



Five Simple Things The Amish Do in Their Daily Lives that Could Help Us All When the World As We Know It Ends

**The Power of Preparation and Ideas to
Consider for You and Your Family, From
“REAL Amish”**

**A Special Report By John S. Cohoat, Co-Founder, Amish Survival
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What's Going On In Our World That Would Make Us Need to be "Preppers"??

I realize that for some of you, the term "Preppers" may be totally new and it may make you think of the kids in high school who wore khaki's, penny loafers and polo shirts. This report is for you if you are just starting to realize that world events and potential natural disasters can be cause for concern for you, your family and your business. So, a "Prepper" is someone who takes this seriously and is at least doing some things to prepare for such eventualities.

Now for the committed preppers, Amish Survival Secrets offers a glimpse into the "Simple Life", which the Amish have lived since the 1600's when they were formed in Europe by a man named Jakob Ammann. A related group with similar conservative religious values is the Mennonites. So, for purposes of our discussions, when I refer to the Amish, I am talking about the Amish/Mennonite culture.

The Amish migrated to the United States in the 1800's to escape religious persecution. They have established several small areas which they live in

throughout the U.S. and one of them happens to be central northern Indiana where I have lived for many years. About 10 years ago my wife and I bought a business from a Mennonite family and we had many Amish working for us during the time we had the business. (We sold it in 2009, just before real estate market got really bad. Made a nice profit and everything was paid off. The business just sold again for a few hundred thousand less than we sold it for.)

We still live among the Amish and, in fact, I have 15 acres, in the country. We have been prepping to some extent the entire time we've lived here, but have stepped up our activity dramatically the last year or so.

With that in mind, I have a member of Cohoat Business Growth Group, Willis Yoder, who is an Amish entrepreneur. Willis has been active in my Mastermind Group, been a private copywriting client and we've collaborated on a few projects. All the while, we've been discussing the potential for major changes in our world and the threats to all of us, including the Amish. I've also observed more about how Willis and his family live and he's given me some great tips for my prepping.

Willis revealed to me a few months ago, that he'd really like to find a way to help others by getting survival and prepping tips out to society. So, with my colleague, Hari Luker, Willis and I have formed Amish Survival Secrets.

This is all a long way of setting the stage and giving you a feel of where we're coming from. You see, the Amish have been made fun of, sometimes thought of as very mysterious. There are shows on TV like Breaking Amish (<http://tlc.howstuffworks.com/tv/breaking-amish/videos>) that sensationalize the Amish lifestyle.

Then there's the Amish Heater, which has been sold for several years through full page, direct response ads in virtually every newspaper in the country. The fact is that the Amish don't use these heaters and the only thing that might make them Amish is a wood surround cabinet for the electric heater. (www.heatsurgesale.com/) From a business growth specialist, I have to tip my hat to them, but from someone who knows the Amish I realize how fake it really is.

In our case, this is not fake. Willis is really Amish and I have worked with and know the Amish. By combining our technology and online skills with

Willis's personal knowledge and access to secrets only the Amish know, we can bring you "true Amish" ideas that you can use in your life.

So, what are the threats to consider?

Well this report isn't going into all that could happen to us in any detail, but consider just a few things that could happen:

- Major economic upheaval due to burgeoning debt and failing economies throughout the world.
- Natural disasters... Earthquakes, Tsunami, Hurricanes, Volcano.

We've seen all of these play out recently. See how many people were devastated in these situations.

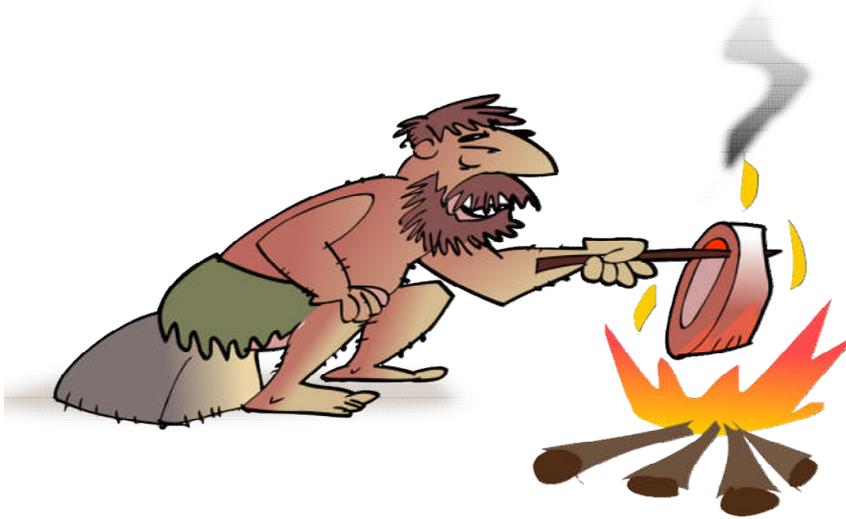
- Solar Flares on Electro Magnetic Pulse (EMP) - Wipes out everything electrical and would shut down everything, instantaneously. Internet, modern cars, phones, electrical grid, computers, etc. This has happened a few times in the last century and our enemies now have the capability to do it to us.
- Nuclear Strike
- Terrorist Strike
- Major Energy Shortages
- Skyrocketing Inflation
- Whatever Else??

If this sounds like doomsday talk and you just want to go about your daily business and react when you have to... no problem. Just quit reading and we

don't really care. However, consider how many are listed above and others that haven't been considered. Is it possible that at least one of these could happen to you in the next 10 years, even if you are not a gloom and doom person?

My Brother's Prepping Plan, And He's Thinks

He's the Smart One!!



You see, just like every aspect of life, there will be those who heed the call, study, prepare and take personal responsibility. Frankly, the percentages are

small and dwindling. I know some very smart people and family members who take this tact and they think I'm nuts to prepare. Fine...

I was in church yesterday and the priest was talking about this very theme (I'm Catholic). The Gospel was talking about calamity, catastrophe, etc. and the priest addressed this issue. Main takeaway from what he said for me is that you can't live in fear of all of this. Fear is for the unfaithful, the unprepared and those who don't believe that things will eventually work out through Salvation. So, in my mind, Prepping is a way of eliminating fear. Basically, your thinking is "Bring It On", because I can take it all and still be OK.

So, here's the really big problem with much of this discussion. Because our society promotes this idea that you can just live day to day, most are totally unprepared for anything in their lives:

- No retirement savings.
- No nest egg for job loss or medical emergency.
- No college savings.
- No backup career plan.

- No extra food and power for power outages.

So, they all think that “somebody” or the benevolent government will take care of them. Just call 911 and wait for FEMA or the Red Cross to show up. Problem is when some of these things happen on a big scale, there is no one ready to bail you out, come to your rescue, etc. And, when there are millions in this situation, they will get desperate and come looking for those who have prepared. My friend Willis knows this and he’s preparing for a time when people will flock to the Amish community because they know the Amish will have food, water, shelter, etc.

So, it’s your choice, be the small percentage prepared or just live day by day with your head firmly up your A.S.S (*I’m not using a bad word. This is the acronym for Amish Survival Secrets. We thought that was cool and maybe some form of symmetry there.*)

Five IDEAS From The Simple Amish Lifestyle You Must Consider

OK. Now I'd like to reveal to you (with Willis's permission) my observations about the Amish Simple Life that we can all learn from. *(by the way, the Amish have been using "The Simple Life" for centuries, long before Paris Hilton and Nicole Richie had the "for idiots only" reality show by the same name on TV a few years ago.)*

1. The Amish Live Off The Grid

Most of the Amish are completely disconnected from the grid for their power, electric and utilities. What this really means is that they find ways to provide their own heat, power, etc.

So, they have been using variants of green energy for generations. They have solar panels, wind turbines, wood burning stoves, coal, etc. The Amish do have appliances like stoves and refrigerators. They just power them by propane gas, which they can have delivered in large quantities. And, the Amish do have generators for producing some of their power. In fact, they may have a special generator set up for their well pump (I've actually purchased a generator from Willis that I'm hooking up for emergencies so I can have water, sump pump and a refrigerator without other power.). They have propane powered gas lights and use many batteries.

In my area there are several Amish shops which specialize in alternative power generation. They are masters at making batteries, reclaiming them and rebuilding them.

As an aside, if you grab a copy of my book, “No Thank You, Mr. President” (www.nothankyoumrpresident.com) you will note that I profiled several businesses in my area there. One is an Amish business, A & R Tool and Machine Shop. I chronicle in that story how they have an amazing system of power generation and heating completely off the grid.

The simple Amish lifestyle and fact that they try to steer clear of our screwed up culture means that they don't burden themselves with televisions, radios, etc. So, they use less power and therefore don't need to find as many ways to generate it.

The point is that the Amish live off grid all the time. This makes them very innovative and less dependent. What ways can you find to make yourself less dependent? Just having a wood burning fireplace can be a godsend in an emergency. Cooking, heating, light, etc.

What about many kinds of batteries and inverters? Have you studied them?

What about considering some type of small generator? Do a test where you flip your main breaker and live without your normal electricity for a weekend. Do you have enough fuel for your generator for weeks of running? If not, do you know somewhere you can get it for sure without waiting in gas lines for hours?

2. The Amish Have Very Limited Use of Technology

While we're spending half our days on Facebook, using our I-Pads, sitting at our laptops and so dependent on the Internet, the Amish choose to be mostly off of technology. In fact, they don't even have phones in their homes. You should know that there are variations in practice on this and many other issues within the Amish. They are organized into small districts for their churches with a lay bishop in each district. There really is no central Amish church authority. In any event, the local bishop makes decisions about a variety of issues including the extent to which technology is appropriate for church members.

So, some Amish may have a cell phone for their business or for emergencies, as an example.

But, the point is that the Amish are largely devoid on our obsession and dependence on new technology. So, when the new i-Phone comes out, it's a non-issue for the Amish, while in our world, it's covered like the coming of the new Savior.

I won't even get into all the Spiritual and cultural reasons this tech obsession should be questioned, but I will challenge you to take a look at how much your business, your family and you are revolving your life around technology? Do you have a contingency plan if the Internet is hacked by terrorists and is down for months? Do you actually have hardcopy of important documents and reference materials in the event you can't access your computer? What if you can't use a cell phone at all?

3. Most Food and Water Comes from Non-traditional sources

Some of us who live in the country may have a greater appreciation for this, but imagine a world where you supply most of your own food and water?

I'm not even close in my life, but for the last 25 years, I've lived primarily with a well and septic system. To you city goers, that means that my water comes from a well on my property and waste disposal is into a septic system. Some of you may think this is so primitive, but I actually love it. I don't pay a water bill or sewer bill each month. Where I live now, we haven't really done anything to our septic system for years because our soil drains so well. If there is a major contamination of the city water, no problem for me.

That's the way the Amish live also. And, depending on the water table, nearby springs, lakes, etc. you might not even need a well in an emergency. I have just hooked up a natural well on my property that has a hand crank on it and uses nothing but good old muscle to pump the water up a pipe from the water table.

And, the Amish are masters at growing food, herbs, etc. In our area one of the really neat things is to drive the country side and look at the Amish gardens. The kids are out weeding and hoe-ing. Natural fertilizer comes from their cows, chickens and pigs. So they have their own beef, eggs,

chicken and pork. And, you might see small orchards and vineyards. And, of course grains come from their corn and wheat.

I've also come to appreciate how important hunting and fishing are to the Amish. Willis is really a gun expert and raises hunting dogs. He also traps muskrats in a small stream on his property. Raises rabbits. He hunts and fishes several days a year and is teaching the same to his sons and daughters.

So, the Amish eat much of their food fresh on a daily basis. But, they are also masters of preservation. I can remember when we had Amish employees that during the harvest season, I was told they needed several days off for "canning". I'll admit it kind of peeved me, but it just shows how committed the Amish are. So there will be weeks when the women and children in the family are cooking and canning everything from tomatoes, green beans, apples, peaches, meats, etc.

Much of this will be stored in root cellars. So root vegetables like potatoes, carrots, onions, etc, will just be stored as is. But other canned goods will also be in the root cellars where it is cool and dark, great for long term food storage.

You don't have to can everything yourself or have a big garden. But you can have pots with just a few tomato plants or herbs. Or you can get some canned goods at the local farmers market. You can store some of your food in your own basement to help with preservation and have a long-term supply.

At my property, we had small gardens for many years and I haven't learned canning yet. In the last few years we've added an asparagus patch, strawberries, blue berries and 4 apple trees. More planned for next year with a bigger garden and starting to learn canning. What about you?

4. Amish Communication Is Mostly “Need to Know”.

As mentioned the Amish don't believe all the forms of modern communication. Most they stay in touch with their close family, neighbors and local community through verbal communication.

They have many family gatherings, church, community events and their daily business activities which keep them up to speed on what is happening that affects them day to day. There are Amish only newspapers that I have

been able to find in some of the Amish businesses and special catalogues with the things they might need like canning supplies, quilting items, etc.

In our area, the Amish interact with others outside their community regularly. Many work in the local RV factories, or have businesses that are frequented by the locals and tourists. In this way, they are able to maintain a pulse about what is happening with greater society, such as political and economic events.

The Amish education system is also very interesting. For the most part, they are educated in small schoolhouses, dotting the country side. They have an exemption from state education laws, so they only go through eight grade. The teachers are usually young Amish women of 16 to 18 years old. You might think them “uneducated”, but from my experience, they are anything but. I find them quite conversant in all the same things we are and they speak very well (understand that they speak among themselves in a Pennsylvania Dutch language, so they are all bi-lingual.) If you think about it, they spend so much less time on our typical pursuits, like watching TV, going out to eat, big city entertainment, sporting events, Internet, etc. that they have time to study, read and essentially self educate.

Benefits to the Amish are a focus on what is really important to them... family, God, simple daily life, etc. There is much to learn from this approach, no matter whether it's regarding your prepping plan or how you approach the rest of your life.

5. The Amish Create Their Own Small Communities

While some Amish may live in and among the rest of us, for the most part they have chosen to live in just a few small areas of the United States. As mentioned, these regional communities are further broken down by their small church districts.

As such, they really support each other in many important ways. You may have heard of the famous Amish barn raisings. If a member needs a new barn they arrange to have it built and the whole local community is involved including the women and children who help with food. I used to be the president of a small hospital in the area and the Amish mostly paid their own medical bills, without insurance.

So, if there was a major illness, the other Amish would help to pay the bills.

We had some ornate furniture in our maternity department that had been given by Amish craftsmen in exchange for an Amish woman's substantial bills from a premature birth and complicated delivery.

Many preppers realize that no matter how much prepping they do on their own, the support of like minded individuals with varying skills is essential in a real, widespread emergency. We can learn much from how the Amish organize and use that to form our own prepping communities.

Final Thoughts

While I can't profess to understand all the Amish believe, nor could I probably adjust my life fully to their simple style, there is much to learn. I'm on journey to take the best of what they offer and other ideas to help with my prepping. One thing I like about one of the main premises about the Amish faith is that they don't believe in relying on the government and other large organizations. They have a healthy skepticism about all of this and keep a reasonable "arm's length". All the while, they are model citizens and offer much to the communities they live in.

To your prepping success,

John

John Cohoat

P.S. If you've read this whole report, I can tell that you are serious about learning and sharing your prepping experience. We've created the **best and only preppers membership site**. Check us out here: www.amishsurvivalsecretsmembers.com We're adding content all the time, there's a forum and many tools to help you with your prepping.

P.P.S Any questions or comments, sent them to info@amishsurvivalsecrets.com .

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