



BABYLON 2025

A Guide to Navigating Troubled Times

For All Our Friends and Anyone in Need

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A lot of people are afraid right now. A great number of people are deeply disturbed or believe (sometimes with good reason) that they may be in peril soon. There are unwise and dangerous social factors playing out which could bring about trouble or danger to many, including those who are writing this.

Historical events have occurred that have no precedent in US history, and how they will work themselves out or end is far from known.

The uncertainties that are descending at this point don't just impact the United States. Everything connects, and many other nations and peoples around the world can find themselves in poor situations due to what is happening in the US in January of 2025.

In uncertain times, there are simple, easy, and strongly effective things you can do to limit how much uncertainties may impact you and those you love. **You are not helpless right now, no matter who you are.** And with the right decisions and some relatively small actions, you and people around you can become much stronger, safer, and more capable than you've ever been.

This small guide is offered in good faith and with a sincere desire to aid and protect as many people as possible. There are some good ideas, perspectives, and practical suggestions within these pages that can help anyone who gives them attention; even just reading them may help someone.

Share this with anyone you wish.

2025 Reality Testing: Things to Ponder

These are some ideas and perspectives that might help you at this moment, before you proceed to our more practical suggestions for making yourself and those you love safer.

1. Your Concerns are Legitimate

Whatever concerns you have right now, they matter. As mentioned before, the United States has not before seen situations that much resemble the troubles it is passing through at present. Uncertainty may be a natural part of human life, but these situations stand out as uniquely alarming.

Human beings these days seldom listen closely enough to their gut feelings or intuitions on things, and it is quite the worse for them. If you are feeling off, don't dismiss it or ignore it. **Let it motivate you to study your situation and find the best possible ways to think and act.**

2. We are Designed by Nature to Detect Danger

Your body and nervous system are designed to protect you from many different things, and one of the ways they accomplish this is by analyzing your environment, analyzing all your sensory inputs, and becoming **vigilant**; all of us can become **threat hyper-alert** if the situation calls for it- or sometimes even when the situation doesn't. The entity that you are possesses a deep organic intelligence, and that intelligence would rather assume a threat is there which *isn't* there, than miss a threat that might be present.

This valuable orientation of our bodies, set by Nature herself, can save us, but it can also cause us to suffer from many degrees of anxiety. We have all been battered by a lot of sensory input- in the form of media- that has (sometimes rightly) alarmed us and made us grow anxious and more aware of uncomfortable things.

Not *all* our anxiety is necessary or justified, but if dangerous things are approaching, it's simply safer to have more anxiety rather than less. Remember this, and try not to become overwhelmed with anxiety, regardless of what you hear or see on the news.

3. We Are More Vulnerable to What We See than We Believe We Are

We are all more vulnerable to virtual and social media, or televised and print media, than we believe we are. Not everything you've seen or heard on the internet is true or accurate; no matter which “side” of our social division you fall on, everyone has become some degree of victim to this.

It is very difficult for us to not believe (to some degree) things that alarm or outrage us. Our living bodies and systems interpret these things as potential threats- and sometimes they are, or they might be. We internalize these things and, as mentioned before, they impact us from an unconscious level with anxiety, anger, and other emotions.

This does not imply that we are all simply unintelligent oafs who believe everything we hear or see. Some people might, but the average person has the wits to understand what is being said now: *all* our ordinary news sources have become mixed, to different degrees, with things that simply aren't true, or biased stories that can lead to partial views of a situation.

A good example is happening now, in January of 2025: we are seeing constant stories about dozens of harmful Executive Orders that are being signed. The amount of deep-seated, lasting damage that can be done with a president's Executive Orders is limited, and **what can be done with an order can be undone with an order**, or even through other means.

Stories seldom mention this, either trusting people to know already or simply desiring to cause more alarm than is necessary. Yes, Executive Orders can cause real harm at times, but they are *not* laws, and they are *not* time-entrenched policies in our nation.

4. The 'Apocalypse' isn't Happening Before Your Eyes Right Now

The "US Apocalypse" isn't happening as you watch the news right now. It has already happened over the last 8 years.

“Apocalypse” means “uncovering” or “unveiling”: it refers to things that were obscured or hidden before becoming un-hidden or revealed.

Most people assumed- wrongly- that the average US voter was more principled, aware, or intelligent than history has shown them to be. Many assumed that the new kinds of media that recently become so powerful couldn't possibly achieve the commanding presence in people's minds that they came to achieve.

Most people assumed that, somehow, years-old traditions and conventions in government and society would somehow act as a "failsafe" against genuinely awful or unqualified people obtaining very high seats of power in the nation or manipulating its highest courts or mechanisms of governance.

It has been revealed that these assumptions were **flawed**. The *true* character of the nation and its governmental policies and systems are simply not what many innocently assumed. There are many flaws, loopholes, and weaknesses in our system of society and government, and the last 8 years (some would say longer) have revealed this: this was the "apocalypse".

This doesn't mean that all is lost, or that the world is ending. It just means that a *lot* of work and effort is still needed before the United States can be considered a truly stable or safe nation for its people. Revelations like this hurt, but they can help too- if good fortune holds. Genuine progress would be impossible without such revelations.

5. The 2025 Inauguration is a Time of Noise

We will not truly know the extent of what we are dealing with in the new US political arrangement until Spring. This present moment is a time of noise, chest-beating, and obfuscation.

If you can, limit how much media you are absorbing, particularly the media that is constantly repeating that the new president or regime is making "incredible gains" or doing miraculous or important things within hours of taking office. They are not.

This will only amplify your anxiety beyond healthy levels, and not all these stories are as true or trustworthy as the internet and other sources can make them seem.

6. The Tech Sector is Mercenary, and Nothing Else

Understand that the Tech Sector of the United States is motivated by profit and nothing else. They will "kiss the ring" of *any* person who becomes president of the country, or who otherwise gathers a lot of political influence.

It is worth it to them- easily- to pay a million or so dollars in contributions to a new regime (whoever it is), and to make surface-level displays of loyalty or trustworthiness to strong politicians. **Doing so can make them billions or more dollars.** *Not* doing it could cost them as much. They aren't as loyal to any sitting regime as they will act.

Some of Big Tech's recent decisions, callously put in place to signal trustworthiness in the present regime, can *and* will negatively impact a lot of human lives. There's nothing that anyone reading this little booklet can do about that right now: a larger political and financial wind has given us this outcome, and a large political or financial wind is the only thing that will change it.

7. We Do Not Live in the Federal Government

No one "lives" in the Federal Government. While the Federal Government's decisions can have far-reaching impacts on every life in the nation (and beyond it), your physical home, and probably a good few of the people you care the most for, **are all in one of the fifty states of the country, and your state politics and local politics must matter to you.**

Our ordinary media loves to focus on the "big events" and the "big offices" and the "big games" everywhere, but they pay less attention to local and state-level realities. You should pay attention to those things. These more local realities are generally more impactful upon you and your loved ones in your everyday lives, or they can be.

8. Seek Better Media, and Go to it- Don't Let Devices Bring it to You

Media Bias is important in all things- and **there's no such thing as unbiased media.** If human beings are reporting things, they'll bring some degree of bias to what they report. And while some conservative sources may disagree, **The Associated Press** and **Reuters** are

about as close to neutral news sources as you'll get at present. This doesn't mean they are purely neutral; no news source is. But they are better than most others, generally considered.

Don't wait for some computer or device to show you stories; don't only read stories that a device tries to show to you: get on a device and go to the AP or Reuters websites and look for stories yourself. Pay attention to what they have to say about important events as much as what other sources say.

We hope that people considering these 8 Points (whether the reader agrees with them all, or not) can find some help managing anxiety, if they have such a need. We now invite you to proceed on to the next page and consider our more practical advice for troubled times.



Human Bonds, Usefulness, and Strength: What You Can do Right Now

1. Create Virtual or In-Person Support Networks with the Right People

Genuine, trustworthy human bonds or relationships are the **single strongest asset** you have at any time of stress or trouble. Identify those bonds, empower them, and then use them to help someone else nearby, too. This starts a chain of support that can make all the difference in the end.

Ask yourself: who is helping me right now? Make note of them. Who shows the most concern, and who understands you the best? Who do you often go to when you have troubles, worries, or needs? **Receive their help and help them back.**

Then ask: "Who else, close to me or close to the people helping me, is being negatively impacted right now, or might be in need?" You and the people close to you should **help them.**

Helping other people in times of heightened challenge or stress is an incredible way to feel useful and strong, because you *are* being useful, and you *are* demonstrating strength.

Feeling useful and capable will help to counter stress and fear.

Helping can be a deed as small as reaching out to talk and assuring people that you will be as present for them as you can be, if some kind of extraordinary trouble should arise.

Listen to people. Let them inform you of what they're feeling or experiencing. *Receive it.*

Don't feel like you must fix every problem or concern they have; just listen. And tell them honestly that you and some other good people will be standing by for them.

If there's anything else you discover you can do to help someone, **do it.** Don't hesitate.

Keep track of this helping network, which you will quickly see form. Keep it small and intimate at first, as best you can, and communicate with these people regularly. **This is your greatest strength.**

2. Take Care of Yourself

As hard as it can be when you find yourself facing regular fear or emotional dysregulation, **you must take simple, consistent steps to see to your own health and well-being.**

Regenerative Rest is the single most important thing you need- and not just at times like this; it is important at any time.

Your body and nervous system need to regenerate themselves with healthy sleep. This also fights stress and allows you to process everything better. If you already have an adequate and healthy rest schedule, good. If you do not, *now* is the time to begin putting in place the small changes that can create one, as much as possible to your condition or situation.

Adequate Hydration runs side-by-side with adequate rest. Stay hydrated; adequate hydration allows all your systems to function at whatever optimal level they can.

Drinking extra water and taking steps to get extra rest will, within days or just a few weeks, **massively overhaul how most people will be feeling**, for the better. Keep doing it. Emotional energy follows on the heels of things like this, and emotional energy is something you need to build up and protect.

3. If You Have Space, Save it

If you have any extra living space available to you, keep it ready to shelter someone else who may (for any reason) find themselves needing a place to stay. Tell the people closest to you that you have this space, and make sure they know they can always go there if needed.

4. Create a Safety Plan

Make a safety plan for yourself and, if possible, the people closest to you. A Safety Plan is simply a **clear and well spelled-out criteria for what you will do if an emergency arises.** If you should have to leave your home, where would you go? Figure that out. How would you get there? Figure that out. Spell it out. What will you need to get to another place? What obstacles might be in your way? And what would you do if you faced those

obstacles? Ask those questions and answer them clearly for yourself, and write your answers down.

Share your safety plan with the people you care for or trust, and your support network- and if possible, incorporate them into it. If you can't incorporate them, **make sure they know what you will do and where you will go if the safety plan must be used.**

Safety plans are good to have any time, not just in times of heightened awareness, stress, or national crisis. Making safety plans with others can be a very powerful experience and create feelings of trust and safety, too. Much can be learned, and you will become safer.

You would be quite shocked to discover how many people *don't* ask these kinds of questions before bad situations are upon them. But asking these questions and having good, solid, clear answers to them will **greatly** increase your safety if a bad situation arises.

5. Make Stock of Important Supplies

If you have any kind of special medical or living needs, perhaps a medication you need or something similar, and if you can make a reasonable store or stockpile of these things, start to do it now, or plan to do it. Don't tell people outside of your close circle that you are doing so. Keep these things safe.

6. Manage Your Relationship with Information

Information is a very critical resource; create a safer relationship with it and keep yourself aware. Do not over-share sensitive information about yourself, your closest friends, or your living situation on social media right now.

Also, though many are pledging to abandon the world's largest social media services, it may be unwise to do so. Being able to see *more* about what other people are doing or saying as the next few years pass can **greatly advantage** you; this is safer than becoming blind to these things by leaving big platforms that have millions or billions of users. You can't trust everything you see on a huge network, but some things can still be valuable or even critical.

Having said that, it can't hurt for you and the networks of trusted people that you should create to have alternative platforms or locations online to "meet" and share information- it's never a good idea to have all of one's eggs in one basket, or to become too dependent on just one service or platform.

7. Stay in Touch

Remain in regular communication with the people in your helping or support network, and the people you love and trust. **Don't let large amounts of time go by without updating each other on what kinds of things you're doing, seeing, or feeling.** There is a great deal of safety in communication, but also a great deal of consolation for social creatures like human beings.

Isolation is a dangerous thing. If you find isolated people, try to reach out to them. This is useful *and* an act of human strength. Lack of communication leads to dangerous places, too; make sure everyone in your support network knows how everyone else is, and what kinds of things they are experiencing, on a regular basis.

8. If You Want to Get Political, Never Forget This

It should go without saying, but never put yourself in danger if you can help it. Keep your support network informed about your ideas, feelings, and activities. Bad political action committees- groups funded and run by unscrupulous people, allied with callous media forces- are why these troubling events have come to pass. It will require more positive political action from a grass-roots level to bring such events to some kind of end, and so you may wish to become political yourself to some degree.

But if you do, please do not forget that **politics cannot truly fix the problems that politics causes.** A person may become political for good reasons, but they cannot live on the bread of politics alone. Never forget that **the well-being of the people closest to you is what matters most.** This is where your immediate support, safety, comfort, and wellness comes from, not who's in office.

Many political commentators in the last 20 or more years have claimed that one party or the other was “completely finished” or “destroyed” or “no longer viable” after their rival party scored great victories in elections. Many have claimed that our country was “doomed”, even going as far back as five administrations.

If you want to go back even further, you will understand that US political rhetoric has always been skewed to overdramatic and catastrophist. This may be part of the national character of the United States, which is a young country not known for its restraint or maturity at this level, and known for its histrionic, easily led voters.

Please remember that a day is coming when you will likely be telling much younger people than yourself about these ridiculous and stressful times, and about the bad things you witnessed or experienced. The present regime **will not last forever**, and the damage it does will also be changed or wiped away in the future, somehow, by larger circumstances.

Focus primarily on your well-being, your support network, and your safety plan right now. Twelve mangy dogs can kill a lion, and a lot of small, everyday victories leads to big victories.

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These suggestions may not seem like much, but if you give time, effort, or attention to any of them, you will discover that they can greatly increase your own sense of safety, and the reality of your safety. They can **lower your stress** and accomplish the most important of all things: **building survival bonds, knowledge bonds, and safety-promoting bonds with other people.**

May all who endure troubling times be wise, capable, and accompanied by good friends, allies, companions, and others. This is our sincere wish for all.

