

The Hearts Center™

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www.heartscenter.org

PREPAREDNESS GUIDELINES – PHASE I THREE-WEEK PLAN

Introduction

This three-week preparedness plan has been co-created by The Hearts Center™ preparedness task force members that consist of the ascended masters Kali Mother, Shiva, Mother Mary, The Maha Chohan, Saint Germain and Portia, Serapis Bey, Sanat Kumara, Gautama Buddha, Maitreya, Jesus and Magda, Lanello, K-17, Lady Kristine, Hercules, Amarylita-Regent Cosmic Deva, Apollo, Jophiel, the Great Divine Director, RaMu, Nada, Lanto, Recently Ascended Masters, Hilarian, Surya and Cuzco, Virgo and Pelleur, the Entire Spirit of the Great White Brotherhood in conjunction with Michael Arnett, Damiaan Kletter, Ken Mueller, Patrick Rogers and chairperson Patrick Wolberd. We are grateful for the contributions of our many Heartfriends who so generously shared of their knowledge and experience.

This document is offered, as the title suggests, as a guide for minimal personal preparedness in light of the possibility of a natural disaster such as the 2005 Katrina hurricane in New Orleans. Saint Germain stated, "Much of this can be done by each of you within two weeks of this date for your personal preparation in your homes." This guideline has not been prepared to create a fear of something terrible happening at a specific time. It has been developed simply as a way to bring us out of our inattentiveness about being prepared and to help us to work together to create a collective alchemy of preparedness. Saint Germain further stated, "I will not give exact dates for a scenario to appear. You should be prepared as soon as possible." And we would add to be prepared at all times.

We would first like to draw your attention to the section entitled **Spiritual Preparedness Plan** on page one of this guide. This section outlines a spiritual preparedness plan, which Saint Germain described as, "...*the first line of preparedness.*" We cannot overemphasize the importance of this short section and the several pages referenced in appendix A and B. You are then encouraged to read the next section **The Basics** on the same page of the guide. This is a starter program that can be quickly implemented with minimal supplementation to many items that you may already have in your home.

The rest of the guide is designed as a "where to find it" resource and not as a "how to do it" manual. Suggested books and websites are plentiful throughout the guide. Reading this document on your computer screen will simplify accessing the many websites located throughout by pointing and clicking on the sites of interest to you. We recommend that you print the pages of special interest to you and eventually place them in a binder with this guide to be kept with your other preparedness materials.

If you have any questions you may contact the preparedness task force at www.heartscenter.org by clicking on the "contact us" button at the left of home page. We also encourage you to work together with your nearest local Hearts Center members to the benefit of all.

We pray that this guide will help all of us to meet the goal: **Be Prepared Now.**

PREPAREDNESS GUIDELINES – PHASE I THREE-WEEK PLAN

The Basics

The following is a starter program of what would be most helpful to have available now:

1. **Spiritual Preparedness:** Saint Germain described spiritual preparedness as, “...*the first line of preparedness.*” So, the first step in our emergency preparedness plan is spiritual preparedness, followed by water, food, first aid, heating/cooling, lighting, vehicle preparedness, 72 hour evacuation kits and communication
2. **Water:** Store one gallon of potable water per person per day. For a three-week plan this would be twenty-one gallons of water per person. Saint Germain’s *Elixir of Life* coral minerals, available on The Hearts Center™ website, may be used for simple purification of all water.
3. **Food:** Safely store enough food in your home to last three weeks. This would be food that requires minimal preparation involving the use of cooking heat and water to be nourishing and appealing. Beans, grains and sprouting seeds should be considered.
4. **First Aid:** Every household and vehicle should have the most up-to-date and complete first aid kit. Also includes up to date first aid/CPR certification
5. **Heating/Cooling:** The ability to keep warm in winter and cool in summer is crucial in the event that the power grid is down.
6. **Lighting:** Batteries, flashlights, solar lights, lanterns, light sticks.
7. **Vehicle Preparedness** should minimally include blankets, matches, water and flares.
8. **72 Hour Evacuation kit** contains water, food, clothing, shelter, supplies for sanitation, medical supplies, contact information, identification and other vital documents, aids to mobility & navigation, and comfort items; packed in a backpack or other carry-able container, and should be assembled in advance, and kept in a safe but convenient location in the home or automobile where it can be grabbed on short notice under all scenarios.
9. **Communication:** Communicating without access to satellite or landline communications,- Short wave radios, text messaging, and Ham radios.
10. **Other Equipment:** sleeping bags, tents and other short- and long-term equipment and materials are prudent to have safe guarded in your possession for easy access.

Checklists

Equipped To Survive® at equipped.org is the most comprehensive online resource for independent reviews of survival equipment and outdoor gear. Equipped To Survive® will help you determine the best choices to prepare for anything from a hike in the park to a disaster. Here are links to three comprehensive checklists from Equipped to Survive:

Primary Disaster Preparedness Kit

Automobile Disaster Preparedness Kit

72 Hour Emergency Kit

Checklists can also be found at <http://tucsonheartscenter.com/EmergencyPreparedness.html>

Saint Germain’s Message

In his March 10 message on preparedness, Saint Germain opened with a simple spiritual directive. He stated that preparedness is “*a personal requirement*” for each of us and that our first line of preparation should be “*a state of listening grace*” at all times. He then went on to detail practical steps to preparedness. He said we immediately need to be fully prepared to live for three weeks if access to normal power, water, food and communications sources were cut off. He also

said we need to develop and implement a plan that will allow us to live “off the grid” for an extended period of time, if necessary.

Living “off the grid” entails maintaining the ability to heat a home; provide lighting; cook food; have access to hot water for cooking, bathing, washing and cleaning; and have the ability to receive and send communications even if all satellite and land-line communications systems are down. To prepare for a time off the grid, you need to consider separately each area of your life that uses an outside energy source.

Following are simple guidelines to assist heart friends in the implementation of Saint Germain’s instructions. This information is presented with an eye toward maximum efficiency, economy and practicality in use of resources. The focus of these particular guidelines is short-term preparation (three weeks). Preparation guidelines for a more extended period of time will be forthcoming in a separate document.

1. SPIRITUAL PREPAREDNESS

Read the darshans and dictations in appendix A of this document, especially Saint Germain’s of March 10, 2006. The preparedness call and other prayers suggested in appendix B can be found on The Hearts Center™ website (www.heartscenter.org) by clicking prayers/mantras and scrolling down the page.

2. WATER

Regarding physical preparedness, the availability of pure and clean potable water is the number one priority. Potable means drinkable.

Water Storage: Store one gallon of potable water per person per day. Tap water is acceptable for storage. For a three-week plan this would be twenty-one gallons of water per person. For long term storage we recommend three drops of food grade hydrogen peroxide per gallon of water. Saint Germain’s *Elixir of Life* coral minerals are also recommended as directed. If your food storage includes dehydrated foods, you should double your water storage.

Water should only be stored in plastic containers designed for water storage. Glass is OK but not very practical. Plastic water containers are available in the camping sections of stores. If you have access to someone with plumbing skills, you also may consider a larger tank from 20 gallon on up to several hundred gallons, usually available at farmers supply stores. Also, fifty-five gallon food-grade plastic drums for storing water can be found under “Plastic Containers” in the yellow pages of larger metro areas. They are made of white or blue ABS-type plastic and they cost \$15-25. Some companies also will deliver these drums.

Again, water containers must be designed to contain potable water, usually indicated by a white or blue color. If you buy larger tanks, securely locate them up from the floor or ground so that you can access the water using gravity. Or you can use a manually operated water pump to pump the water out of the larger tanks. Do not store water in plastic milk or juice jugs.

Water Purification: To have good drinking water there is a need for a simple means of purifying water. If you have access to water that is already relatively clean (such as from a hot water heater, a toilet tank, buckets or a bathtub you filled up).

Iodine or **chlorine** (NSF certified food grade Chlorine) add a few drops to each gallon of water to make sure any bacteria have been killed. Other water purification products can be found at your local health food store.

Stabilized Oxygen destroys microbes, bacteria and parasites in water. This has been tested for over twenty five years by research centers all over the country. Many school districts in California

use Stabilized Oxygen in 55 gallon drums of water for earthquake storage. One ounce of Stabilized Oxygen makes water safe to drink for five years or longer.

Food Grade Hydrogen peroxide destroys infectious organisms and impurities in water 4,000 times better than chlorine.

Steri-Pen a small hand held unit that uses UV treatment techniques similar to those used in hospitals.

Filtration: Another solution is to use a gravity-fed water purifier that employs both silver ionization and activated charcoal filtering. You need a gravity-fed variety because pressurized water (like the water in your home) may not be available in disaster scenarios. If you have access to relatively clean surface water (such as pond, lake or roof runoff water), gravity-fed ceramic water filters are a great way to purify your water. The **AquaRain** water filter is among the best and most affordable gravity-fed water purifiers on the market today. Here are links to the product:

<http://www.internet-grocer.net/aqua.htm>

<http://www.homestead-products.com/aquarain.htm>

<http://www.everythingkitchens.com/aquarain.html>

3. FOOD

Securing at least a three-week supply of food is essential. This includes foods such as grains, beans and seeds for sprouts. Consider securing foods that you are used to eating, not a whole new diet. Food in an emergency situation needs to taste good. Make sure to include a mix of herbs and spices in your food supply to flavor your food. Nutritious “comfort foods” such as crackers, trail mix and the like are important also. Remember that not having tasty, nutritious food during an emergency situation makes a difficult situation harder, especially for children.

A general recommendation regarding any preparedness food is to open it, cook it and eat it before you invest in it in large quantities. At the very least, prepare and taste the food before you have to use it in an emergency situation. Gathering recipes and/or cook books on preparing dried foods is recommended.

Get a variety of canned foods, such as canned vegetables, legumes, fruits. Also get some dried fruits such as raisins and apricots, as well as dried vegetables that can be ordered from specialty mail-order companies. Freeze-dried fruits and vegetables are another option. They are lightweight, portable and easy to prepare. For a short-term situation, flours made from whole grains, stored properly, are fine. If you buy whole grains, you will need a good hand grinder.

Food Storage Metal cans are preferable to plastic for storage of food. If you must use plastic for food storage, never stack plastic buckets more than three high. Over time they will crack, attracting rodents and bugs, and letting in moisture. Use moisture-absorbent salt packets and diatomaceous earth (an excellent natural bug killer and great source for calcium) in each food container.

Food Preparation Besides standard kitchen utensils and cookware, two large cast iron pots with lids that can be used over an open fire or on top of a wood stove are a good idea. These pots will be in almost continuous use, primarily for heating water for multiple uses. Moreover, your burners and pot sizes need to be adequately sized for your group. Sprouting and food storage containers also must be adequate to your needs.

Alternative Cooking Methods: In addition to open fires there are also a wide variety of camping stoves that utilize propane or kerosene fuel, and there are solar ovens which reach an inside temperature of 350 degrees F. or more on an average sunny day, so most oven dishes in your

cookbook are appropriate! Casseroles and stews, roast meats and vegetables, breads and cakes are all easily prepared in a solar oven just like a regular oven.

4. FIRST AID - Medical Preparedness

First Aid & CPR training are a must. A first aid kit will be worthless to you if you don't know how to use it. If you have not received basic first aid and CPR training or have let that training lapse, enroll immediately at your next opportunity. Check with your local Red Cross chapter, high school night courses or your local hospital for available classes. **Red Cross:** www.redcross.org
American Heart Association <http://www.americanheart.org/presenter.jhtml?identifier=3012360>
Type in your zip code to get information on a Red Cross or American Heart Association location near you.

Build your own first aid kit: Buy an already assembled kit, customize or upgrade an existing kit. Soft-sided, rip stop nylon, zippered bags make the best carrying cases because they stretch enough to accommodate those extras that just don't fit into the plastic or metal boxes. If you want to build your own kit, one of the best home **first aid kit contents list** may be found at:

<http://www.equipped.org/home1staid.htm> and <http://tucsonheartcenter.com/FirstAidKit.html>

These websites will provide you with a comprehensive list of items, many of which are not included in preassembled kits. If you decide to purchase a preassembled kit, it would be prudent to cross check this list with the contents of the kit and add the additional items to your kit.

Another item to consider adding to your first aid kit as an inexpensive option to sterile dressing pads is large feminine hygiene pads, ultra size, non-perfumed and extra-absorbent. They make excellent dressings for severe bleeding cuts because they are designed to absorb blood. Some brands have tape built into them which makes them more easily secured. Tampons are very effective for nosebleeds or ear injuries.

Preassembled kits: The Easy Care™ first aid system is intuitive, easy to use and organizes the first aid components into injury specific, waterproof bags complete with instructions. Color coded bags make it easy to locate the supplies you need for the injury. Easy Care™ instruction card gives complete instructions on using the supplies in your kit. This modular component system (used in professional med kits for years) provides individual compartments inside the kit containing all the supplies and equipment needed to treat a specific first aid situation. To find wide variety of these kits ranging in price from \$15 – \$55, go to **Adventure Medical Kits:**

<http://www.adventuremedicalkits.com/> then click the “Buy Kits” tab at the top, then click the wilderness medicine button at the left and select “Camper.” Typically, there are six basic modules in these units: Stop Bleeding/Shock, Wounds (Cuts) Care, Blister/Burn/Abrasion, CPR/Choking/Drowning, Fracture/Sprain/Strain and Medication/instruments.

First Aid Manuals: A Good first aid manual is a necessity.

The **American Red Cross First Aid & Safety Handbook** can be purchased for as little as \$6.00 at: http://www.amazon.com/gp/product/0316736465/sr=8-1/qid=1143526325/ref=pd_bbs_1/103-8089460-5871002?%5Fencoding=UTF8

The Outward Bound Wilderness First-Aid Handbook is available for \$15.00 at:

http://wildmed.com/Merchant2/merchant.mv?Screen=PROD&Store_Code=W MAG&Product_Code=OBWFAT&Category_Code=PUBS

Natural First Aid: Herbal Treatments for Ailments & Injuries/Emergency

Preparedness/Wilderness Safety <http://www.amazon.com/gp/product/1580171478/103-8089460-5871002?v=glance&n=283155>

Natural Medicine First Aid Remedies: Self-Care Treatments for 100+ Common Conditions

<http://www.amazon.com/gp/product/1571742182/103-8089460-5871002?v=glance&n=283155>.

Where There Is No Doctor: A Village Health Care Handbook

<http://www.amazon.com/gp/product/0942364155/103-8089460-5871002?v=glance&n=283155>

Where There Is No Dentist <http://www.amazon.com/gp/product/0942364058/103-8089460-5871002?v=glance&n=283155>

Medication Supply: A supply of non-prescription and prescription medications is vital. An excellent resource for medications to consider is: <http://www.equipped.org/medical.htm> Take into consideration the age, health and special needs of each member of your family or group when purchasing your medications. Be sure to include detailed information sheets on all medications including dosages and cautions. Rescue Remedy is a must in any kit and can be found at the following website: http://www.bachflower.com/rescue_remedy.htm.

5. HEATING OPTIONS

Wood: a wood stove or a wood-burning fireplace, the advice is simple: stock up on wood, lots of wood. Alternatives to matches are a magnifying glass and manganese for a quick fire-starting solution.

Propane would be the logical choice if you already use propane for heat. Since your propane-burning furnace requires electricity to run, you would need to acquire one or more propane space heaters. **Outside venting is absolutely essential.** Consult a reputable heating (HVAC) professional to do this. **Mr. Heater and the Coleman ProCat** are new propane heaters that are approved to burn without outside ventilation. The links are:

<http://beprepared.com/product.asp?pn=CK%20H800>

<http://beprepared.com/product.asp?pn=CK%20H700>

To store propane you can purchase five-gallon portable propane fuel tanks to supply these space heaters, but they will not last long. A better solution is having the ability to fuel the propane space heaters from a 250-500 gallon propane tank in your yard. If you go this route, make sure you keep your tank topped off, even in summer.

Kerosene space heaters also are an optional heat source. They are smelly and require careful handling and good ventilation. With kerosene you need to purchase enough five-gallon blue metal kerosene fuel containers and keep them full of kerosene.

Generators: Except in very short-term applications (a few days, for example), generators are not recommended to power propane or natural-gas furnaces. They are noisy, attention-getting, polluting and maintenance intensive, especially in extended-use applications. That said, there are generators on the market designed to handle basic power for a small home. They must be installed by a licensed electrician and cost \$1,500 on up.

Survival Heater: On the other end of the heat source spectrum is the simple alcohol winter survival heater. It is inexpensive and meant for a very short-term application. The link to more info is: http://www.wr.noaa.gov/ggw/newsletter/winter_05/winter_survival.pdf

6. LIGHTING

Good quality flashlights and lots of batteries (rechargeable if you have an alternative charger) are essential! Crank operated flashlights are also a good option. Fluorescent spiral lights are recommended over conventional incandescent light bulbs. They give off a lot more light for the

same wattage and they last a lot longer. Regarding portable lighting, flashlights and lanterns that use LEDs are the way to go, as they use far less power than flashlights with regular light bulbs. Ideally you operate with rechargeable battery power using a solar charger. Propane camp lanterns, oil lamps and candles are acceptable, though they present an open flame risk.

7. VEHICLE PREPAREDNESS

If an emergency occurs, you will need proper emergency supplies in your car because you may be located far away from friends, family, and home leaving you to fend for yourself.

Emergency Car Kit: Food and water, flashlights, extended life batteries, flares, blankets and sleeping bags, warm clothes and all-weather gear including footwear, a shovel, toiletries and other basics need to be secured in adequate quantities. Many of these supplies should be permanently staged in your vehicles. For a more detailed checklist see: Automobile Disaster Preparedness Kit or <http://tucsonheartcenter.com/CarEmergencyKit.html>

Mobility Preparedness: Detailed maps of your area, including exit routes from populated areas that utilize secondary and back roads need to be secured. Such routes away from your home need to be clearly understood and if possible driven to become familiar with them.

Fuel: It is recommended that fuel tanks be kept topped off as much as possible and a few filled spare five-gallon fuel containers are safely stored at home for quick use in an emergency. The amount of spare fuel depends entirely on your specific situation. For example, you may have in mind reaching a specific predetermined location away from the city. Whatever your plans are, always consider worst-case scenarios and then add an extra 20 percent of fuel to cover unplanned contingencies.

8. 72 HOUR EVACUATION KIT:

This kit must meet all your physical needs for at least three days. Ideally it should fit in a pack that would allow you carry it with you if you had walk out of your area. Remember to customize and update it seasonally. For a great article on 72 Hour Kits go to <http://oism.org/ddp/72hour.pdf>. Checklists can be found at <http://www.equipped.org/72hourkit.htm> and <http://www.equipped.org/72hourkit.htm>

9. COMMUNICATIONS

Without access to either satellite or land-line communications, what remains is the ability to passively monitor a battery-powered radio for information. Ideally you operate with rechargeable battery power using a solar charger. However, depending on the event, partial land-line or satellite communications could remain in operation.

Secure a large cache of batteries and a reliable battery-powered radio. The best emergency radios have both AM/FM and short-wave capabilities. You should also have a weather radio with the NOAA alert service feature for emergency weather and other emergency conditions.

Many amateur radio operators use short wave. Passively receiving information over a radio is better than no communication at all. Moreover, emergency announcements are broadcast over radio.

In a forthcoming document, the creation of an off-the-grid communications system will be addressed, as Saint Germain has told us to come up with such a system.

Telephone Tree The local hearts centers are developing a telephone tree system to contact their local members. Please contact your local hearts center to have your name placed on their

telephone tree list. If you are not affiliated with a local hearts center and would like to be on a telephone tree list, Please contact Patrick Wolberd at pwolberd@theheartscenter.org

BE PREPARED NOW!

The Hearts Center™ PREPAREDNESS GUIDELINES – PHASE I THREE-WEEK PLAN

Appendix A: Darshans and Dictations on Preparedness 2/23/06 – 3/14/06

The following synopsis related to preparedness darshans and dictations, and the Saint Germain dictation of March 10, 2006 provide the reader with the masters' words as they relate to preparedness. This material is provided for you to put these preparedness guidelines into the spiritual perspective intended by the masters.

Dear friends,

In recent weeks, the Ascended Masters have given a number of dictations and darshans touching on aspects of preparedness, both spiritual and physical for conditions that may come quickly. We are including a brief synopsis of the salient points from these releases (Portia, Archangel Michael, Mother Kali, El Morya, Virgo and Pelleur, Hercules, Surya and Cuzco) to help you with your prayer work and your planning.

Spiritually speaking they have told us to be in the right place at the right time. This was stated by different masters on a number of occasions. This means keeping attuned to your God Presence at all times so you can hear the warning from your own Holy Christ/Buddha Self. Many angels and cosmic beings, as well as the precious elementals are here to help us both spiritually and physically. If we will draw down the light in sufficient quantities we can do much to mitigate the impact of returning karma. We were told that by the blending of the elemental kingdom, the angelic kingdom and the human kingdom, much can be accomplished to mitigate this karma.

The world conditions we should be prepared for are earthquakes, tornados, floods, fires, volcanoes, drought, erratic weather patterns, lightning storms, disruptions to the power grid and reduced availability of potable water. Several specific references were made to earthquakes in California and specifically the San Andreas Fault. Recent newspaper articles have also discussed the pressure building up at the Hayward Fault near San Francisco. The Masters have asked us to visualize the entire west coast of the North and South American coastline from Alaska to the tip of South America with the action of violet and blue woven as a spiral and thrust down into the earth for one mile filling in caverns and fissures.

We are not without much outside help and assistance. The Kali Mother has come from the inner recesses of heaven to help us hold the balance. The Buddha of the Ruby Ray is here to extend the action of the ruby ray to reinforce the Elohim's ruby bricks and cones placed within the earth. Alpha and Omega, also extend their rays deep into the earth to connect with the sun in the

center of our earth. The elementals and the Hierarchs of the Four Elements with Cuzco are working concertedly to stabilize the earth in every way. The Great Divine Director has told us he is pulling out all the stops to help us be victorious, and Sanat Kumara came just this week to increase the love fires on the planet.

So, let us be grateful, serve to the utmost and forge ahead into the unfolding future of opportunity.

Saint Germain

David Lewis

March 10, 2006

Wellspring Retreat during

Lean 6 Sigma Training

(not edited by David)

Beloved Hearts, preparedness is first and foremost a requirement for you personally to be in a state of listening grace as I was when embodied as Joseph. My consciousness was attuned such that I could hear both in the dream state and consciously the voice of the angels who did come to warn Mary and me of the impending plot against the blessed Jesus. This is the first line of preparedness. For even though you may have all ready in the physical plane, if you are not attuned you will not be in the right place at the right time, and therefore may suffer greatly.

As has been previously conveyed, the next most important factor is to have the availability of pure and clean, potable water. For you can survive without food for a number of days, but you need water as you know. We have brought one of your messengers to you with a great understanding of what it takes to purify water. And therefore she has made the good karma of providing to the earth a most economical and simple way of purifying all water, as has also been spoken of.

Since your civilization in this time relies heavily upon electricity, you need to consider all areas of your life that require this energy source, and how if you were off the grid for a time you could maintain your ability to survive, to communicate, to bathe, to cook your food, etcetera. Obviously this also, for those in the northern climates affects the heat that they need to survive in winter time. And so you should have a plan for how to provide warmth in the winter. And for those of you who live in the south, cool air during the most intense times of summer heat—though you may still survive though a little uncomfortable.

Then we have the necessary food that you will need. Many of you have in the past secured your survival food, the problem for many of you is that its efficacy for your sustenance in some cases has now passed the time of its duration. Therefore, seek those foods that you can survive on, even for a three-week period initially, having within your homes or basements in secure containers, safe from rodents, mildew, moisture, those grains, beans and other substances upon which you may survive. And the potential to grow sprouts, which can be grown very simply: simply by placing them in water, as you know. Therefore we recommend that you secure those seeds that can also be stored, which through a very simple process of allowing them to sprout in darkness, may give you the necessary nourishment that you need to survive.

Batteries, flashlights, sleeping bags, tents and other short-term and long-term equipment and materials are prudent to have in your possession. Safeguarded, locked, so that others may not steal them, but so that you know that you can secure them quickly. Every household and vehicle and garage and shelter should have the most up-to-date and complete first-aid kit. We also recommend all heart friends to know basic techniques in self-defense, and all should know first aid, CPR and you should have classes annually in the very basic techniques that you need for assisting others.

A communications system should be established. Not only with telephone trees whereby you can communicate within a half hour to all members within your local communities, but you need the backup as mentioned of a means of communication when satellites are not available to beam your communiqués to each other. And you should be practicing telepathic communication for this is our way, as you know.

I will field three questions of import for the entire body of heartfriends world wide, that you may provide at this time:

You should have a plan, first and foremost for a phased approach at implementing all that I have asked. Much of this can be done by each of you within two weeks of this date, or when heard by all heart friends for your personal preparation in your homes. We suggest having twenty-five gallons of water available. You may secure as the messenger has, five gallon jugs, and have a number of them in your homes, or garage or basement. And for those of you who are entrepreneurs, you may secure larger gravity-fed storage tanks such that when pumps are not working you may still utilize the water. We suggest that you secure the services or the knowledge base from experts even within this valley on the best generators to secure and how to hook them up and use them in your homes should a scenario occur.

Therefore I will not give exact dates, for this would lead you to believe that you would then know when a scenario could or would occur, for you should be prepared as soon as possible. And you may desire as communities to work together to pool your resources to secure bulk purchases of both food and supplies to cut your costs in both the final cost and in shipping. **Needless to say, based on this, all should be prepared at a very rudimentary level by autumn equinox this year.** And we assign Patrick Wolberd to oversee for and on behalf of the entire Hearts Center activity a plan of action, a strategy for how every heart friend may be communicated with. This would include guidelines and a resource manual of sorts, even if electronic on your website. We also ask that Patrick receive the assistance of three to help him with the implementation of this plan.

Next question.

Primarily as safe havens for the storage of your supplies, your food, your water. But you can see that if the ground shakes beneath your feet, even shelters themselves may not always be secure. They were primarily manufactured for a nuclear scenario to provide you safe haven from fallout, were they not? Although this is still a possibility, the preparedness that we are asking you to provide for yourselves is one of preparing for every eventuality, including intense storms, even lightning storms in various areas, tornadoes, the descent of debris from volcanic eruptions, floods, and the like. Therefore, as the messenger Rebecca has stated on our behalf, nowhere upon earth is completely safe. Thank you.

Final question.

As Rebecca has stated on our behalf, or I have stated through her, you should have a plan of exiting your cities, should a major event occur. Therefore, have secured fifty gallons of fuel for your vehicle that you maintain in a safe way within garages or elsewhere. Have the necessary maps to know alternative routes of exiting the city that will not be traversed by the majority of the population, but may go through back roads and connect with other minor thoroughways. And have within your vehicles at all times, not only your first-aid kit, but flashlights, flares, blankets, etc., that you need to survive while you would exit the city. We suggest that you have a buddy system whereby each buddy is accountable for the other to make sure that in a time of crisis all are safe: you have a plan and a strategy of where to meet based on a time factor after an event occurs.

I, Saint Germain, as your Aquarian master, your elder brother, and one who cares for each lifestream upon earth, say unto all:

Be prepared. Magnify God within your hearts. Do not fear. Love one another in practical ways, such that all within this greater community of light may be saved. When you are prepared,

and know exactly what to do in each potential scenario, then not only may that scenario be averted for you, but god forbid, if it should occur you can be of great assistance to many.

I thank you, beloved ones for this opportunity and return you to your process which as you have known, we have been observing, and have been smiling. And have been grateful that you have allowed this third and middle day of your time together to be utilized for this most important work. I suggest that before the end of this day and the sealing of the foundation of all of these contributions that you are making, that those on this council call those who are not present to give them an opportunity, as those here have been given the opportunity, to make any final contributions to your plans and objectives.

I seal you in my purple fiery heart. Remember that joy is the key, and though peril and the arrows of outrageous fortune may descend all around you, through our presence you may always be secured by love. Thank you.

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Appendix B: Prayers for Preparedness

In times of personal crisis or national emergency, we suggest the following series of prayers to help you, your family, your community and your nation:

1. Invoke your Crystal Diamond Tube of Light (0.001) to seal you in a force field of perfect love and protection under your divine source.
2. Give prayers for forgiveness (Forgiveness 70 x 7) for all whom you have wronged in this and past lives so that nothing within you is a block to your path.

3. Give a round of prayers to Archangel Michael, the angel of protection, to seal you, your household and community in blue-lightning love.
4. Give the prayer to K-17: The Cloak of Invisibility (50.004) to seal your spiritual work from all intrusion and opposition.
5. Give calls to Hercules and Arcturus, the Elohim of the first and seventh rays (10.002 and 70.003) who have told us that they can intercede for mankind in a very physical way in times of great upheaval and personal testing.
6. Give the call to Fiery Cosmos to raise your consciousness into new dimensions of being and to allow you to use the secret ray chakras in your hands to bless and heal souls in need of assistance.
7. Give the call to the Karmic Board (0.003) for dispensations of mercy and justice for the earth and its evolutions.
8. Give the prayers to Astrea and Purity (Circle and Sword of Astrea 10.009 and Radiate the Earth! 10.005) to lock their cosmic energy around all situations, people and places that need the intercession of the Elohim to strip them of all fear, doubt and to free them from darkness and evil.
9. Give prayers invoking the violet light, including the prayer to the Great Divine Director (Raise the Earth in Sacred Fire! 70.001/10.004) to assist the evolutions of mankind to rise into the golden age consciousness.
10. Give the prayers for the mitigation of earth changes (5.002) and for the holding of the balance for the earth (80.001).
11. Give the prayers I Am the One (10.010) and I Am the Sun (20.001) to energize yourself for the challenges ahead.
12. Give prayers and vows to Kuan Yin (9.005) and Mother Mary (9.000 or 9.001) for mercy and healing for all.
13. Finally give calls and fiats to Mighty Victory (20.003 and 20.006) for the victory of the lightbearers on earth.
 Feel free to give any other prayers, calls and fiats to invoke the light to meet your personal needs and the needs of all lightbearers.

BE PREPARED NOW!