

Do you consider yourself “a prepper?”



- Why do you feel it is important to be prepared now days?
- Speaking in General:
 - What do you feel you need to be prepared?
- Speaking Specifically:
 - Is their anything else that you feel you need to be better prepared?

Most People Feel that THINGS are most important?

However...

4-Core Preparedness Skills

4-Core Preparedness Skills			
Please be 100% honest while filling out this assessment			
Spiritual		Mental	
<small>(0) Never - (5) Always</small>		<small>(0) Never - (5) Always</small>	
pray daily to my highest self		am a task oriented person	
recognize when I have done something to offend God or others I respect		plan each day with a priority list to do list	
know how to request personal evaluation from my highest self		can focus and stay on task	
thank my highest self for the day		get things done effectively	
accept all criticism		can look at a difficult situation and quickly create a plan to resolve it	
in the last year have received an award or honor from my highest self			
Total Points for this Skill		Total Points for this Skill	
Physical		Emotional	
<small>(0) Never - (5) Always</small>		<small>(0) Never - (5) Always</small>	
can walk 3 miles uphill while carrying 25 pounds		cannot worry	
in an emergency I can easily get off work		never get angry	
get 7-9 hours of sleep each day		stress does not bother me	
my immune system is very resilient and I rarely get sick		when chaos is happening all around me I can remain calm	
can live without my medications		in the last 30 days I have not had my temper	
Total Points for this Skill		Total Points for this Skill	
Total Points for all 4-Core Preparedness Skills*			

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- 4-Core Preparedness Skills
 - Spiritual
 - Mental
 - Physical
 - Emotional
- Read each statement and give yourself an honest score of 0-5. (0 is never and 5 is always.)
- Total your points for each quadrant
- Total Your Points for all 4 Preparedness Skills – on a scale of 0-100
- How did you do?

Stuck in the stream bed



Physical Health
Herbs – Anti Plague Formula

Goal of Anti Plague

Formula:

Create a Herbal Formula that would be effective against colds, flus and other and not so common illnesses!



Anti Plague Ingredient List

Herbs

2-3 lbs	Garlic Cloves
4 oz	Comfrey Leaf Cut
4 oz	Mullein Cut
2 oz	Skullcap Cut
2 oz	Gravel Root Cut
2 oz	Lobelia Cut
2 oz	Wormwood Cut
2 oz	White Oak Cut
2 oz	Black Walnut Hulls Powder
2 oz	Marshmallow root Cut
2 oz	Uva Ursi Cut

Additional Ingredients

10 oz	Raw Honey
3 qts	Raw Apple Cider Vinegar
8 oz	Vegetable Glycerin
3	64 oz Amber Glass Bottles
2 Glns	Distilled or RO Water
4 yards	Cheese Cloth

Why Garlic?



Garlic



- Asthma
- Blood Pressure High
- Cancer
- Circulation, poor
- Fevers
- Flu
- Colds
- Indigestion
- Staph/strep infections
- Ear infections

Why Comfrey?



Comfrey

- Anemia
- Blood Impurities
- Fractures, Bones, Broken
- Sprains
- Wounds
- Arthritis
- Lung disorders
- Colds, Coughs, Flu
- Kidney Stones



Image from Wikipedia

Why Skullcap?



Skullcap?



- Anti bacterial & Anti Fungal
- Anxiety
- Convulsions
- Infertility
- Nerve Problems
- Blood Pressure, high
- Epilepsy
- Insomnia
- Restlessness

Why Gravel Root?



Gravel Root



- Urinary problems
- Kidney
- Liver
- Prostate
- Uterus
- Relaxes

Why Lobelia?



Lobelia



- Asthma
- Colds
- Croup
- Ear Infections
- Fevers
- Lung Disorders
- Mucus, excessive
- Pain
- Relaxing

Why Wormwood?



Wormwood

- Constipation
- Fever
- Liver Problems, Jaundice
- Worms
- Menstruation and Cramps
- Inflammation – GI tract
- Stomach problems
- Nausea



Why White Oak Bark?



White Oak Bark



- Pain
- Strep throat
- Thrush
- Bleeding
- Skin irritations
- Teeth Problems
- Ulcers
- Worms
- Goiter

Why Black Walnut Hulls?



Black Walnut Halls

- Fungus: Athletes Foot
- Canker Sores
- Gum disease
- Infection
- Parasites
- Candidiasis
- Cold Sores
- Herpes
- Cancer



Why Marshmallow Root?



Marshmallow Root



- Asthma
- Bleeding
- Bronchitis
- Kidney problems
- Nervous disorders
- Pneumonia
- Lung Congestion
- Emphysema
- Boils

Why Uva Ursi?



Uva Ursi

- Kidney Infections
- Cystitis
- Gonorrhea
- Nephritis
- Urethritis
- Diabetes
- Spleen Ailments
- Bed-wetting
- Prostate Problems



Why Raw Honey?



- Natural Sweetener
- Anti-microbial

Why Reverse Osmosis or Distilled Water?

- Pure
- No Chemicals
- Makes a much better end product



Why Raw Apple cider Vinegar?

- Lowers Blood Sugar
- Diabetes
- Preserve Food
- Deodorizer



Why Vegetable Glycerin?



- Preservative
- Hypoallergenic
- Flavor
- Cooling and Soothing
- Canker
- Mouth Ulcers

Why 64 oz Amber Glass Bottles?

- Keeps safe from light
 - Light Oxidizes your formula
- Glass – better than plastic and the xenoestrogens that come from plastics



Why Cheese Cloth?



- Strainer
- Insulator
- Allows air in but keeps big materials in place
- Cheese, Tofu
- Bandages
- Etc.

Where to find ingredients:

- Pacific Botanicals
 - 541-479-7777
 - www.pacificbotanicals.com
- Mountain Rose Herbs
 - 800-879-3337
 - www.mountainroseherbs.com
- Starwest Botanicals
 - 800-800-4372
 - www.starwest-botanicals.com
- Best Botanicals
 - 800-453-1406
 - www.bestbotanicals.com
- Christopher's Herb Shop
 - 801-489-4500
 - www.christophersherbshop.com
- Good Earth Natural Foods
 - 801-798-7920
 - www.goodearthnaturalfoods.com

Blending Up your Garlic in Vinegar



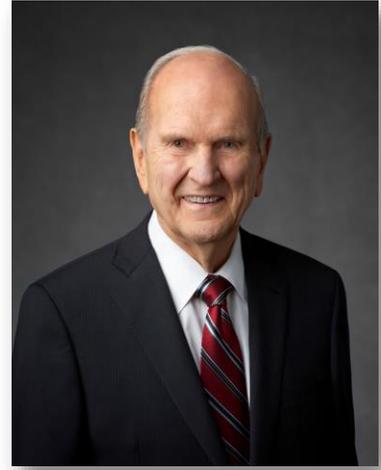
- Pulse it
- To the size of peas
- Let it sit for 4 days – store in a refrigerator



Why do we need
Spiritual Preparedness Skills?

Russell M. Nelson has recently taught: “... Increase your spiritual capacity to receive personal revelation.”

- *“In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost. My beloved brothers and sisters, I plead with you to increase your spiritual capacity to receive revelation.” Russell M. Nelson, General Conference Sunday Morning Session April 1, 2018*
- *“We also hear Him more clearly as we refine our ability to recognize the whisperings of the Holy Ghost. It has never been more imperative to know how the Spirit speaks to you than right now. I renew my plea for you to do whatever it takes to increase your spiritual capacity to receive personal revelation. Doing so will help you know how to move ahead with your life, what to do during times of crisis, and how to discern and avoid the temptations and the deceptions of the adversary.” Russell M. Nelson, General Conference Sunday Morning Session April 5, 2020*



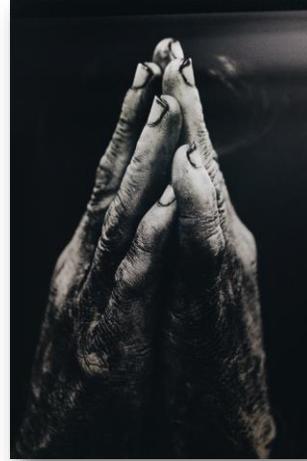
Vaughn J. Featherstone said:



“Our generation is going to suffer far greater and worse than of the early saints ever did. And if we do not have a personal relationship with Jesus Christ we will not stand.”

SPIRITUAL: The SKILL of Calling upon God and KNOWING he will give you an answer to your prayer.

- Your relationship with Your Heavenly Father, where you learn to be truly grateful for everything; your life, your mind, your body, the food you eat, even the difficulties that you are facing, and that you can tap into the unlimited power that your Heavenly Father has, to help you, your family, your business, your job, your addiction. Etc.
- This idea is that your Heavenly Father is real and he wants to help you. He has answers to all your concerns, even the very desires of your heart. If you know how to approach him and ask for his help you can get answers great, and small.



PHYSICAL: Your ability to BE Healthy and full of energy.



- Undergirding your entire life is how healthy your body is. If you have energy you can get things done. If you don't, you can't do jack.
- You could be wealthy and be able to buy anything you want. But if you don't have a healthy body, that will not matter.
- Your body is your vehicle to get you to where you want to be. Get it in shape and it will take you places.
- Keeping it in shape. Avoiding illness. Strengthening your immune system. Avoiding food and drink that will dull your senses and make you less healthy.

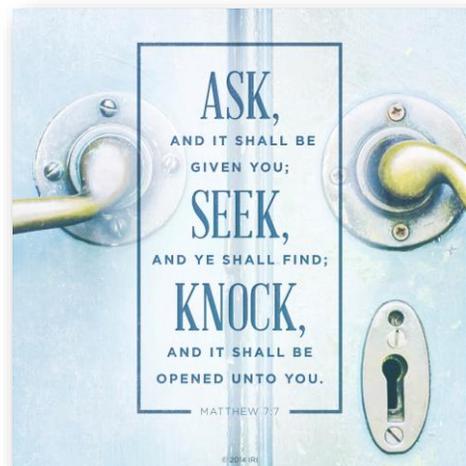
MENTAL AND EMOTIONAL: Your ability to face and manage a crisis in your life.

- Knowing how to calm yourself when faced with a difficult situation and then having the skill to make a plan and to follow that plan will allow you to get out of the CRISIS you are facing.
- If you find yourself stuck in the middle of stream bed with water running in one door of your vehicle.
- Or, if it is just planning your day. Or figuring out how to pay all your bills that you are behind on. You can manage to dig your way out of the hole you are in and get back on top of it. Because you know the steps to assess where you are at, make a plan and execute that plan to get yourself out of the mess you are in. And then if your plan needs a change, you know how to observe, watch for the results and adjust the plan and continue to move ahead.



Matthew 7:7-8, Luke 11: 9-10, 3 Nephi 14:7-8

- **7.** *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:*
- **8.** *For every one that asketh - receiveth; and he that seeketh - findeth; and to him that knocketh it shall be opened.*



Seek PERSONAL REVELATION to choose what to study and how to make it happen



- As taught by Jesus Christ; ASK for personal revelation on how to learn:
 - Ask – of God for the wisdom, understanding and resources you need/have (James 1:5)
 - Seek – answers by study, observation, by asking others, by application, find/use the resources, etc.
 - Knock – take action, be diligent, put forth the necessary effort to make it happen

Sis. Julie B. Beck Former General Relief Society President



- “The ability to qualify for, receive, and act on personal revelation is the single most important skill that can be acquired in this life. Qualifying for the Lord’s Spirit begins with a desire for that Spirit and implies a certain degree of worthiness. Keeping the commandments, repenting, and renewing covenants made at baptism lead to the blessing of always having the Lord’s Spirit with us.”
 - “Upon my hand maids in those days will I pour out my Spirit” April 2010

The Vision of Gail Smith 1999

<http://visionsandtribulation.blogspot.com/>

I'd had enough practice of what to do so I immediately went to the Lord and said, **"If it be Thy will and I'm not suppose to die, to please save me and show me what to do."** He told me to stoop down right where I was so I did. As the wall started to fall I noticed one of the upper windows and the glass had fallen out as it started to fall on me. As it fell, the open frame where the window had fallen out fell around me and I didn't even have a scratch on me. So I was shown that we would be preserved in these miraculous ways and all we have to do is believe and trust in JESUS CHRIST. I was told that our faith will grow with these experiences. As time goes on we'll get faster at knowing what to do. Once we start reacting in the right way and that it works and we're preserved and the Lord is there for us, then our trust and faith builds and we get stronger and more pure. The easy job will be dying. The harder task will be to live through all of these things. Just imagine living through these things and being there when the Lord comes in His glorious second coming. It's all going to be worth it.

Luke 21:33-36 KJV

33 Heaven and earth shall pass away: but my words shall not pass away.

34 And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that come upon you unawares.

35 For as a snare shall it come on all them that dwell on the face of the whole earth.

36 *Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.*

Why do you suppose that we need to hear the voice of the LORD at this time?

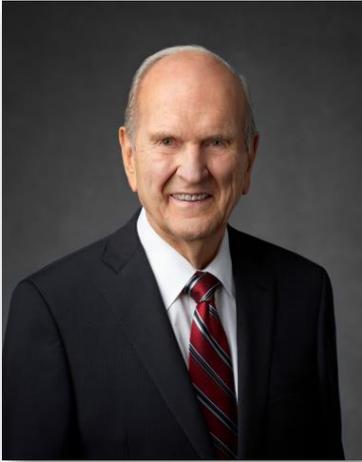


Dream: Wednesday, December 2, 2020



Answer came: Russel M. Nelson Jan 20th 2021

“I promise that as you increase your capacity to receive revelation, the Lord will bless you with increased direction for your life and with boundless gifts of the spirit.”



Would you have any interest in a 30 day training on Mastering the 4-Core Preparedness Skills

4-Core Preparedness Skills		Mental	
Please be 100% honest while filling out this assessment		(0) Never - 3 Always	
Spiritual	(0) Never - 3 Always	am a task-oriented person	(0) Never - 3 Always
pride only to my heavenly Father		plan each day with a priority list to do list	
recognize when I have done something to offend God or others I should		can focus and stay on task	
know how to seeking guidance/revelation from my heavenly Father		get things done efficiently	
thank heavenly Father for the day		can look in a difficult situation and quickly create a plan to resolve it	
ponder all I receive			
in the last week have received an answer to my prayers			
Total Points for this Skill		Total Points for this Skill	
Physical	(0) Never - 3 Always	Emotional	(0) Never - 3 Always
can walk 3 miles uphill while carrying 25 lbs of gear		random worry	
in an emergency I can easily eat different types of food		never get angry	
get 7-8 hours of sleep each day		stress doesn't bother me	
my mind/body system rarely rejects and rarely get sick		when chaos is happening all around me I can remain calm	
can be without my medication		in the last 30 days have not lost my temper	
Total Points for this Skill		Total Points for this Skill	
Total Points for all "4-Core Preparedness Skills"			

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