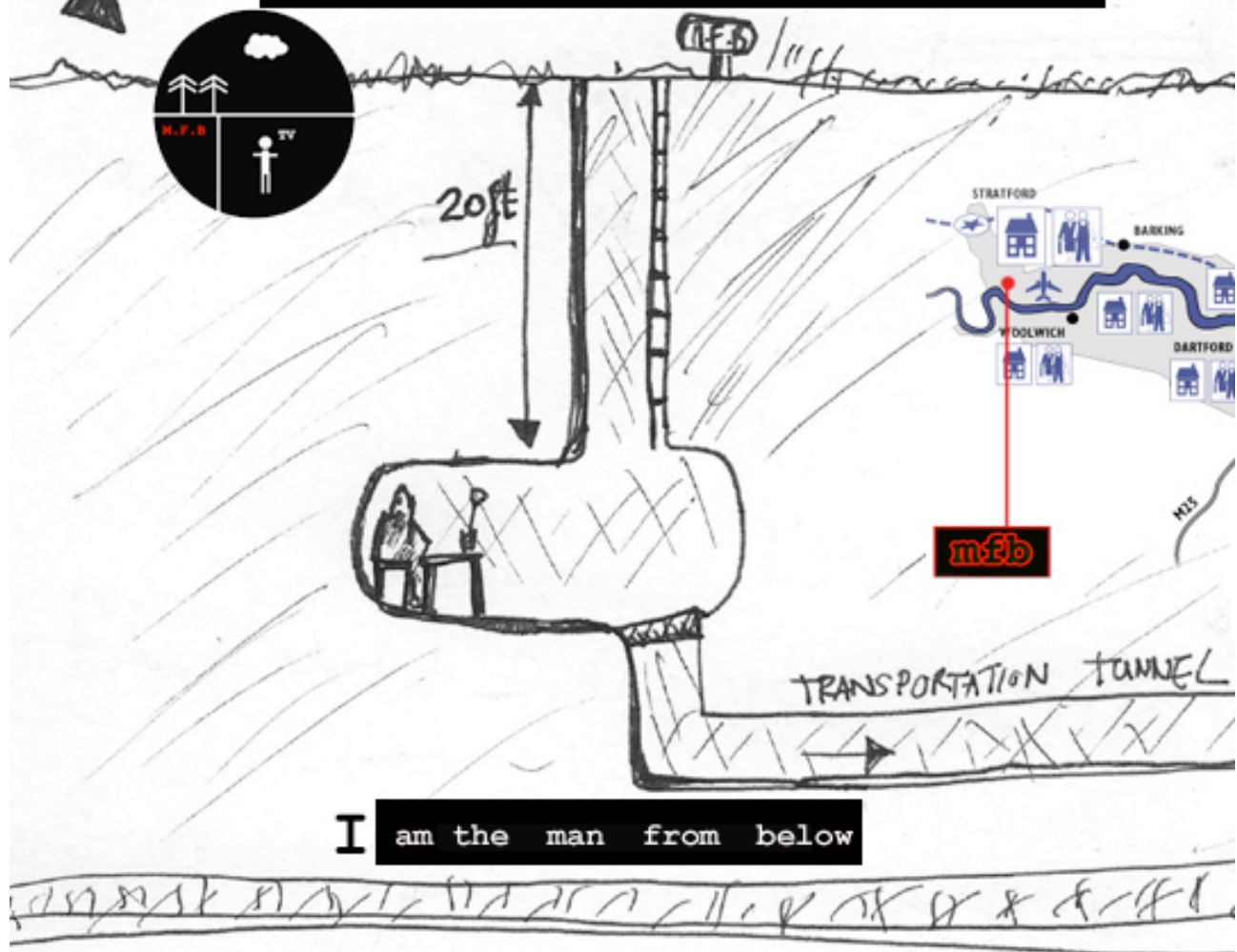


IT'S TIME TO GO BELOW



I am the man from below

I'm building a new **underground** community in the **Thames Gateway**... I plan to make the surface back to how it used to be, when things were simple, when people were simple, when it was all OK.

In these days there are so many unknown dangers around us EVERYWHERE that you cannot be safe ANYWHERE. There are all the unknown global warmup dangers, there are dangerous people all around us, dangerous unknown powers pushing us about secretly. The Thames Gateway is the answer to a safer future a future living below the earth. **A safe and happy future**

We need more of you to join us **ASAP** so that we can build our own yewtopian world below the gateway. If we all work together we can form a genuionely safe community somethin to be proud of. A place with its own underground transport system, a place with no problems, a place where we cultivate safe plants from 500 year old seeds and create new animals and beings.

We will work together in this new world to make the surface back to how it was in Dickens time when the land was green, simple, marshlike and the animals were honest and innocent.

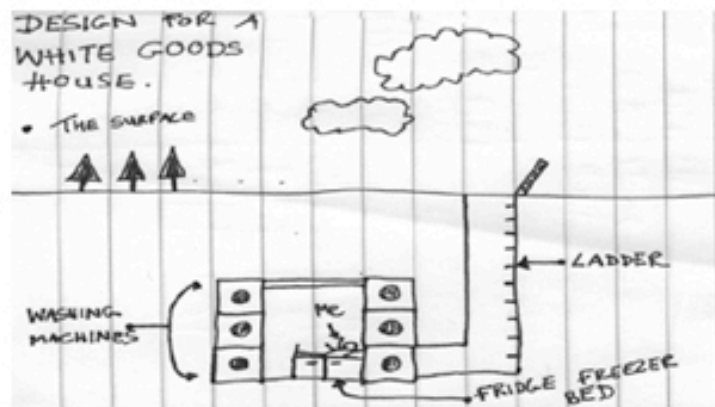
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The Steps

1. Grab a spade or trowel
2. Leave your home behind
3. Start walking towards the main Man From Below community situated just opposite city airport of the A1020.
4. Begin digging your new life below the surface.
5. Use one of my simple guides to construct your new home for under 10 pounds.

Design for a White Goods House for under 5 pounds

1. Dig a big hole
2. Go to the landfill site e.g. at Aveley
3. Collect an assortment of abandoned white goods - from cookers to dishwashers and fridges.
4. Then it's your turn to get creative use any combination of white goods to create an underground building, remember you can use the washing machine's and fridge's interiors for storage.
5. When you're happy with the arrangement - stick them all together with super glue. (costs 4.99 pounds)
6. Put the earth back into the hole and make sure to leave a tunnel for transport.
7. If you have taken you area off grid then power up some of the white goods to help with the housework.
8. If you want to try more then have a go at the fridge freezer bed as below.
9. Start growing plants from very old seeds so that they are guaranteed to be safe.
10. Replace all plants on the surface with the ones we've grown below.
11. Work on making our own population of beings using waste materials to create trustworthy creatures.
12. Replace all animals on the surface with the ones you've made.
13. In a few years we will have made the surface better and built a new underground world riddled with safety and happiness.



FIND OUT MORE: www.manfrombelow.co.uk