



'BE READY' SURVIVAL PLAN | *Preparedness is not what we have, but who we are and what we are doing!*

*by Deborah Sue Pomeroy Reckmeyer
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This is the Age of Revelation and the Time of Choice. Life is in the process of coming apart at the seams and we are seeing the world in a new way. The choice is ours how we respond to the current times. Across the board in every direction, things are coming at us. Everyone seems to be a deer in the headlights not sure which direction to head to take cover or survive the current times.

This time is the storm that has been brewing for a long time. The old way of power and control is becoming obsolete, and the new era of higher energies is coming. Right now we need to choose to:

"Be the Change... you want to see around you... be the right in a world of wrong... the one to make a difference... Be the Change," Arlon Bennett's song, Be the Change

Like the birthing a baby we have to go through pains of labor but in the end we will have a new life.

Right now is the time to 'Be Ready.' That does not translate into hoarding and trying to control all that is happening in our world right now. Also, this is not a time to focus on the blame and point fingers. We are in the burning building. Our survival and our wellbeing are more important than finding out why the fire started and who is to blame. THERE IS A FIRE... what are we going to do?

BEING READY in these turbulent times asks the question: what is our survival plan?

Actually, OUR PLAN is the realization that this is the TIME of THRIVING!

TIME OF THRIVING:

FIRST | WAKE UP! There is more than smoke. There is a full raging fire and something has to be done! We cannot become stuck in the flames or lost in the smoke. We cannot allow our beings to be engulfed and destroyed. Survival is the key. What is our focus? Looking at the flames and focusing on the smoke keeps us trapped by the fire. See the fire and move. Get out and head in a new direction. Find the path that is safe. Each of us has to find our own way.

BOTTOM LINE: *Life is not what we want. START being and acting exactly the way we want to be right now!*

SECOND | HAVE FAITH AND HOPE! This is the age of revelation and time of choice. We need to believe that we can do something to ensure our own wellbeing. It is the time to take responsibility and determine our own future. Our sights need to hold to what is coming and all that can be, not what is. To make our way, we have to believe in where we are going, even when the path and outcomes are not clear! THAT is faith. There is a path that ensures our survival.

BOTTOM LINE: What is does not have to be. START believing that there is a better way, and hold in your heart that you have and are all that you need, want and desire.

THIRD | GET BACK TO BASICS! Realize the concept of the Zeropoint (Gregg Braden). We need to focus our energies onto our wellbeing and survival. This translates not into indulging and exploiting the resources of this world, but taking responsibility for our lives and those we love. Define the priorities in our life and what is truly important. Draw healthy boundaries, realize our circles of trust and wise council, and make hard decisions on what is okay and what is not okay in each of our lives.

BOTTOM LINE: Current cultural life's priority does not have to be. START seeing the world with new eyes. Rediscover the fundamentals in life and what is really important to your life and your family.

FORTH | BE PREPARED! This means being ready on all levels. Clean our houses. Let go of all the stuff. Turn on the lights. Clear away the cobwebs and the dust. Let go of all the clutter that has made our journey heavy. Make sure we have the essentials that nourish our bodies, our souls and our lives. Realize that right now in the turbulent times that unthreatened shelter, 3-6 months of food, a source of water that is storable and able to be purified, and fuel source such as wood is imperative. Plant gardens with heirloom seeds and once again remember how to can foods and gather seeds for the next season (Hybrids do not produce seeds for the next year). Connect with local retailers, growers and farmers to secure needs. Create a plan. If the grid goes down and there are no banks, no fuel, no electricity, no money, no food, and no water, what would happen? What things could we live without and what things are necessities?

BOTTOM LINE: *Dependence on the outside world does not have to be. START taking back personal power by not accepting everything as it is, by 'doing your own research', coming to your own conclusions, deciding what is important and what you need to do to have all that is important in life.*

FIFTH | BE CENTERED AND BALANCED! Our life is like a spoke wheel. When the spokes of life turn on the wheel, being centered keeps us from being thrown around in one direction or another by each event. The MQD (Multidimensional Quantum Development) process that keeps us anchored to who we are and what we believe allows all aspects of our life to flow smoothly. This MQD alignment is between source energy into the material manifestation of life. By empowering the soul and enlightening the being we become conscious creators. The Aboriginal belief presented in the movie Australia is that each of us has 'our dream, our song and our story.' 'Tune in' within this world and navigate life, or we lose who we are.

BOTTOM LINE: *Tired, stressed out and out of balanced life does not have to be. START by not accepting the lie that there is not enough time and we are not good enough. We are exactly where we are meant to be and we have all that we need right now. Take one step at a time and deal with life as it comes up each moment. Make the best plan and let the rest go. Stay calm and centered. Refresh and renew.*

SIXTH | STAY FOCUSED ON INTENTIONS! Our life to stay anchored. This means seeing the stressors in our life and learning to deal with stress that comes our way in positive ways. Stay centered and clear in our wellbeing. Our lifestyles, our thoughts, our ways of navigating life, our foods, our friends and all that we do need to help us keep strong to the direction we are heading. Focus on the higher energies and stay positive in our creations and hold onto our focused intentions.

BOTTOM LINE: *Responding to the storm and continuously reacting does not have to be. START taking charge of life. From your center, make the space to put together a plan. Focus intentions of having and being what is desired. Respond as necessary when road blocks arise as they do and move beyond into the intention.*

SEVENTH | LET GO AND BE OPEN! The 'old' modes of operation and release the energies of the past to be open and allow the 'new' energies that are trying to come in. This is 'cleaning house' to make room with all that is coming. 'Being Ready' is making the space and opening up our lives to receive. Let the old wash away and allow the new to renew our souls. Put up the protective layer that wards off the negative issues that are preying on our wellbeing and keeps us open to receiving the higher light energy.

BOTTOM LINE: Fear based living does not need to be the mode of operation. START letting go of having all the answers and controlling all outcomes. Let go of being fearful of what might happen. Hold onto the belief we have and are all that we need. When we need something it is there. Know that we have signed up for this journey and all is as it should be.

This is the true preparedness we so desperately are looking to find and forge forward during this time of crisis, in the darkest of days. We are ready for the thief in the night when we are standing strong in who we are and what we do. The things of this world will never make you ready. They are just things that we are using rightly or wrongly ... be the change we want. This time will reveal the choices that are there for all of us to make. How prepared are you? Are you ready? What are you aligned with? What is truly important you, your life and your future? Hold on... we are going for a ride!

“Live in Love, & Remember to Laugh!”

2009 TIMELINE

Spring 2009

- Get our house in order on all levels.
- Prepare for zeropoint of the end time known as 2012. Do your own research into the current times to wake yourself up and make sure that you are prepared for your own journey. Look into Gregg Braden, Michael Tsarion, Bruce Lipton, Ian Xel Lungold and others on the front end of the wave of destruction and how to survive the current end cycle.
- Focus on creation and be open to the energies of the universe.
- Detox and cleanse to be prepared for the times coming.
- Make sure that we have all needed supplies for 3-6 months.
- Plant a garden, secure shelter, water, food and fuel for following winter.

Summer 2009

- Focus energies.
- Stay secure and hunker down.
- Don't be distracted by the current times.

End of Summer 2009

- Focus energies.

- Make ready for the winter.
- Renew internal strength.
- Detox and cleanse to prepare for the coming times.

Fall 2009

- Focus energies.
- Allow the old to wash away.
- Stay secure and hunker down until the end of the year

ABOUT THE AUTHOR



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Deborah Sue Pomeroy Reckmeyer lives in Northern Virginia with her husband and children. She works from home on a variety of projects ranging from consulting to supporting authentic living and conscious creation. She is developing a host of websites dedicated to bringing people and needed resources together so that each can embrace their personal power by 'doing their own research' and taking personal responsibility in their own lives.

Deborah has been called a philosopher, a visionary, a teacher, a healer, a prophet, a muse, a mentor, a friend, a wife, a mother, a sister and a daughter. Actually she is a spiritual being of light energy

experiencing and expressing herself imperfectly through her limiting bio-suit that does not fit her free spirit within this dimension, like everyone else.

Deborah lives in the broken world with the rest of us. She, as others do, expresses her vision with her wisdoms in today's culture. She has studied and researched science, physics, the language of math, medicine, healing, philosophy, history (ancient origins & myths), psychology, education, teaching, human development, animal training and many other pursuits. Each falls short from the vision that Deborah holds. Plainly life does not work. Many would say that Deborah has failed to fit into the current system of this dimension. Deborah would say that the current system has failed to work (not only for herself), and she is dedicated to her part in forging the new way that will bring forth a world that works for all. Deborah is currently pursuing many esoteric teachings to further her personal evolution and expansion.