

**GOLDEN
EARTH**



Surviving the
Approaching Earth Changes

A Guide for
Individuals and Communities





By readying yourself with this list you are helping to put climate changes in perspective while the planet cleanses itself. This list, along with your attitude of readiness without fear, will accomplish your survival during these earth change times.

If you are or have been a camper, that experience will help you. In our effort to prepare you for movement and living without fear, we print this survival list for the future.

This survival list will help to begin your thinking for your family, their comfort, warmth and necessities specific to each family. Take precaution of allergies, such as wool, or wheat.

Usually you will be without a supplier for some time, differing with various regions. Be creative! It will help the days go by.

Encampments will be handled with love, caring and good will, one to the other. Food will be carefully planned, cooked and served for nutrition and the good health of all. The maintenance of strength and health at this time cannot be over emphasized.

SURVIVAL INVENTORIES

- I. CLOTHING (Adult – always kept ready to go)
 - 1 foot locker or waterproof duffel bag per adult to carry necessities;
 - 2 pair silk underwear, long sleeved and long legged for all adults;
 - 2 pairs boots, 1 waterproof, 1 leather
 - 2 pairs wool socks.(cotton pair worn underneath if wool allergy);
 - 2 shirts;
 - 2 pairs pants;
 - 1 hat for warmth;
 - 1 pair high quality eye goggles.

- II. CLOTHING (Children – two years of clothing must be obtained for small, growing children. Should be sturdy but comfortable)
 - 1 duffel bag for each child;
 - 2 pairs jeans;
 - 4 shirts;
 - 12 pair socks;
 - 3 pair shoes;
 - diapers, cloth only. Will be unable to replace paper ones;
 - sweaters and coats, stepped up in size.

- III. BEDDING:
 - ***Waterproof sleeping bag for each person*** CRITICAL;
 - 2 –3 wool blankets per person; get as many as you can;
 - Several large feather pillows of natural fabric, cotton cases; mats for sitting and sleeping.

- III. RECREATION:
 - 10 books each;
 - games, cards, joke books;
 - musical instruments;
 - paints, water colors, gouache (check chemicals and odors);



- IV. TRANSPORTATION:
Each encampment or family should obtain an older, used Saab, with a reinforced undercarriage, if possible.
- V. SURVIVAL CAMP DIET:
Breakfast – cup of tea and ½ cup of sprouts;
Lunch & Dinner – 1 cup rice plus one tablespoon of each of the 7 items with one tablespoon of dressing
The 7 Items: (canned, dried or fresh, if possible)
Carrots, green beans, kidney beans, garbanzo beans,
green pepper, red pepper, onion;
The Dressing – 1 tablespoon oil with 1 tablespoon honey.
- VI. SURVIVAL FOODS:
Dried vegetables and fruits; (shoot for 3 gallons per person)
Sesame seeds (for calcium)
400 lbs buttermilk per family or encampment;
Organic (whenever possible) rice, wheat (flour) rye, oats, cornmeal;
5 Gallon bucket of honey;
25 lbs. salt per family;
spices and vanilla;
tea and coffee.
- VII. SURVIVAL NECESSITIES:
Matches in waterproof containers;
Flashlights, 1 per person, 1 large one per family; batteries;
Vegetable seeds (non-GMO) in waterproof, unbreakable containers;
Basic tools – small hammer, pliers, nails, can and bottle opener;
Water purifier of good quality;
First Aid Kit
Bandages – different sizes;
Band aids;
Antibacterial salve like neosporin or polysporin;
Burn salve;
Snake bite medications;
Ume plum paste (excellent for vomiting, upset stomach)
Medicinal teas – for various ailments relieved by such teas;
SSKI iodide – few drops in contaminated water before drinking; also helps with bladder infections.
- IX: SPIRITUAL FOOD DIET:
1 cup dates, 1 cup black figs, ¼ to 1/3 cup cornmeal:
Finely chop dates and figs, cover with water, bring to a boil, add cornmeal and simmer 2 minutes. Cool. 1 or 2 tablespoons of this daily will clean toxins from the body.

The best preparation for earth changes is a keen intuition in each of you. Clean water, clean food and clean thoughts are the best preparation for that.