

## “Be Prepared” Saint Germain’s Motto “Survival in Difficult Times”

What you may need in your home for your family & friends during the Times Ahead of us.

Invocation to Saint Germain & Great Divine Director

When Planning a new opportunity, **PRAY EACH & EVERY DAY for the perfect God Solution** - Mother always taught us to ‘Do your Spiritual work at your Altar 1st!’ During a Crisis, Call for your Cloak of Invisibility for your property and family.

Financial & Gold + Silver discussion.

Where will you be going if anywhere? Home, basement, Shelter, Friends, Civil Defense Shelter, farm, Lake cabin, Mt. cabin, Security?, group of people? No one is coming to help you. In many situations, no one can get to you even if they wanted to.

### **FOOD FOR 2 MONTHS FOR YOUR FAMILY**

- Investment in food is always a good investment, as prices will continue to climb. No one ever said during an emergency, “*Gee, I wish I had less food here.*”
- Containers (buckets, barrels) are extremely important. Have lots of pre-stored water and fuel at all times.

Pets?

### **CASH FOR ALL YOUR EXPENSES FOR 1-3 MONTH**

Silver and CASH worked fine. Only in \$5, \$10 & \$20’s.

### **MEDICINE FOR 60 DAYS**

You will likely experience injuries or mishaps due to new, unusual demands on your work activities. Practice safety and be prepared to deal with injuries yourself.

### **SUPPLIES FOR YOUR HOME TO FUNCTION FOR 30 DAYS**

Tools for Repairs, Laundry, Clothing, Solar Flashlight, Survivor Filter water, Propane Camping Stove, Emergency Water Pouches, Emergency Radio, First Aid kits, Whistle, Duck Tape, Rubber Gloves, Survival Knife.

Think about what are stores of energy: Wood, diesel, gasoline, propane, water elevation, etc. You MUST have good lights and many backup batteries, or you will be sitting in the dark.

- Having lots of spare parts.
- You can’t count on any government or institution or infrastructure to solve anything.

**Checklist items for your home:** Water, coins, clothing, equipment, Home Food Supplies: Beans, Heirloom Seeds, Farm tools, seeds, Pets, Security, Winter,

**Medicines,** 90 Day Supply. Tips for Strengthening Your Immune System & Preventing Illness.

**Handout Files:** e-mail Richard Amrhein at [amrhein33@me.com](mailto:amrhein33@me.com)

Flight Bags: List of items to include:

Men's personal Survival List:

Woman's personal Survival List:

72 Hour Emergency Preparedness Kit

Barter items

Beans, nuts,

Dressing to stay WARM

In shelter Checklist items

Masters quotes on preparedness

Survival Food Supply

Q & A