

Message from the Eternal Life Council

*"Beloved hearts,
You are standing at the threshold of change.
Not a change to fear — but a shift that asks for your presence, discernment, and readiness.
The cycles of Earth are realigning, and the structures you have known are being rearranged to
make space for the new.
You are here for this time, chosen for this very work.
Preparation will ease the transition, but your courage and trust will make it an adventure rather
than a burden.
Here is what we ask you to hold in your homes, in your bodies, and in your hearts."*

1. Physical Tools & Provisions

(To sustain your body in shifting circumstances)

- **Water security** — High-quality water filter (gravity filter preferred) + stored water supply for at least 2–3 weeks.
- **Stocked pantry** — Shelf-stable foods: legumes, rice, quinoa, oats, canned/tinned fish or beans, nut butters, dried fruits, seeds, powdered greens, bone broth powders.
- **Cash in hand** — Small denominations for ease in times of digital system strain.
- **Warmth & light** — Wool blankets, candles, oil lamps or LED lanterns with extra batteries.
- **Cooking alternatives** — Small camping stove with fuel, solar cooker, or rocket stove.
- **Medicine chest** — Herbal tinctures, immune support, basic first aid supplies, magnesium, electrolyte powder, multivitamins, activated charcoal.
- **Personal hygiene** — Biodegradable soap, toothpaste, menstrual products, wet wipes.
- **Durable clothing & footwear** — Waterproof layers, sturdy shoes, thermal socks.
- **Communication tools** — Battery-powered or hand-crank radio, portable phone charger (solar preferred).
- **Garden readiness** — Seeds for next season, small indoor sprouting setup for fresh greens.

2. Emotional & Mental Anchors

(To keep your heart steady and your mind clear)

- **Daily stillness practice** — Breathwork, meditation, or prayer to center before the day's tasks.
- **Community circle** — Stay connected to heart-centered souls who will support each other without fear, we will continue meeting, our group will grow as we grow.
- **Story & song** — Keep music, uplifting books, and sacred words to nourish your spirit when the outer world feels heavy.
- **Creative tools** — Journal, art supplies, instruments — creativity keeps the nervous system open and adaptable.
- **Nature time** — Touch the Earth daily; it resets your nervous system and attunes you to guidance.

3. Energetic & Spiritual Supports

(To hold your frequency steady during rapid change)

- **Energetic hygiene** — Regular energy clearing for self and space (sage, cedar, sound, Bio Energy Healing).
- **Protection symbols** — Wear or place items that remind you of your alignment with Source (crystals, talismans, written prayers).
- **Guidance rituals** — Begin or end each day with an invitation to your guides and angels to show the next right step.
- **Light body strengthening** — Practice breathwork that expands your energy field; stand in the sunrise to absorb life codes.
- **Service mindset** — Offer help where you can — giving keeps fear from taking root.

Final Words from the Eternal Life Council

*"We remind you, beloved ones,
These changes are not here to undo you — they are here to unbind you.
The world that is passing away held both comforts and cages.
The world that is arriving asks more of your presence, but offers more of your freedom.
Stay rooted in community. Hold fast to your joy. Remember that preparation is not just stockpiling — it is **state of being**. You walk as the lanterns in the night.
We are always with you."*