EMERGENCY PREPAREDNESS INFORMATION

Spiritual MYTH BREAKERS

SPECIAL EDITION

WAKING UP SPIRITUALLY 3/9/26

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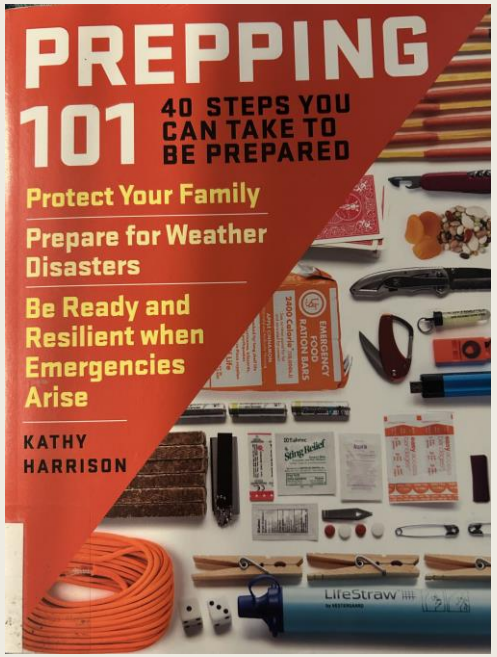

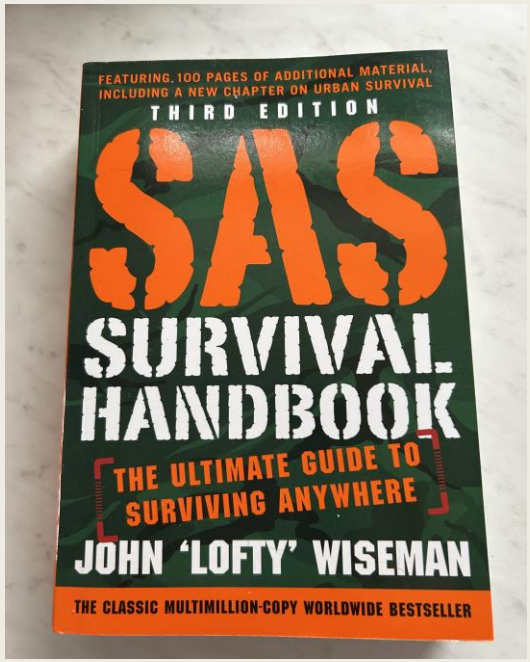

"Are you spiritually guided to prepare for emergencies, or is this action fear-based and helping create what you don't want?"

What emotions does the thought of prepping bring up – resistance; anger; irritation; or overwhelm?

Or enthusiasm to expand your skills and readiness to be more independent, sovereign, and prepared for all aspects of life?"

Probability Window is Open Again

There is a great probability that we are in for an obvious Ascendance shift perhaps in the next 2-3 weeks. Keep cash, water, and candles available. Different effects in different areas of the world. Possibilities: solar disruptions, no electricity, city water disrupted, internet going down, banks closed, cars may not work, major earth changes (earthquakes, etc.) GO WITH THE FLOW. Bumpy ride to get to the PEACE & new beautiful dimension. Spirit Guides told us it will take 10-12 years to go thru the Ascension.

Gnostic Light Keepers

Rev. Theresa

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Source: Rev. Theresa Micheletti,
Gnostic Light Keepers
(California – Feb. 2026)

Preparedness Background:

- While the majority of Americans believe they're prepared for a disaster, less than half have assembled an emergency supply kit

- Optimism bias exists:
- More than half of Americans feel they are less likely to be impacted by extreme weather, despite 43% having already experienced a disaster

- The US power grid (West/East/Texas) is more fragile than we may wish to consider, as is the supply chain

- Food purchase limits have already been placed by major retailers including Walmart in an attempt to prevent widespread food shortages

- Only 37% have stored drinking water for 72 hours

- A mere 5% of households have a complete emergency kit including both supplies and an actionable plan to either shelter in place, or to evacuate on short notice (5-15 minutes)

- Ready.gov and the American Red Cross provide excellent checklists to build your 72-hour kit

Disasters Experienced:
Hurricane Bob Boston – August 18, 1991
North American Ice Storm - January 1998
Seattle 69 mph Windstorm – December 14, 2006
Seattle 70 mph Windstorm – December 31, 2008

"What if the PROCESS of preparing for an emergency is needed to benefit you?

What if you're to step fully into your power, without abusing it?"
(life path 33)

How to Start Preparing Today:

- Know what disasters could affect your area; how to get emergency alerts; and plan where you would go if you need to evacuate and how you'd get there (car/ bike/ public transport/ boat/ on foot)

- Create your emergency communications plan. Include a physical list of key phone numbers and an out-of-area contact

- Download the FEMA app for weather alerts, safety tips and reminders

- Download useful local apps (ex. local Fire Dept/ Red Cross 1st Aid info)

- Compile your 72-hour emergency kit to shelter in place – water/ food/ light/ heat/ cool

- Build your 'go bag' if your area experiences wildfire; high winds/ tornadoes/ hurricanes; earthquakes; flooding or other reasons to need to quickly evacuate (5-15 minutes)

- Know how to disconnect your utilities – gas/ water/ sewer/ electric

- Have an emergency plan and practice it (time your grab & go; power off for 24-48 hours)

Fire/Waterproof “Go Bag” to Evacuate – Pack in Backpack You’ve Tested:

- Vital documents (Passport/birth certificate/driver’s license/ SSN card?) copy in 2nd location; digital copies
- Emergency phone list – out of state contact
- Local paper maps/ pen & highlighter
- Home & car insurance policies
- Vet proof of immunization
- Emergency cash (small bills) – money belt/ whistle
- Spare eyeglasses/ keys/ medication
- Cell with charger/ power bank
- NOAH radio/ flashlight/ batteries
- Water & no-cook food for 72 hours
- Pet food/ bowls/ toy/ medication
- First aid/ survival kits/ hygiene supplies
- Change of clothes – socks/ gloves
- Mask/ Swiss army knife/ duct tape/ lighter

EMERGENCY PREPAREDNESS RECAP:
- Water – 1 gallon per person daily – method to clean water if contaminated (boil/ Lifestraw/chemical tablets/ bleach/ Berkey)
- Shelf-stable food including items don’t need to cook/ manual can opener/ how to heat food/ cook without power?
- Flashlights/ candles/ batteries/ head or neck lamp
- NOAH hand-crank radio for weather alerts/ evacuation info
- Plan how to stay warm/cool – emergency home repairs if needed (tarp/ plastic sheeting/ duct tape/ plywood/ hammer & nails)
- First aid kits/ manual
- Hygiene and sanitation – how to dispose of waste?
- Plan for pets/ children/ elderly/ special needs
- Be prepared to evacuate/ keep gas tank ½ full/ park backed in

Longer term:
- Grow some food (heirloom seeds) – learn how to preserve (food grade buckets/ mylar bags/ oxygen absorbers)
- Consider purchasing a power bank with solar panels and a car charger (ex. Jackery/ EcoFlow/ Bluetti) or a gas generator

Resources:
Prepping 101 – 40 Steps You Can Take to Be Prepared
https://www.amazon.com/dp/1612129579
https://www.ready.gov/ https://www.fema.gov/
https://www.redcross.org/