

## ZERO HOUR READY — MODULE 0, LESSON 1

# Action Steps & Resources

### *The Four Phases of the Cosmological Disaster*

#### IMMEDIATE ACTION STEPS

*These are the things you do before Lesson 2. Not someday. Before you come back.*

#### **ACTION 1 — Complete the Big Picture Planning Worksheet — All Four Phases**

If you didn't fill it in during the lesson, do it now. Every section. Starting answers, not perfect answers.

- Phase 1 location (your current situation)
- Your specific, observable sign to go - not 'when things get bad.' Something you can see and measure.
- How many hours per week you will commit. Write the number.
- The names of the people you are doing this for. Write them down.
- Phase 2 target location (your bug-out destination - even a rough answer)
- Your preferred survival direction (farming / foraging / hunting / nomadic)
- Phase 3 protected habitat (even 'undecided - researching' is a valid answer)
- Phase 4 survival direction and honest assessment: can you sustain yourself? Start a community?

**The people I am doing this for:** \_\_\_\_\_

**Hours I am committing per week:** \_\_\_\_\_

#### **ACTION 2 — Write Down Your Sign to Go**

This is the single most actionable output of Lesson 1. Your sign to go is the specific observable event that tells you Phase 2 has arrived and it's time to execute your plan.

It needs to be:

- Observable - you can see it or confirm it without anyone telling you
- Specific - not 'when things get bad,' but a concrete, identifiable trigger
- Early enough - you want to move before the mass of people realize it's time to move

Examples of specific signs to go:

- Power has been out in my area for 24+ hours with no official timeline for restoration
- Three or more major cities in the US have reported loss of communications simultaneously
- A national emergency is declared and I observe store shelves beginning to empty in my area within 24 hours
- My own internal threshold: I see X and Y happening at the same time

**My sign to go:** \_\_\_\_\_

\_\_\_\_\_

#### **ACTION 3 — Identify Your Phase 1 Preparation Process Stage**

Honestly assess where you are in the four-stage preparation process. Circle your current stage:

**PLANNING → GATHERING → PRACTICE → EXECUTION**

If you're at Gathering without having completed Planning: good news - this course is your Planning stage. Do not buy another piece of gear until you've completed at least Lessons 1 through 4. You will almost certainly make better purchasing decisions afterward.

If you're already deep in Gathering: continue - but run every purchase through the question 'Which phase is this for?' before buying.

**ACTION 4 — Schedule Your Weekly Preparation Time**

You wrote down a number of hours per week in Step 1. Now schedule it. Not 'whenever I have time' - a specific recurring time block in your calendar.

What you do with that time right now, before you've completed the course: watch the next lesson. Lessons 1 through 4 are primarily thinking and planning. Do not move to Gathering until you have a plan. The lessons will tell you when you're ready to start acquiring things.

My preparation time block: \_\_\_\_\_ on \_\_\_\_\_ (day/time)

**ACTION 5 — Watch Lesson 2 Before Your Next Preparation Session**

Lesson 2 is Elements of Danger. It shows you what's actually killing people at each stage of the disaster - and some of those answers are going to surprise you. Everything we do in Lessons 3 through 8 is a response to what Lesson 2 reveals.

Come back with your handout and a willingness to look at some uncomfortable numbers.

**THE FOUR PHASES — QUICK REFERENCE**

Print this table. Keep it visible during your preparation planning.

#	PHASE	CONDITIONS	WHAT IT IS	YOUR FOCUS
1	Now — Clown World	Modern Conditions	Economic, cultural, and political threats. Freedoms and currencies eroding. This is where you ARE right now.	Stay aware of earth/sun changes. Complete preparation for Phases 2–4. Navigate current threats while building for what comes next.
2	Solar Killshot — Lights Out	Pre-Industrial Conditions	A large solar event takes out power grids globally before the main disaster. Infrastructure collapses. This is likely Phase 3's precursor.	90%+ population loss expected within 6 months. No water, food distribution, heat, or transportation. Extreme violence. Survive and hold your position.
3	Main Event — Cosmic Disaster	Biblical Disaster Conditions	Solar micronova and crustal shift. Great earthquakes and tsunamis. Most structures destroyed. The actual catastrophe.	Surviving the event itself is Goal 1. Surviving WITH your supplies is Goal 2. Everything before this was preparation for this moment.
4	Aftermath — The Rebuilding of Earth	Stone Age Conditions	Waters settle. Skies clear. Earth stabilizes. Rebuilding begins from scratch. Pre-industrial in every respect.	Full self-sustainability is required. The survivors rebuild civilization. Knowledge preservation and community become the survival currency.

**THE PREPARATION PROCESS — SEQUENCE REFERENCE**

STAGE	TIMING	WHAT IT MEANS
PLANNING	Phase 1 — Do this now, in Clown World	Mapping your four phases: Where will you be in each? What is your sign to go? What does your household need? This is the thinking phase. Nothing physical happens here, but without it, everything physical is guesswork.

<b>GATHERING</b>	<i>Phase 1 — Do this now, in Clown World</i>	Acquiring the supplies, skills, and network your plan calls for. This is where most people start - and why most people do it wrong. Gathering without a plan means buying the wrong things in the wrong order.
<b>PRACTICE</b>	<i>Phase 1 — Begin now, ongoing</i>	Testing what you've gathered. Skills that haven't been used aren't skills - they're information. Practice closes the gap. This includes physical practice (starting a fire, filtering water) and mental practice (what do I do when the sign to go appears?).
<b>EXECUTION</b>	<i>Phase 2 — When the Solar Killshot happens</i>	The actual event. Executing your plan. This is when everything you did in the first three stages either saves you or doesn't. Execution isn't the time to figure out your plan — it's the time to run it.

## RESOURCES — LESSON 1

### On the Solar Cycle and Magnetic Field

Ben Davidson — SpaceWeather News / SuspiciousObservers (YouTube and SpaceWeatherNews.com, )

The primary research resource referenced throughout this module. Daily space weather briefings, documentary series on the solar micronova cycle, and ongoing coverage of magnetic field weakening. The 'Mini Ice Age' and 'Cosmic Disaster' documentary series are the scientific foundation for the Phase 2 and Phase 3 framework. You would be wise to watch his videos daily.

The Magnetic Field Is Weakening — ESA / NASA Data

The European Space Agency and NASA both publish ongoing data on the weakening of Earth's magnetic field. Search 'South Atlantic Anomaly' for the ESA's documentation of the most significant current weak point. This is publicly available government data — not interpretation, raw measurement.

### On Phase 2 Grid-Down Preparation

One Second After — William Forstchen (novel)

The most widely read fiction exploration of what a grid-down America actually looks like. Not a preparedness manual — a story that makes the Phase 2 scenario concrete and human. Useful for people who haven't fully visualized what loss of infrastructure means at the community level. Widely cited in preparedness communities as the book that converted skeptics.

Lights Out: A Cyberattack, A Nation Unprepared, Surviving the Aftermath — Ted Koppel

Non-fiction from a mainstream journalist. Covers the threat to the electrical grid from both cyberattack and natural events. Useful for students who want an authoritative, non-fringe treatment of Phase 2 vulnerability. More accessible to skeptical household members who won't engage with the cosmic disaster framing.

### On the Four-Phase Framework

SpaceWeatherNews — “THE DISASTER CYCLE - Full Documentary” (YouTube, free)

The scientific and historical argument for the cyclical solar micronova and crustal displacement cycle. This is the framework that underlies the four-phase structure. Approximately 1 hour. If you want to understand the 'why' behind Phase 3, start here. Want the hardcore irrefutable science? Watch “THE DISASTER CYCLE - The Evidence”. Disaster Platform, Resources, Live Events and more: <https://DisasterCycle.Film>

Earth Catastrophe Cycle — SpaceWeatherNews Playlist (YouTube, free)

A multi-part series building the geological and astronomical evidence for recurring catastrophic events. This is the deeper dive for students who want to understand the framework rather than simply accept it. Start with 'Cosmic Disaster' and work forward.

**The four phases are not four options. They are four inevitabilities.**

*Preparation is how you move from victim to participant. See you in Lesson 2.*