group](#) must first protect their ability to survive at all and not be overwhelmed. Most survivors will expect to be [Rescued](#). The [Right Mix](#) of people and [Leadership](#) will matter. Physical requirements include a per person [Garden](#) space and [Energy](#) generation.

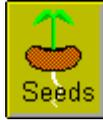
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TOPIC: Martial Means

The [Y2K Bug](#) offers a [Test Opportunity](#), practice such as [CB Exercises](#) occurring in 1999, but some states are [Resisting](#). Hoarding is forbidden by numerous Executive Orders, but [Hunger](#) can be used as a control mechanism. Civilian internment camps have long been [Rumored](#), and many [Military Bases](#) make the point, Nellis Air Force base near [Area 51](#) among them. [Bunker Government](#) plans are in evidence. The [Contrails](#) test in January, 1999 created illness and [Uproar](#) in the populace. [Media Control](#) is key. As [47 National Parks](#) have been ceded to the UN under the [Biodiversity](#) umbrella, [Foreign Troops](#) may be the means to this end, regardless of the Constitutionality. A [Military Presence](#) is already unloaded in the US. A one [World Government](#) may be the goal. The technology for [Implants](#) allowing humans and animals to be [Tagged](#) and located by [Satellite](#) such as the [GPS](#) exists, and [Remote Control](#) is a possibility. The inventor, Dr. Carl Sanders, had [Ethical Questions](#). The new [Health ID Card](#) is more direct. The late 2001 shooting death of [William Cooper](#), who warned about [Anthrax](#) vaccinations, is suspect, as are [Germ Warfare](#) experiments by the US.

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TOPIC: Seeds

[Preserve](#) the germinating capacity of seed. Humidity and temperature are [Factors](#), as [Pocket](#) advice shows. Pollination can be by [Self Pollination](#) or [Cross Pollination](#), and [Unwanted Crossing](#) can be prevented by [Isolation](#), [Alternate Planting](#), [Caging](#), or [Hand Pollinating](#) the [Flowers](#). Culling, or [Roguing](#) eliminates poor genetics. Seeds often need a [Resting](#) period before they will germinate, and some biennial root plants such as the [Potatoe](#) can also be propagated by [Cuttings](#). [Harvesting](#) is best done when the seed is [Ripe](#) or [Dry](#), and some need more [Time on the Vine](#). [Tips](#) on saving seed, reducing [Diseases](#), and a [Starting Mix](#) are available. [Hybrid](#) seed is not likely to produce viable seed and is [Genetically Altered](#) to prevent reproduction by [Mega Merger](#) companies seeking high profits, a trend temporarily [Halted](#). Seed for sustainable gardens needs to be from the old, reproducible strains, with the [Parent Plant](#) selected from the best. The [Arc Institute](#) offers survival seeds and Geri explains how to [Save Seed](#), and how the [Terminator Gene](#) in hybrid seeds is a threat. [Nitro Pak](#), [Seeds Blum](#), [J.L. Hudson](#), [I Can Garden](#), [Ready Reserve](#), [Denali Seed](#), and [Seeds of Change](#) offer non-hybrid seeds, as do many other [Sources](#). A Troubled Time [TEAM](#) has been formed to grow and pass along non-hybrid seed. For beginners, there is advice on [Saving Seed](#), [Pollinating](#), [Types of Seed](#), [Harvesting Seeds](#), [Storing Seed](#), [Testing Seeds](#).

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TOPIC: Chickens

Chickens raised for meat and [Eggs](#) can be used in a [Synergistic](#) fashion with indoor gardens. Their waste is an excellent fertilizer, but chickens have [Multiple Uses](#). There are few health [Cautions](#). The presence of [Roosters](#) in the flock results in [Fertile Eggs](#), not fewer eggs. [Guinea Hens](#) eat insects in the garden, and [Arucanas](#) produce eggs quickly. [Free Range](#) chickens find their own feed. [Egg Shells](#) can be fed back to chickens for the calcium. [Housing](#) chickens is also easy, and they have a productive [Long Life](#).

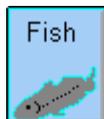
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TOPIC: Goats

Goat herds are kept for the milk and cheese they produce in many lands. [Goats](#) are hardy and eat almost anything, and bond to their herdmens so that they stay close to home and follow their shepherd when [On the Move](#). They [Fertilize](#) gardens too, as organic gardeners have discovered. Many [Web Resources](#) exist on the subject.

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TOPIC: Fish Farms

[Aquaculture](#) produces prodigious amounts of high protein food. Many [Information](#) sources exist on [CD-ROM](#), via [BBS](#) or [ftp/Gopher](#), or on [List Serves](#). For the [Beginner](#), and [Practical Advice](#) exists, and [Aquariums](#) are good practice. Salmon, [Perch](#), [Catfish](#), [Carp](#), [Tilapia](#), shrimp and [Crayfish](#) are successfully being farmed today in established aquafarms. Hydro/Technologies explains the various [Methods](#) of aquaculture, the [Symbiotic](#) interaction between plants and fish, and the [Equipment](#) needed. [Acquaponics](#) is the synergy of aquaculture and [Hydroponics](#), but there are [Issues](#). [Barrel-Ponics](#) is a small space solution. Fish ponds should be [Temperature](#) controlled, but catfish can [Winter Over](#) and a [Paddle Wheel](#) can help. Swimming [Pools](#) can be used as ponds. In calculating the [Yield](#), one must consider the [Food Chain](#). Fish may need to be protected from [Shock](#) during the pole shift. A natural food source for fish in ponds or tanks is algae grown from sewage effluent. [Marsh Areas](#) areas to cleanse sewage effluent are odor free and serve as wildlife refuges and recreation areas. [Water Lillys](#) are effective in this regard. Fish do not accumulate [Lead](#) from polluted water.

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TOPIC: Bow Hunting

[Traditional](#) bows have been used in hunting around the world and throughout history. A glossary of [Terms](#) helps. [Bow](#) construction requires [Materials](#), where [Wood Grain](#) and [Wood Type](#) as [Bow Back](#) considerations matter, as do [Dimensions](#). The [Flatbow](#) and [Longbow](#) or English [Longbow](#) both use [Tillering](#), a [Tiller Stick](#), [Nocks](#), [Straightening](#), and [Recurving](#). A [Quickie Bow](#) can also be used in a pinch. The [Crossbow](#) requires [Assembling](#) and a [Release](#) mechanism. The [Amtguard](#) crossbow is inexpensive, and durable [Non-Wood](#) types exist. The [Compound Bow](#) can be made from [Wood](#) or [Composite](#) materials, with a [Steel Arm](#) or using a [Steel Pipe](#). [Bowstrings](#) can be [Spun](#) or be made from [Rawhide](#) or [Cord](#) with [Many Ply](#) for [Strength](#), or can use a [Felmish Twist](#) with [2 or 3 Ply](#), or an [Endless String](#) with [Serving](#) wrap technique. A [Heat Shrink](#) extends the life of strings. [Arrows](#) have [Components](#) such as [Arrowheads](#) and their [Construction](#) involves [Blade Design](#) and securing the [Broadhead](#).



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ZetaTalk: Worthless Money

Note: written prior to July 15, 1995

Money will begin to lose its value long before the cataclysms hit. This will be worldwide, and in almost all human cultures. Why should this be the case, when, as we have stated, the majority of humanity will either be unaware of the coming cataclysms or in denial? The financial structure of the world's financial empires is really quite fragile. Look to the swings of the stock markets, the bond markets, and other speculations. Panic sets in at a moment's notice. The problem is that financial matters are based on human perceptions of worth. This moves about, even in the most stable of times. The value of an item increases during shortage, plummets during times of plenty, and otherwise is affected by various perceptions of being in the right place at the right time. There are gamblers aplenty in the financial arenas.

One of the reasons that financial giants among the elite seek to negate awareness of the alien presence is their fear of the repercussions on the financial markets. If they cannot negate awareness, they seek to minimize panic. Look to history, to see how little it took to create financial panics. What with the millennium approaching, and all the dire predictions made by many, true or untrue, many people worldwide will be on edge. Add to this the increasing crop failures, with consequent food shortages, affecting the markets in commodities.

Humans of good heart concerned with survival through the cataclysms are advised not to look to the money markets for assistance. Put your money into land and stable structures, documentation on the technologies and scientific knowledge of today, and apparatus with which to grow hydroponic vegetables and tanks for fish and crustaceans on the nutrients from recycled sewage.

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ZetaTalk: Barter System

Note: written Dec 15, 2001

We predict that long before the shift, a barter system will be replacing the current paper money system. The value of the dollar, in *all* countries, will be falling, such that in any transaction one or both parties will feel they are getting a fair deal *only* if a *thing*, not a representation, is given or received. This is a common practice in countries where the dollar is falling, and a natural migration as the thought occurs readily to mankind, the barter system being recent in their cultural evolution. What will this mean for the common man, and what will it mean for the rich? The common man will find they are pleased with themselves if they have had the foresight to secure goods of value, such as seeds or tools or dried food. The value of appliances that are dead and not able to run, even of cars unable to run over broken roads, will be zero. The value of items that can *increase* worth, such as a needle and thread which can repair clothing otherwise worthless, or a shovel that can create a garden otherwise a weed patch, will *balloon*.

The rich will of course whine endlessly, and try to convince anyone who will listen that their goods will *return* in value, which it will not. Moneys will be used as a medium of exchange, as will jewels and art, in some settings, for a brief period of time. This will occur until those being offered these at bargain prices realize the shift has happened *worldwide*, and rescue and a return to civilization as they knew it will not occur. Perhaps months, but more likely weeks, and only in limited settings. We advise the common man, as we have in the past, to relieve themselves of stock and jewels and paper money that will fall in value, perhaps suddenly and without warning. Better to stock up on things that will have value, candles and matches, school books and a guitar, than what the rich treasure.

In that one's skill sets can be considered a bartering item, one should examine their own skill set by the following exam. If you were in the middle of a wilderness, *alone*, what steps would you take to survive? What is the *first* skill that you would need, and not have? Whom do you know that you would wish about you, in such a circumstance? What is that skill that they possess, that you perhaps could develop? Imagine a group in such a setting, having arrived at a land dump where various pieces of junk are about and could provide mechanical devices or shelter, if utilized creatively and resourcefully. How would *you* go about creating a comfortable home for yourself, and others, in such a situation? If you are clueless on how to use junk to structure a home, recycle and hook up, then perhaps you should work with a junk man, in his yard, and take lessons! What we are telling you is that you should mentally put yourself in this setting, and you will have no difficulty determining what is useless or most worthwhile, in a skill set. If you are an accountant, and cannot translate this skill into becoming a tailor or herdsman or cook, your skill is useless!

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TOPIC: Mates

Having the right [Skill Set](#) makes one an attractive mate, and the right [Mind Set](#) will help in lining up with the right mates during the coming pole shift, creating the [Strongest Team](#) and avoiding [Mad Max Gangs](#). [Local Groups](#) will spontaneously form. The [Amish](#) are seen by many as a [Role Model](#). Ideal [Community Size](#) depends on many factors, including adequate [Infrastructure](#). Dependents such as [Children, etc.](#) can perform important tasks, and are happiest when allowed to do so. The best mates can share and sacrifice, but making a [STO Determination](#) is a [Difficult Call](#) sometimes assisted by [Instinct](#). Clearly the [Antisocial Personality](#) is not a good mate when the orientations are an [Oil and Water](#) mix. Cults such as the [Nuwaubians](#) should be avoided. [Setting Standards](#) or using [Probation](#) are screening mechanisms. A community may find [Heroes](#) emerging, but the [Original Mix](#) and [Community Focus](#) matter. Things may be [Worse, not Better](#), [Small Groups](#) the norm, [Leadership](#) earned, and [Information](#) the best gift. [Military Units](#) will be disbanded, and [Mercenaries](#) few.



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ZetaTalk: Hour After

Note: written Dec, 2002

Throughout the world, survivors of the shift will react in different ways, depending upon their level of prior knowledge and their personality. Look about you to the survivors of sudden storms, tornadoes or lightning strikes. These individuals are devastated and basically in shock. They understand that something unexpected has occurred, and they have lost loved ones, lost possessions, perhaps themselves are injured so life as they remembered it can never return, and are grieving. If the result of an expected catastrophe, like an approaching hurricane where they boarded up windows and tied down all that might blow away, the survivors might be angry at themselves for lack of proper preparation, or angry at the gods for delivering the storm, or angry at the authorities for not issuing an earlier warning, or angry at the insurance companies for not replacing lost goods, but anger is the mode. Now add to this the additional devastation of *no* helping hands arriving, and even those simply grieving at the loss will become angry.

If the survivors were expecting the shift, were in what they considered a safe place and all supplies and loved ones tied down and out of the wind and water surges, there will still be anger. Even had they convinced themselves that they understood this to be a normal astrophysical occurrence, and prepared for it, anger is a normal reaction to loss, or assault. Thus, survivors, even in camps where all were mentally prepared, will be angry, red faced, and wanting to explode on some excuse of another. What to do with all that anger? Direct it into activity, productive activity.

Nature, for survival, has engineered into the human animal flight or fight, and you can expect *your* human animals to want to do one or the other. There are those that will run, hysterical, trying to escape the devastation and only returning when their energy has exhausted itself and they are again calm. There are those that will want to fight, *something*, and will take this emotion out on the group unless directed elsewhere. In cases such as this, a quick directive to *save* this or that supply, to *save* this or that child about to bleed to death, to *rush* to another camp to find out how they fared, will direct this energy into *action*, the purpose of the fight or flight emotion. Those with a calm head, and those about them who may need to take over in case the calm head is not so calm as expected, after the shift, should be prepared with this list and bark orders, promptly. Do not wait until fighting among the group breaks out, bickering, explosion, and the need to mend fences afterwards. Be prepared in the first minutes after the shift, when survivors are emerging and dusting themselves off, red faced and looking for the enemy.

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TOPIC: Book List

Suggested reading for those wishing to be prepared for the changes that will be presented by the millennium are:

- Books on [Communications](#)
- Books on [Disaster Preparedness](#)
- Books on [Electrical Energy](#)
- Books on [Gardening](#)
- Books on [Hand Crafts](#)
- Books on [Herbs](#)
- Books on [Housing](#)
- Books on [Medical Treatment](#)
- Books on [Nutrition](#)
- Books on [Pole Shift](#) theory
- Books on [Social Adjustments](#)
- Books on [Wilderness Living](#)



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ZetaTalk: Survival Groups

Note: added during the Dec 7, 2002 Live ZetaTalk IRC Session.

Survival groups will be composed of a variety of diverse folk, shortly after the shift and in the long term. We will give some examples, in explanation, as the variety possible is endless, but some predictable patterns will repeat often.

Example 1

A family, with close friends, and extended family members have for some years been talking prophecy and watching the earth changes. They are serious, plan to the extent that their pocket books and other obligations allow, so have a site, supplies put aside, and an escape plan laid out. The week of rotation stoppage arrives, and many of the group are already at the site, the others en route. Several scenarios may ensue, depending upon location, neighbors, and personalities involved:

- The group may be compatible and isolated, and subsist for many months before venturing forth to meet others.
- The group may find fighting breaks out, certain member becoming hostile and demanding and unable to live under the constraints understood. This many result in that member being expelled, and returning with others to loot and take revenge. This may result in continuing hostilities in the group, making life unpleasant and creating stress diseases.
- The group may not be isolated, and find neighbors coming with their hands out, starving, or demanding. This may results in sharing all around, creating starvation in the group or arguments, or may result in a larger and compatible community with the neighbors, all sharing resources and ideas.
- The group may be known at large, *not* kept a secret as planned, and have organized looting by the US Military or local government, looking for hoarded supplies. This would place the group into the same position they would have been had they *not* planned at all, on foot, without supplies, and perhaps without a place to stay.

Example 2

A family has no opportunity to plan, or gather supplies, but is prepared to escape to a safe area, leave the city. The family finds themselves afterwards with no more than a few bottles of water and canned goods, a sweater, and a few hand tools in a backpack. They wander into the country side, find a friendly farm family, and all begin working on mutual goals and tasks. They are joined by others, also on foot or stranded, and those not compatible *leave*, those compatible fit in, and the community grows. The farm is isolated, by nature, so not that many arrive, and the sorting out process proceeds without being overwhelmed.

Example 3

A mid-sized community, seeing the earth changes and hearing predictions, decides to hold community meetings, town hall, and lay plans. The mayor is respected and doing his best, the community has many community minded groups and citizens, and serious discussions are held concerning problems. They bottle water, commandeer food and supplies from local stores, assess individual and family needs, and try their best to function as a governed community. The shift comes, and houses are blown off foundations, injured everywhere beyond what the trained medical personnel can deal with, and many heart attacks and strokes occur, a medical nightmare. Those who were to be responsible are in the main simply not *found*, are off wandering or sitting in the shadows, overwhelmed, gone mad, or failing to deliver on their promises, a frequent human situation. Food in storage holds is found missing, looted by those who knew about it and panicked, thinking of themselves.

Those trying to meet the needs of the community and follow through on the plans laid become exhausted,

stumble about in fatigue, and finally simply sleep or get sick from the effort. Fights break out among the demanding, who may have had a role to play, forgotten this, and reverted to their true personalities when pleasant life in the town disappeared and distress arrived. Some new heroes emerge, but like the few trying to carry out the plan, they too become exhausted, as the majority are *not* these, but the childish, the selfish, and the demanding. Service-to-Other folk are in the minority, worldwide, and this expresses when stressful times arrive. In time, families headed by Service-to-Other individuals remove themselves from this scene, taking themselves and their dependents elsewhere, into smaller groups. In time, those who have not died, looted and then starved, or left, will be the immature in good health and strength, who will eventually go wandering in search of better times.

Thus, the best laid plans most often do *not* work out, and spontaneous meetings, often guided, work out best.

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Troubled Times



TOPIC: Self Defense

The best defense is a [Low Profile](#), such as having [No Windows](#) to conceal your location. Having a good location and being discrete about where your survival group is going to locate is of primary importance. But in the event that a survival group finds itself under attack by those determined to rape, kill, cannibalize, or enslave, self defense is a must. [Silent Weapons](#) allow a defense that won't alert others to the groups location. The [Long Bow](#) has advantages over a cross bow or short bow. Knowing the [Lay of the Land](#) gives the survival group the upper hand. [Non-Lethal](#) defenses have [Infinite](#) possibilities, however, the Aftertime may require [Vigilante](#) justice. Arguments for [Guns](#) or [No Guns](#) can be made, [Expertise](#) is required and the [Alternatives](#) are many, plus guns can [Backfire](#). A secure area allows the group to [Sleep Safe](#), but [Honking Geese](#) or a motion detecting [Tachometer](#) can alert those who are sleeping. [Dog Attacks](#) from hungry dogs can be deflected.

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TOPIC: Radio

Information on [Getting Started](#) in short wave radio can be secured from [ARRL](#), a [Highly Recommended](#) organization, and the rules are now more [Relaxed](#). Information on [Antennas](#), [Home-Made Antennas](#), [Inexpensive](#) setups, using [Old Dishes](#), and a [Beginner's Guide](#) is available. Short wave radio is an [International](#) communications vehicle, and the [Best Bet](#) to survive the shift. [Long Distance](#) communication is possible by bouncing off the [Ionosphere](#) or using [Moon Bounce](#) or even [Meteor Trails](#), a [Recommended](#) method, and [Ground Wave](#) techniques work for short distances. [Hams](#) set up for communication via their own satellite could adapt, when satellite disruptions occur due to [Meteor Storms](#) or [Solar Flares](#). Via [Radio Relay](#), a [VHF Internet](#), via [Packet Radio](#) and using [TNC](#) could even exist, but would need to be [Scheduled](#) and there are [Repeater Issues](#) and [Alternatives](#). Moving packets is even possible with [Ham Radio](#). Alternatives would be [Wireless Radio](#) via [Microwave](#) or via [Radar Transmissions](#), but this would not be as [Cost Effective](#), or [GWEN](#), but [Common Use](#) radio such as [CB](#) will most likely be the vehicle. Knowing the primary [Radio Frequencies](#) are essential in communicating with others, and following the [Wilderness Protocol](#) helps. Many websites exist with information on [Emergency Communications](#). A Troubled Times [TEAM](#) has been formed to develop solutions around short wave radio.

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TOPIC: On Foot

[Walking](#) will be the primary means of transportation in the Aftertime, as bridges will be down, roads torn up, and fuel such as gasoline hard to find. Prepare to be temporarily on foot by taking [Family Classes](#) and learning to [Be Alert](#). Groups will be roving about, in desperate search of better circumstances. [Tips](#) on [How to Pack](#) the [Stuff Needed](#) in today's world stands in [Contrast](#) to the pole shift reality. What are the [Minimum](#) items to pack, and how to prioritize [What to Carry](#)? Of key importance are [Boots](#) and care of the [Feet](#), [Balance](#), a low profile [Appearance](#), a [Night Light](#), wearing a [Poncho](#) for the rain and [Wool](#) in preference to [Synthetics](#), with [Fire Retarding](#) properties in mind. The emphasis changes if one is on foot [Pre Pole Shift](#), [Post Pole Shift](#), or while [Surviving](#) the pole shift. [Starting a Fire](#) without [Dry Wood](#) requires planning, but one could [Carry Embers](#) and [Rekindle](#) a fire. A dedicated Troubled Times member offers some hiking tips from the books the [Complete Walker](#), the [Survival Handbook](#), the [Good Earth Almanac Survival Handbook](#), and the [Complete Wilderness Training Book](#), and many web sites [Teaching](#) how to survive while on foot or offering supplies abound.

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TOPIC: Bearings

The pole shift will disturb every known bearing humans rely upon. A [Stable Anchor](#) will be [Appreciated](#), as the [Sun](#) will rise in a different place, the earth's new tilt will create a [New Latitude](#) for almost all locations, a 24 hour day may not be the result, and [Magnetic North](#) and South will slowly firm up as the swirling core settles down. With a [Team Effort](#), new bearings could be [Established](#). Use of a home made [Sextant](#) or a [Compass](#) and taking note of [Fixed Positions](#) both prior to and after the pole shift will help. [Radio Frequencies](#) can be used as a guide, and short wave radio buffs already have a technique for [Locating the Moon](#). Watches will require [Battery Changing](#) as [Motion Charged](#) watches may be unstable. Synchronizing a [Wind-Up Watch](#) may help survivors stay in sync, and [Carrier Pigeons](#) are an option for communications between groups. The *US Armed Forces Survival Manual* suggests maintaining [Direction](#) or [Time of Day](#) by shadow tip or [Equal Shadow](#) from the Sun, [Dead Reckoning](#) or [Steering Marks](#), but take into consideration [Earth Changes](#)! Subtle differences in [Skylight](#), enhanced by using a [Blue Filter](#), can determine relation to the Sun.

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TOPIC: Home Made

[Make Shift](#) windmills could be made from [Existing Technology](#). [Car Parts](#) could be used to construct a [Paddle Wheel](#) windmill, using such parts as the [Generator](#), [Water Pump](#), and [Tire Rim](#). [Axle Paddles](#) using a [12V Series](#) can be used, as has been suggested by [VITA](#) and done with a [Model T Ford](#). Variations are a [Tire Prop](#), or an [Axle Prop](#) using [Axle Math](#) with great [Results](#), or a [Horizontal](#) windmill. Quite [Doable](#) as the [Savonius Rotor](#) demonstrates. [Lawn Mower](#) blades could form a windmill. A [Wind Gauge](#) can be constructed, as can [Battery Charging](#) controls such as a [Voltage Regulator](#). [Battery Banks](#) need to [Stay Charged](#). [Generators](#) such as the [Servo Motor](#) are available. Plans for a build-your-own [Alternator](#) exist, can be a converted [Aircraft](#) or [Lawnmower](#) generator, and [Books](#) or other [Web Sites](#) such as [Hugh Piggott's](#) or [Homebrew Windpower](#) can help. Plans for a [Woodcrafted](#) windmill exist. [Blade Design](#) is explained. A [Downwind](#) generator gets less stress, as an [Overdriven](#) generator will burn out, as will an [Alternator](#), and [Balance](#) counts. [Old Fashioned](#) plans are also available for mills such as the [Nebraska Windmill](#), which can be built using [Sails](#) and operates at [Ground Level](#) as this [Sketch](#) shows, which can present [Problems](#). A dedicated Troubled Times member from Sweden has provided a [Home Made](#) wind turbine design and outlined the [Factors to Consider](#), specifying the [Supplies Needed](#), how to calculate the [Wing Diameter](#), how to calculate the [Natural Force](#) of the wind and expected [Output](#), how to calculate the [Wing Width](#) and a wing [Width Example](#), how to calculate a [Wing Profile](#) with NACA points and a [Profile Example](#). A Troubled Times [TEAM](#) has been formed to find inexpensive ways to build windmills.



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ZetaTalk: Rescue Expectations

Note: written Feb 15, 2001

As the cataclysms draw near, those who have taken the ZetaTalk message about the coming pole shift seriously will make their plans. For many, when these plans fall short of their expectations for a standard of living, or comfort, or security - the gap is filled in with their rescue expectations. Perhaps they live in an urban setting where they have never had to scrape for food or bother to think about anything more than going shopping. Perhaps they have a high tech standard of living and can't imagine being without what technology provides in communication and entertainment and labor saving devices. Perhaps they are indolent and want someone else to provide the missing pieces, to provide security and comfort and by all means a good meal at least once a day!

As concern that the ZetaTalk message might be true, to distress when the predictions seem to be occurring in the time frame predicted, to anxiety that their personal plans will not meet their expectations, rescue expectations, a form of denial, rise up. What are these expectations, and how likely is rescue going into or during the pole shift, or shortly after in the Aftertime?

The Lift

Having read that those who are categorized as future residents of the Earth, those firmly in the Service-to-Other, have been offered a lift during the pole shift if they desire to live through the shift, many assume this rescue has been offered, or will be offered to *them*. And by the way, can they be dropped back onto a safe place, into a good-hearted community waiting with open arms for them. Surely they are Service-to-Other. They are always polite and never try to offend, don't rob banks or enjoy sadistic games, so surely this means they are of the Service-to-Other orientation! As we have with great detail explained, this cannot be superficially determined by the actions a human may take to avoid trouble with society or the police, or the posturing a human may assume, or any title they may place upon themselves! Simply stated, if one is looking to the Lift for salvation, they are not of the Service-to-Other orientation - so don't count on this as a rescue.

Government Operations

In countries where social services exist, those desperate for a rescue will begin to assume that the government will *act*, perhaps at the last minute but in time to rescue them. Announcements will be made to peacefully evacuate cities and coastlines, tents will be erected, and the populace resettled after it is all over with the worst of it the beans and rice endlessly served for supper. The military, politicians, and those holding stakes in the cities and coastlines being deserted will put selfish interests aside and become humanitarians, in the end. For those clinging to this hope for rescue, we would only point out that the governments *today* do not act in this manner, but leave many starving children and injustices in their wake, daily. Stressful times will not create heroes, it will create slamming doors. Simply stated, if any are looking to the governments to rescue them, and move close to government operations in the hopes this will occur, they will not only be disappointed, they will become slaves or worse at the hands of those determined to remain in control during the Aftertime.

Space Brothers

A theme of many discussions on the role aliens are playing, during visitations, is rescue. They are benign space brothers, here to rescue mankind from destruction from atomic bombs, pollution of the environment, or whatever. Surely, in the face of something as devastating as a pole shift caused by a passing planet, steps could be taken! Divert the course of this planet! Carry mankind away in space ships to temporary safety! For those entertaining such an appeal, we would point out that most of

mankind is starving, today, and disease and hardship abound. Rescue is not occurring *today*, for the simple reason that life on Earth is a learning experience for growing souls, as we have explained, and the passage of the 12th Planet is considered a natural occurrence not unlike hurricanes or tornadoes or disease. Simply stated, humans are to rise to the occasion, and help each other, during these times. Outside of the help given as a result of a truly Service-to-Other call to help *another*, no help will be given. In these cases, *another*, not the self, is assisted.

Right Neighbors

Since our descriptions of the Transformation include humans and hybrids living near each other, such that the human communities can benefit from alien high technology - those desperate for rescue assume they can move in with the right group, and shortly after the distress of the pole shift find themselves better off than ever! It is a characteristic of the Service-to-Other orientation that no steps would be taken that would harm others, grossly, so that seeking out the right community that would make oneself comfortable while deserting those who are currently neighbors would *not* be a Service-to-Other goal. Simply stated, those who are shopping around for the right community, hoping to migrate into a high-tech/alien-assisted life, will in fact doom any community they attach themselves to rather than find themselves so assisted. Communities that advertise themselves as Service-to-Other are invariably not that, and would be adoptees loudly proclaiming they are Service-to-Other while they are trying to insert themselves into communities are likewise suspect.

So what is an anxious human to do? Since the soul lives on, while the human body dies, the spiritual aspects of survival and life during troubling times is more important than any physical comfort. Look to those around you, for the sense of peace and acceptance they may have in place of desperation and panic. Look to those you are responsible for, to see how you can make their transition - to the Aftertime or their next incarnation - done with a sense of teamwork and caring. Look to a simple existence, with a minimum of comforts, during any transition, rather than demanding a high tech existence or special attention. These attitudes, and this caring orientation, will ensure you more than any actions you might otherwise take, in arriving at a place where personal comforts and security will once again be an everyday assumption. Put aside desperation and casting about for rescue, and think of how you can help others. This is your ticket to better times!

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