



# FINANCIAL PREPAREDNESS

*"One of life's most painful moments comes when we must admit that we didn't do our homework, that we are not prepared." ~ Merlin Olsen*

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## Your Information Diet

*Read not the Times, read the Eternities.* ~ Henry David Thoreau

One of the tasks in [my annual review](#) is to "reevaluate information sources." I've written before that [what you put into your body matters](#). Similarly, the information that you allow into your brain (your content diet) *matters*. The stimuli that you allow into your attention (your attention diet) *matters*. The people you allow into your life (your friends diet) *matters*. How you do one thing is how you do everything; it's all related.

In recent decades, there has been an increasingly well-researched, -financed, sophisticated and deliberate effort to hack your stomach and brain (which work together), not just by Big Food and Big Tech but by Big Media and its primary patron Big Pharma. These industries have a symbiotic relationship, and what they leave in their wake just so happens to coincide with the goals of the eugenicist .01% elite who control them: billions of people who are sick (or dead) and enslaved (not by fetters but by their own mind).

What started in 1928 as [research into marketing and influence](#) expanded when scientists at cigarette companies started trying to figure out how to make food products addictive. Then the CIA took it to the next level with their mind control experiments, false flag operations, recruitment of journalists as paid propagandists, etc. In recent decades, Big

Tech and Big Pharma made a quantum leap forward, bringing us into the age of Peak Addiction. Big Government joined these industries as a silent partner, locking in this very profitable but deadly *modus operandi* via the government food pyramid, allowing drug companies to advertise, subsidies for sugar, wheat and corn, regulatory capture, Medicare Part D, granting immunity to vaccine makers, H-1B visas, the federal disability program (which also paid for prescriptions for OxyContin), censorship, vaccine mandates, etc. The book [Dying to Be Free](#) illuminates this alarming situation that few people have realized is happening.

Given the sheer amount of information available today and the unprecedented attempts to hack and control your mind and attention, it is critical that you remain (1) abreast of these evolving efforts and (2) mindful of and intentional about what stimuli you allow to hold your attention and what information you allow into your mind, especially since roughly half of it is misleading at best. Failure to do so will eventually kill you. The vast majority of people never saw this coming and ended up like roadkill. It's difficult to escape this Blue Pill quicksand because all of these domains (food, drugs, information, technology, government) reinforce all the others.

So during your annual review, take some time to reevaluate your sources of information and what you spend your time and attention on. After performing the tasks of daily maintenance, [you have very little quality time and energy left](#) to do [deep work](#), so you must be ruthless about eliminating the least useful 98% to create space for the best 2%. If something isn't a "Hell yeah!" then it's a No. Now that we're in a post-COVID Age of Reveal, it's especially important to determine the credibility of your sources and what hidden agendas they may have, as you cannot waste your precious time and energy on misinforming yourself, especially since the results (from say receiving multiple jabs of a "safe and effective" vaccine) [could be catastrophic](#). Caveat lector!

Finally, don't forget to reevaluate your relationships as well, as your friends, family and acquaintances are also a source of information (news, knowledge, recommendations, connections). One of [my daily affirmations](#) is "I surround myself with positive, successful, helpful people." It takes time and energy to maintain a relationship, so you can't afford to squander it on people who don't affect the quality of your day, as Thoreau would say.

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