

TWENTY ONE TIPS TO TRANSIT

COMMON-SENSE PRINCIPALS
FOR DIFFICULT TIMES

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As we enter a time that many believe to be one of great chaos and profound global transformation, it makes sense for us to live our lives in rational and sustainable ways. The following 21 Tips illustrate this common sense approach. By applying these principals to our lives we can safely navigate through the turbulent waters ahead and find our way to a remarkable new world. One can also look to these twenty-one principals as guidelines for living in the dawning new age.

Although numbered sequentially, there is no linear progression to the tips. By integrating these concepts into our daily lives, the body, mind and spirit become balanced and integrated, fully present and engaged within the moment. Our continued existence as a species will depend upon how successfully we learn and apply these tools.

1. Adopt the skills of simple living and sustainable self-reliance. By turning away from the ignorance of force-fed materialism, we begin to focus our daily energies on what is truly worthwhile to us: spirit, nature, health, family and community.

We can live better by supporting less "stuff," and by reducing our material overhead. Reducing this burden means that we no longer have to put money, time and energy into buying, leasing, maintaining and storing excess things. This allows us to stop financing the consumption-oriented corporate culture and the military industrial complex. By boycotting hyper-consumption we conserve earth resources and empower ourselves.

Live simply, reduce consumption, and reclaim wasted energy.

2. Be conscious of the air we breath. It is our link to life itself, nourishing our physical and energy bodies. Clean air has become scarce in the polluted urban and industrial areas, and is now under constant bombardment due to worldwide weather modification and global geoengineering programs being conducted since 1998.

Although the reasons for these covert operations remain concealed, the effects are becoming evident in our weakening bodies and immune systems. Mainstream media has censored or blocked all news on this topic, so explore alternative sources on the net. Learn to look up and recognize chemtrail activity.

To reduce chemical exposure, stay indoors while chemtrail spraying is underway. Keep your windows closed, and air filtra-

tion systems turned on. A HEPA, or an electrostatic/ionic air filtration system is a necessity in urban and heavy spraying areas. There are several good 12V air filters for your car. If you must go out during spraying, wear a particle filter or gas mask and limit your time outside.

Breath sustains life. Remember to protect the air you breathe.

3. Drink filtered or purified water only. Pure water is the second most essential substance for our health and well being. Due to increased pollution and now chemtrail spray contamination, clean water is as rare as pure air. Do not drink fluoridated or chlorinated water as these cause numerous health problems.

A high quality water filtration system will provide you with purified water and help flush countless man-made toxins from the body. If you use roof catchment water, filter it twice, or better yet, use steam distillation. If you drink distilled water, your body may need extra mineral supplements removed by distillation.

Water sustains life, so secure and protect your sources.

4. Eat fresh, organically grown foods. Wash and peel your veggies and drink plenty of organic fruit and vegetable juices. Pesticides, genetic tampering, chemical additives and now chemtrail residues have compromised our food chain. Support pro-organic stores, coops, and farms with your informed purchasing power. Vote with your checkbook. If you eat animal products, eat organic meat and dairy products. But do remember, animal products lower vibrational levels, plug our circulatory systems with plaque and spread numerous infectious diseases. Limit or omit sugar, salt, alcohol, caffeine and pharmaceuticals - the "killer" legalized drugs.

We really are what we eat so dine consciously, and safeguard your food supplies.

5. Grow your own vegetables in a greenhouse, garden, planter boxes or in pots. A surprising quantity of nutritious, organic produce can be grown on your patio or porch.

Learn to sterilize and make rich garden soil, and make as much of this as you can. Then cover this black gold to limit airborne contamination. Also cover your garden beds with garden fabric or better yet, construct a covered mini greenhouse.

Don't have space for a garden or planter boxes? Try sprouting your salads! Sprouts are highly nutritious, easy to grow and inexpensive. Growing your own food ensures high quality, economy and self reliance.

Grow a new victory garden, and plant the seeds of peace

6. Incorporate an internal cleansing program. Detoxification has become crucial as we have all absorbed countless toxic chemical compounds through diet, water and air. By cleansing and fasting, years of toxic residue, heavy metals and mucoid

There are many excellent cleansing regimes such as juice fasts, or Dr. Richard Anderson's Arise and Shine program. Or you can research the available materials and come up with one yourself.

Detoxify yourself!

7. It has become obvious to many that the U.S. health care system is collapsing. Practice preventative medicine and rely on alternative health providers and herbal remedies whenever possible. Traditional home remedies work well for most of our common ailments,

Consider adding colloidal silver solution to your first aid kit. The antifungal, antibacterial and antiviral properties of this safe antibiotic are well documented. Colloidal silver is as effective as the most powerful antibiotics with a fraction of their side effects. Designs for simple colloidal silver generators are available on-line at www.lightwatcher.com.

Traditional medicine, allied to the pharmaceutical and insurance industries often do more harm than good. Unplug from them and take responsibility for preserving your own health.

8. Be sure to exercise regularly. We must be healthy to resist infection and toxic exposure so our bodies will function at optimal levels during the difficult times ahead. Regular aerobic exercise improves and enhances all of the bodies functions.

Be creative and put together a routine that works for you. Yoga and Tai Chi Chuan are popular and very effective for toning our physical and energy bodies. Be aware of air quality while exercising.

Exercise regularly and you will live long and prosper.

9. Select your informational input carefully. Disinformation and misinformation have become powerful tools being used against us. They influence all of our beliefs and decision making processes. If you must listen to daily news, find reliable alternative information sources.

Stop watching mainstream TV. This mind numbing, hypnotic tool is brain-wash-ington's most influential weapon against us. If necessary, unplug your TV, put a "FREE" sign on it and carry it to the curb. In a few minutes it will be gone, and you will have removed the single most powerful source of government manipulation, misinformation and mind-control in your life.

Don't participate in the dumbing down of our most precious resource. Awaken and free your mind from media manipulation.

10. Learn, practice and preserve traditional country skills whenever possible. These old ways are quickly disappearing despite the fact that our future survival depends upon them.

Be good to those who still know and live by country skills. These methods will be essential for rebuilding after the tyrants are gone.

Honor the wisdom of our elders, as they have the combined experience of World War and the Great Depression to offer.

Although we now take self-reliant living for granted as a basic human right, this may not always be so. Self-reliant people are strong and independent, something the NWO opposes.

Strong, independent and healthy individuals are not easily fooled or turned into mindless, electronically lobotomized slaves. But beware; those who resist assimilation and reeducation will be identified and targeted as enemies—so keep a low profile.

Preserve the old ways, learn the new ones. Stay strong and free.

11. Create an information resource library. An archive of essential books and digital information will be essential for building a new world. Include volumes on first aid, alternative medicine, gardening, emergency preparedness, self-defense, herbs, country living, etc. Make sure that at least one other like-minded individual is aware of your archival resource and has emergency access.

Store electronic information on nonmagnetic media such as CD-Rom or DVD. These are safe from EMPs and scanning devices. Shield essential electronic devices from pulse damage by constructing a small Faraday Cage. This is simply constructed from two copper wire mesh enclosures, one within the other and separated/insulated by blocks of nonconductive material such as wood or rubber. Each cage is grounded independently by copper wires to copper or iron rods driven into the ground. Let no wires enter or leave the cages.

Knowledge is power, become an archivist!

12. Build an herb and vegetable seed bank. Make sure the seeds are non-GMO, are open-pollinating and are fresh. Date and label the seed packets. Keep them safe, cool, dry, and secret. Vacuum packing greatly extends their shelf life.

Those who can't feed themselves are already dependent on chemical agribiz and GM Frankenfoods. Viable organic fruit and

vegetable seeds will soon become a priceless resource. Extra seeds will be excellent items to trade and barter.

Invest in your seed bank. Protect your nutritional sources. Reclaim your place in the food chain.

13. Seriously consider relocating to a small town, or a rural area if you presently live within 100 miles of an urban area. If you must, down-size your life-style to accommodate such a move. When choosing a new home, try to stay clear of prisons, commercial airports, and military bases, avoiding living under established flight paths.

When relocation is impossible, one can also establish a secret "safe place" or haven closer to home in times of danger. This can be mobile: a boat, trailer or RV. It can also be a cabin, or other hideaway.

Many intuitively guided individuals have already relocated to such places, and many more are in transit. Keep your new haven or safe place secret. No one outside of your immediate family should know of it's existence.

Move to a secret haven, or gain access to a haven to protect your freedoms, rights and quality of life. It is much better to live simply and free than to become a drone within a totalitarian state.

14. Locate naturally occurring centers of Earth energy, vortex or natural power spots. Learn to caretake, nurture and commune with these places. Many lightworkers are being drawn to relocate to planetary vortex areas such as Sedona, AZ and Mt. Shasta, CA. These sacred places are empowering, enlightening and protective for those who can steward, coexisting with these natural forces. Darker forces can also use these inter dimensional doorways, so stay aware.

Becoming stewards of Mother Earth reintegrates us into the natural order of things, and disengages us from the degenerative lifestyle promoted by brain-wash-ington. It is much healthier to be aligned with natures' power than to live a marginalized existence as a fearful wage slave, trapped within an industrial environment.

Help Mother Earth now and she will be there for you when the going really gets tough.

15. Disconnect from the utility power grids as much as possible. Invest in alternative energy systems such as solar, wind and renewable fuels. Replace old appliances with energy saver models, nonelectrical or human powered models. Get rid of your cell phone or get a headset for it with at least a three foot cord. This removes the transmitter to a safer physical distance from

your body. Unplug devices when not in use. Don't use RFID chipped products. And definitely do not allow a subdermal ID chip to be embedded under your skin.

From the health point of view, the effects of electromagnetic radiation have been virtually ignored in the U.S. but are linked to cancer and nervous system disorders by numerous researchers elsewhere.

Empower yourself.

16. Commit to daily meditation or prayer. Meditation sharpens our perceptions, intuitions and instincts and helps us to heal faster. It raises our vibrational levels and strengthens our natural defense mechanisms. Excellent meditation techniques are taught within a variety of spiritual traditions.

Learn to listen carefully to your thoughts, to recognize your own inner voice and the voice of the higher self. In this way, we can identify and resist the input of psychic manipulation or electronically induced mind control.

Be fully present in the moment to empower yourself in the light.

17. Learn psychic self defense from a qualified teacher, tradition or spiritual master. Much of the battle going on now is happening on psychic and trans-dimensional levels. Warriors of light are continually battling the forces of darkness.

Remember this when times are bleak and you feel outnumbered - one enlightened being, awake and aware is stronger than countless enemies lost in illusion and despair. Many highly evolved beings are now present on Earth as our allies. These light beings will always help and honor heartfelt requests.

When the student is ready, the teacher will appear (but never before).

18. Find and join a community of like-minded individuals. Do this quietly and discretely. A good choice would be one of the three states, or in the hundreds of cities and towns that have banned the Patriot Act.

As you meet others with similar beliefs and vibrational levels, network, consolidate and share resources. Learn cooperation instead of competition. Cooperation fosters community—competition erodes it.

Empower yourself in true community.

19. Be joyful and explore your creativity. Take time to appreciate the beauty around you, as this is a gateway to full presence.

Dance, sing, write, paint and make music. Creativity expressed through the arts is supportive of our higher nature and fosters community. Join with others in the creative process, ideally once or more per week.

Empower yourself through creativity and the arts, and support others who do.

20. Give thanks daily for the blessings and bounty that we receive. The Earth's abundance is given to us freely, so gratitude is the attitude.

Remember that the universe is unlimited, that we are co-creators and that all things are possible. A small daily prayer to your deity or religion of choice is empowering.

Be part of the solution and give thanks to the powers above.

21. Practice opening your heart and loving unconditionally. An open heart empowers us and sharpens our intuitive abilities. Being open to others is how psychic communication works.

Be guided by love and compassion, not fear. Become strong through the adoption of caring and compassionate attitudes. They are our strongest weapons against the darkness. Our oppressors know this and are doing everything possible to impede loving kindness in our lives.

Remember to be compassionate to one's enemies. They have been brainwashed and are suffering greatly from their delusions. Forgive them when they act out of ignorance. Oppose them with peaceful means whenever possible.

And do try to follow the sage advice of Bill and Ted from their excellent adventures; "Be excellent to one another"

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