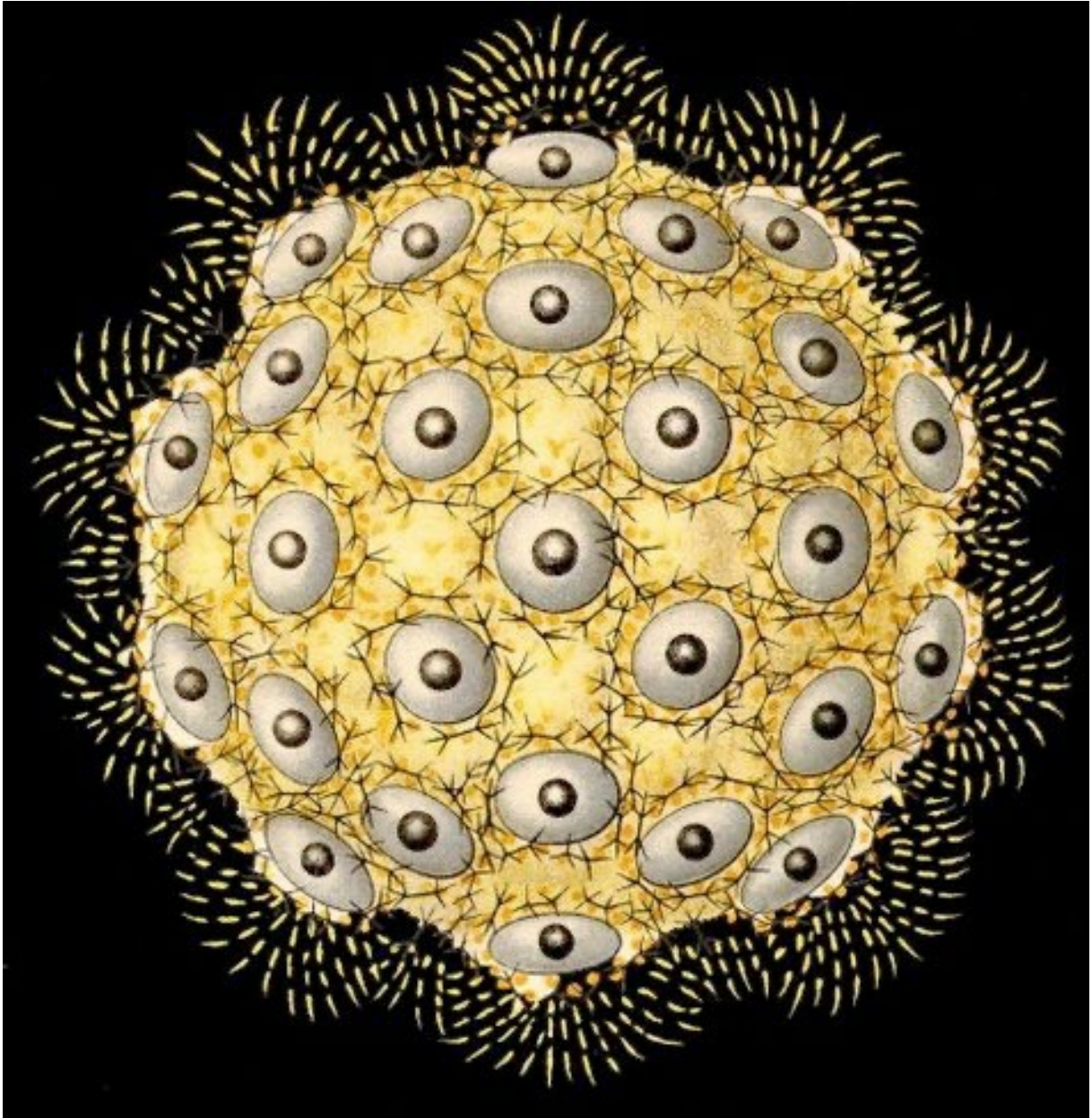


What & Why

INTRODUCTION:



World Family: The coronavirus Covid-19 has quickly spread and become recognized on the world stage as a global pandemic threat of serious proportion with significant human health and social-economic repercussions.

With this current and fast moving pandemic, most governments are finally turning to the scientific data and the factual knowledge of leading infectious disease specialists' who tell us (and have been telling us) that this kind of pandemic is not easily stopped.

In fact, the data and the scientific models predict (even with the drastic social-distancing being put into place) that the current Covid-19 will carry on and effect world health and economic order for at least the next 18 months...

...Even then, experts say that the virus won't just go away (although we may get it under control and be better prepared to handle it when it mutates each season as predicted and much like the seasonal flu bug mutations each year). In many regards - until or unless we change ways of working better within our earths' ecosystem, this kind of viral infectious spread is here to stay... and expand. It's what smart viruses do! ...And this is one very smart virus. (more on that later).

HOW & WHY THIS BOOKLET CAME INTO BEING:

As the coronavirus Covid-19 entered and started to spread into the United States (a few weeks behind the larger epidemics in Asia and much of Europe - although part of that is probably lack of national focus in this country) its rapid escalation has resulted in many States and municipalities moving into "shelter at home" mandates.

Here in California (at the moment) this has become our new norm. And so early this week I began doing a lot of alone time reading. At first, like many people I guess, there was some playful humor around the whole thing: jokes about toilette paper; images of doing a wine tour at home (going from a tasting in the living room, to one in the kitchen, to one in the bathtub etc.) All in (bad) fun... until the realness of this - and the impacts -- and the need to really see what is going on took over.

And so I got to work.

MY RESEARCH METHODS (on speed dial)!

With my training and background as a social research scientist, I began educating myself and hunting out some of the more in-depth factual reports and statistics; reading what experts in the field were saying; what the markets were doing; researching available healing and wellness options.

The more I studied beyond and outside of the traditional consumer news media, the more I began to get a frightening picture of the reality of this virus. I read clinical studies -a habit from good ole grad school days: You know, those white papers that start with Abstract, and Methodology and Controls and then a whole bunch of Statistical Analyses and Results... and finally the Conclusions) This got me more attuned to what is really at stake here.

And as I continued my "lit review" (as we used to call it) things started to coalesce for me. For example, a reporter's comments about the new 100-page US governmental report

which I couldn't get hold of, had one little sentence that almost slid by my read: a section **forecasting and emphasizing significant damaging disruptions in basic supply distribution for needed home goods for many months to come.**

I started to consider what basic supplies I should plan ahead to keep in the household if we were to be in this for the predicted "at least 18 months".

Then I moved to more investigative reading to determine the most important health-protecting products. Then to the internet and to the use of Amazon as a searching and initial shopping cart list-making source **to see if I could compile a good -and somewhat standardizable - list of home health-boosting pantry supplies and goods that I would need to feel I'd done all I could to be prepared - and that I could share with family and friends at risk.**

..."Friends and family at risk"...I stopped. We are all family at risk on this earth boat. We are all sharing the experience of this communicable virus. In this realization we desperately need make friends. This is a world pandemic - without walls. (hello!)

THIS WORKING DOCUMENT:

I hope in some small way to share the results of my own home preparation and specific lists for a health-supporting pandemic pantry with any and all for whom it may help as you develop your own.

I don't expect it will be comprehensive by any means. I know there are many additional good suggestions, products, resources and ways to set up your home so that you can feel empowered that your home and family wellness is as safe and secure as it can be.

I hope that this working document will help organize and enable you to move rapidly without having to re-invest time in some research already done.

I also hope that it will help you find your own versions of useful products and sourcing, and that some of my quickly compiled starter ideas will likewise spawn things I may have missed or am unfamiliar with and that you will need.

Please use my lists to expand and personalize your own.

...And I hope any who feel inclined will share this doc as well as post additional suggestions or improvements and ideas on the many social networks set up for coronavirus support. Excuse me but *F@&k* critique: Please use this and change or adapt it for usefulness to yourself and others.

Background & Caveats



NOTE: This book is written from the perspective of product purchase and supply distribution sources currently available within the United States although I hope they will prove useful or may be adapted to other nations as well. I realize that some - perhaps many - of the suggestions in this book will be impossible or ridiculously expensive to consider or obtain in some other areas of our world. I have tried to offer a few best cost/value simplifications for your pantry based on your access.

Other countries and regions I know will have different and many better options than those I have listed here. (For example, other nations and regions may have common access to whole medicinal plants, where we in the US are often limited and handicapped in this area and will have to rely on more costly pre-made herbal tinctures.) So where some of these products will be unobtainable to you, I hope you will take and use this basic template and the healing basics behind some of these substances themselves, to revise in ways that may help serve your own areas and populations.

Those with access to good local health food /herbalists' and Amazon delivery (assuming they can keep pace with demand) will be able, I hope, to take this list and run with it.

It is my hope that this small start toward home preparedness will inspire others to join in by augmenting, clarifying, correcting, translating and enhancing with information and resources more

pertinent to other world nations, regions and their different food and product distribution systems.

CAVEAT: I apologize in advance for some likely awkward, too wordy sentence structures, as well as typos, grammatical errors etc. These are things that more time (and an editor!) could help me sanitize (pun intended).

With the rapid spread of this virulent virus and its significant threats to so many, I am going to over-come any pretense of professional perfectionism I might have and not worry about missed things like dangling participles, abused adverbs, over-excited adjectives, improperly dressed pronouns etc. I hope you will overlook these things with me. (...Better yet, edit this first edition and I'll resubmit a cleaner edition next :)

MY BACKGROUND:

Finally, please know that I am not positioning or pretending to be an expert in anyway on the subjects of disease control, this pandemic, or the many complementary health practices both inside and outside of my region of birth (US). I am not a nutritionist, medical doctor, psychologist, or disease scientist. I do have an extensive training and academic Master's of Science degree in applied social research, evaluation, and clinical problem solving - and with that advance training, a lifetime skill set in research and writing.

For those who want to argue strictly for the allopathic, please feel free to take that one road. For those (like myself) who research deeply and utilize the best practices of all methods (allopathic, homeopathic, naturopath, osteopathic etc.) along with a disciplined meditative mind and spiritual inner compass, I believe this document can help you take personal responsibility for boosting your wellness from home and distancing you from the likelihood of being left incumbent upon an already overwhelmed and under-resourced healthcare system.

With graduate academic training and 28 years of professional work as a social research scientist, I have become - in the last 20 years - more internationally recognized as social philosopher, author/healer, and teacher of conscious living arts, In 2000 I Founded *The SoulArts Process of Awakening*™, which is a creative home awareness practice and healing breakthrough teaching for following inner guidance in every day, real nitty-gritty living.

I have worked with many hundreds of individuals who have come to work with me privately, one-on-one, to overcome fear, anxiety, depression, grief, self doubt and loss of connection. I guide them in the inner art of healing and finding life purpose arising from these wounds, traumas and early conditioning.

In this work, I have witnessed how fear becomes a doorway to inner growth, healing, and ultimately the realization of love - embodied.

I've seen how the truth of Soul calls each one of us (when we learn how to listen) to seek and to express its unique genius.

And I've seen that by awakening to a mature love affair with life, this world may turn and heal and rebalance ...if we so choose to heed the wake up call from the natural world - which is currently presented in the form of this world-wide pandemic.

...And so, very simply this working document is written because something inside told me this morning that I should. I feel that something is Love. Love to me, is verb... Love to me always surrounds - and is often brilliantly awakened through the trials and trails of fear (when honored rightly.)

Thank You. And may this challenge bring you closer to what is next ready to be more truly lived and deeply loved and shared, in a next dawning realization of the real meaning of life.

Buiding A Home Protocol



This is an abbreviated compiled list of what I now consider the basic and essential pandemic pantry items to have in my own home during the early and coming months of this pandemic. I'm sure it will be added to as we all learn more. But for now, I feel good about this basic listing and protocol in my own home and hope you will find it useful too.*

A good part of the items and protocol in the Pandemic Pantry comes from one particular book by author, Stephen Harrod Buhner* that I have found thus far meets my research criterion for offering the greatest amount of detailed information about the rising viral pandemic threats to our world, as

well as an impressive presentation of the cellular and molecular biology behind how SARS and earlier viruses work and mutate in the host organism.

I took his depth of knowledge and tested (as much as I could in short order) the formulas and structures presented in this book against what is currently known about the Coronavirus Covid-19... and I found him to be right on with his understanding and what we are now finding and facing in this virulent next newest coronavirus.

NOTE: I do not have the depth of knowledge nor the expertise of author, Stephen Harrod Buhner** I beg his apology if I have gotten anything of significance incorrect or if my quickly compiled home protocol is under-suited to his deeper understanding (which it surely is). I did the best with our current situation and limited access - which I assume you the reader will probably be working under as well.

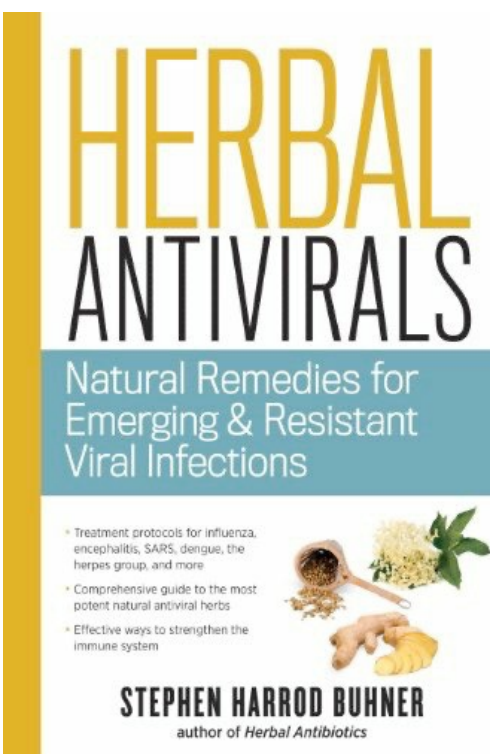
I refer you to the author and to his book for the *real deal* depth: His clear description of the virus' entry points and travel techniques through the body systems is itself an impressive eye-opening and poignant realization of just how elegantly intelligent is this virus!

The author goes deeply into more micro biology than many will want to even try to understand, but he also explains very clearly why and where pharmaceuticals are mostly not equipped for this virus... and exactly how, where and why certain herbal and homeopathic protocols - at specific timing points within the virus' travel through the body - can heal the infection.

I am here, merely sharing what I quickly gleaned and put into place during my own 2-day process of getting ready and being as best prepared at home as I could in short order as stores and other avenues were closing.

I hope this simple start will serve others disinclined or lacking the time or expertise to quickly research and compile and procure. (whew).**

WITH GRATITUDE TO:



Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections; Stephen Harrod Buhner (266) Kindle Edition \$10.49 [Buy](#)

Please refer to caveats in Ch 2

**** [Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections; Stephen Harrod Buhner, Storey Publishing \(on Amazon\)](#)**

Basic Home Healing Protocol



I'm going to break this sections into 3-Sections:

The Herbal Items for your Protocol Pantry

A Suggested Daily Protocol during Covid-19 infection (Based primarily on: [Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections; Stephen Harrod Buhner, Storey Publishing \(on Amazon\)*](#)

Home Pantry Food Supplements; i.e., home pantry products to assist with easy, healthy immune boosting meals during quarantine or with limited food shopping options.



*NOTE: You will find far greater detail and a far more thorough listing of what herbs to use, when, at what stage, and how to substitute in Burner's book. I am providing you here what I was able to quickly obtain (online at Amazon and through a local health food store) --- so that you may likewise get a jump start on this in your home.

If you know more about herbs or have access to them in their natural form (such as stems, flowers etc.) great! I had to rely on pre-made tinctures (and sought out the best I could find within price reasonability) due to a large delay in current shipping or the ability to prepare from scratch.

I am also going to share my list as a straight Amazon list with links, where feasible, so you can order quickly or research to find alternatives.*

IDEA: This list would provide a great place for starting your own home medicinal herb garden for the longer term... something I plan on doing asap.

HOME PROTOCOL PANTRY STOCKING:*



THE MAIN PROTOCOL INGREDIENTS: (with direct product link via Amazon for those this will help)

[Chinese Skullcap](#)

[Boiron - Oscillocochinum \(Homeopathic\)](#)

[Echinacea Angustifolia](#)

[Lomatium](#)

[Cordyceps+](#)

[Red Root](#)

[Isatis](#)

[Licorice Root](#)

[Cayenne Pepper](#)

Fresh Lime (I plan to substitute with [Vitamin C Powder](#) (if no lime)

Fresh Whole Ginger (2lb or so each batch) - Health food or grocer ([amazon product doesn't have great ratings...but if you must](#)) And [if you don't have a home juicer, then this option.](#)

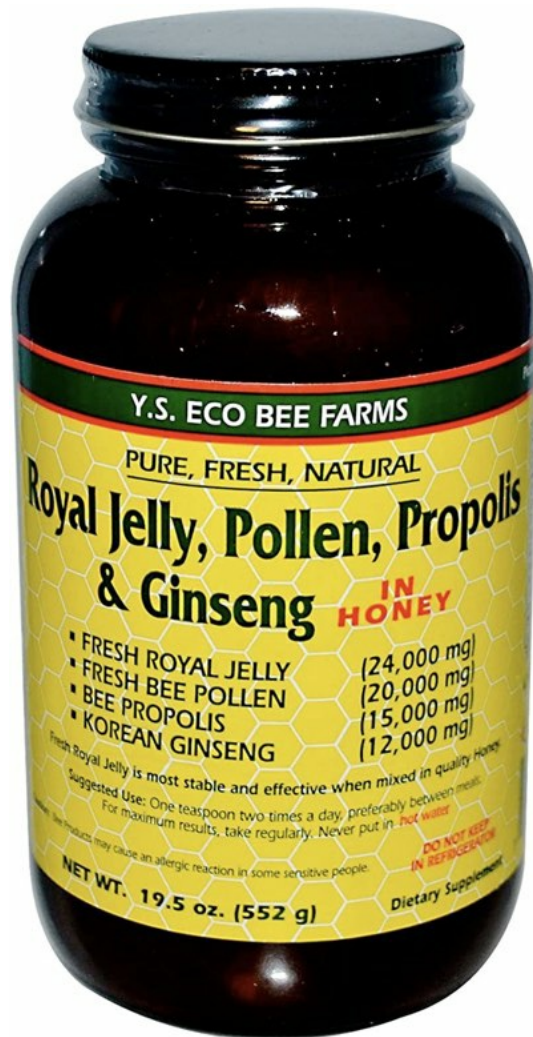
(According to Buhner, ginger powder is not effective, nor is using ginger tea ...although perhaps better than none.) If you can go “all in” and purchase a [good home a juicer machine](#) it will be well worth it. Vitamix or other blenders won't work to extract juice although perhaps in a crunch you could figure out a way...)

TO THE ABOVE MAIN SOURCE LIST, I ADDED THESE:

[Immune Support Compound](#)

[Fire Cider - Online](#) (Or make your own with a 30 day cultivation time)

[Royal Jelly,Pollen, Propolis& Ginseng](#)



REMINDER that I am sharing here the herbal product source that I was able to get delivered quickly here, now. Other suppliers or other forms may be better or more easily obtained for you or at another time. **ALSO NOTE:** Commercial teas are not the same potency. To use these herbal suggestions above as “medicine” please stay with high quality tinctures or organic herbs for making your own. Please refer to Buhner’s book (see previous chapter) for other useful herbals, exact formula and utilization recommendations, as well as to get a more thorough understanding of why each is important, at what stage in the infection, and why...

COST AND ECONOMY: I know this is a pricey list, and will be too much for many of us. Here is where you will have to do your own juggling and best judgement (SEE BELOW). Based on my reading and research thus far...

If I could only afford 3 items from the above to equip my home at this time, I would probably get:

Fresh Ginger [if you don’t have a home juicer, then this option.](#)

[Royal Jelly, Pollen, Propolis & Ginseng](#)

[Boiron - Oscilloccinum \(Homeopathic\)](#)- or [Fire Cider](#)

If I could add 2 more, I personally would most likely get:

[Chinese Skullcap](#)

[Chinese Skullcap](#) or the [Cordyceps+](#)

IMPORTANT NOTE: Some of these substances **may not be safe** for people with certain medical conditions or who are taking certain medications. (For example people with autoimmune, heart, gastric reflux issues etc.) **BE SURE TO CHECK WITH YOUR PHYSICIAN** if you are unsure and before taking any of these herbal remedies! (You can probably also Google and see if your condition warns non use of any of these remedies.)

THE DAILY PROTOCOL*

*This part of the protocol is mainly extracted from Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections; Stephen Harrod Buhner (266) Kindle Edition \$10.49



EARLY ONSET PROTOCOL:

At the very **VERY** first sign of tingling throat or sense of coming down with a flu (you know the feeling) here is the immediate protocol to stop the virus from taking hold. (This initial protocol will not work if the virus steps to the next level. That will require a different protocol - the reasons for which are extremely well presented in molecular detail in Buhner's book - highly recommended and fascinating).

Oscillococcinum ~ one small tube every 6 hours, 3 times per day for 2-3 days in a row. (Follow label homeopathic guidelines --i.e., usually under the tongue until the pellets dissolve and 30 minutes away from any food or drink)

Raw Ginger Juice (or Substitute with Echinacea Angustifolia - NOT “Echinacea purpurea” if unable to make raw ginger juice.) ~ 3=4 oz of **Ginger Juice**, 1T honey, dash of **Cayenne pepper** (up to tolerance - about 1/8 teas. according to the book!); a quarter of lime (I substitute **Vitamin C powder** if I don’t have fresh lime) - fill the remainder of an 8oz cup with **WARM water** (not too hot or you will kill living enzymes) -- **Drink 2-6 cups a day**. According to the author, if you catch the virus at the early stages, this will likely end the infection in a few days.



MILD/SEVER INFECTIONS:

Of course if you need and have access to good medical care, DO THAT! Again according to herbal expert Stephen Buhner, in moderate to severe infections, the dosing and additional herbs that meet the virus at a different state become essential. I cannot possibly do justice to his depth of explanation nor all of his protocol here, so I will first: Refer you to his book! And second, I will tell you what I have done:

To the above Ginger protocol for Mild, I have added the other tinctures previously listed. I

added:

[Chinese Skullcap](#)

[Echinacea Angustifolia](#)

[Lomatium](#)

[Cordyceps+](#)

[Red Root](#)

[Isatis](#)

[Licorice Root](#)

[Immune Support Compound](#)

[Fire Cider - Online](#) (Or make your own with a 30 day cultivation time)

[Royal Jelly, Pollen, Propolis & Ginseng](#)

[Cayenne Pepper](#)

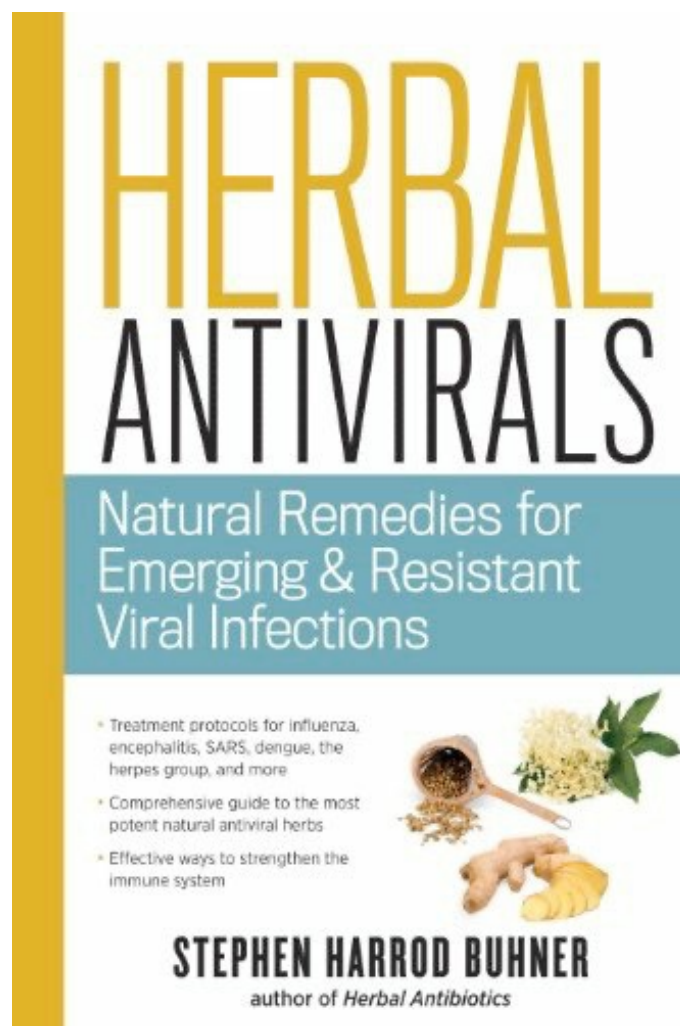
In terms of how much to add, all I can tell you is I added two droppers of each (or the equivalent) ...and drank a cup every 90 minutes.*

*As stated earlier, Stephen Buhner is an international expert on viruses and their behaviors; the past and current pharmaceutical drugs and protocols, and the inner workings of herbal remedies on a cellular level.

I am not - nor would I ever - steer away from the medical knowledge or the help from available medical institutions. If you have access to doctors, hospitals, testing and medical equipment like ventilators -- and need it, by all means utilize it! This workbook is (as I have said) what I myself have done to take on as much of the protection and healing as I possibly can, to: a) prevent contracting the virus; and b) take my best shot at healing and recovering with or without proper medical treatment (which may or may not be possible or needed).

*** DON'T FORGET - People with some medical conditions should not take some herbals, so please be sure to check with your physician if you are not sure!**

WITH GRATITUDE TO:



*Please refer to Buhner's book (above) for other useful herbals, exact formula and utilization recommendations, as well as to get a more thorough understanding of why each is important, at what stage in the infection, and why...

HOME PANTRY ITEMS FOR MEAL SUPPLEMENTS

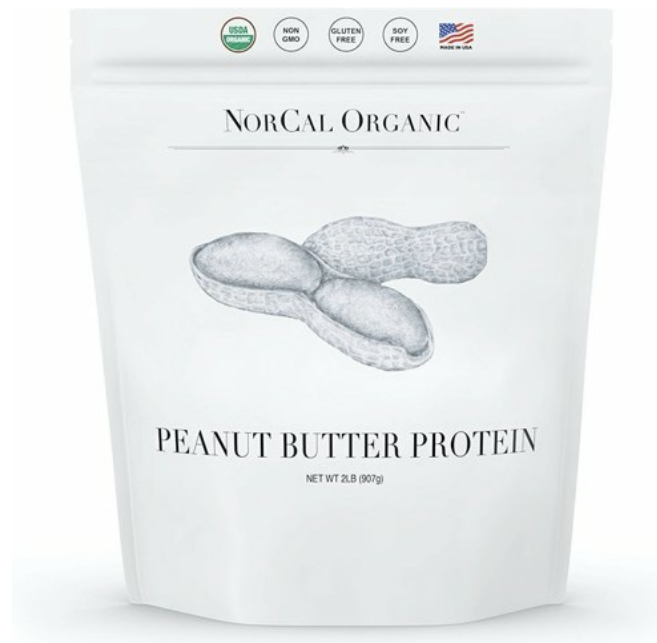


OK, some purists' will take exception to some if not all these items. They'll say everything should be raw whole foods... or that "this item is crap because of xyz" etc ...Well, in the event that we can't get raw whole foods, these are my backups to make sure I at least have the nutrients, proteins, fats, carbs, enzymes, minerals I feel I most need for maximizing my wellness if I am without more ideal food sources. In times like these pragmatism outweighs perfectionism I think.

Also others will say, that my items are WAY TOO healthy and that I'm ignoring comfort foods

or cheap staples. I am. Here I'm simply focusing on the bare minimal to have in my pantry so that I know I have at least some form of veggies, bone broth and key nutrients to add to smoothies, soups, pastas, stir fry etc. (...And just for the record I did add cacao powder, tahini, honey, peanut butter powder, seeds and nuts ...from which many decadent desserts can be quickly made. Yummm)

So here's what I added to on top of normal pantry items, canned goods or meals in my freezer. ...And if I did not have much in the way of normal pantry items or a freezer, then I could use what I have listed below in an emergency quite sufficiently... That was my "criterion".



A. THE BARE BASIC FOOD PANTRY NUTRITION SOURCES (with direct product link via Amazon for those this will help)

[Low Sodium Vegetable Base](#)

[Organic Peanut Butter Powder](#)

[Alive Ultra Shake](#)

[Collagen Powder \(grass fed stock\)](#)

[Super Greens & Probiotic Powder](#)

[Raw Cacao Powder](#)

[Tahini or Sesame Seeds](#)

[Organic Apple Cider \(with the mother\)](#)

[Yogurt Cultures](#)

[Almond/Rice/Oat Milks](#) (or the raw materials to make you own milks)

[Raw Unfiltered Honey](#)

Vitamin C Powder (I selected Orange Peel Vitamin C Powder because it adds a great flavor hit to soups, smoothies...and my (sshhhh) - below mentioned - *Gin-Gin-19 Cocktail*. Also you can use it to make a facial spray which is great for the skin:)

Things like rice, beans, lentils, bread, tomato sauce, spices, water, fruits and veggies, and your own other pantry selections are assumed.

Reminder. I am NOT necessarily supporting the specific products in these links. What I am doing is giving a quick place for those who don't have the time nor inclination to research and compare brands an easy way to procure (if you have access to Amazon - or to use at your local grocery store or health food store as a "working list") ...These Amazon links will also provide, I hope, a kick off place for others who would like to sleuth out their own preferred brands, nutrient profiles etc. (I have, in most cases, done my own comparison and review research here and picked the best products at the best prices I could and still get this out in 2 days.)



RECIPES & POWER SMOOTHIE/DRINK IDEAS

Assuming we continue to have Internet access, you'll have no trouble finding free online recipe suggestions. (If you love chocolate - and great brain food, [don't miss raw cacao balls](#).) Mainly, I just improvise in all food preparation. It's a great creative art. Lets say I'm making soup and don't have veggies. I'd make a veggie stock; add some collagen, stir in some brown rice or lentil, add some nuts or seeds and spices, squeeze lemon if I have it - et Voila! Or [for smoothie ideas](#)... there is no shortage online... or wing it and put together things you love and have on hand.

Have fun creating fantastic health directed foods and drink that let you rest assured that you are taking care of your family's health.

*...OH: Remind me to add my “secret newest (for those who imbibe in cocktails) *Gin-Gin-19* recipe (or you can probably guess it.. Oh just Think: All that fresh squeezed healing Ginger Juice, improvise from there. :)

The Tough Love Call

To An Expanded Vision



At present most of our world social and governmental systems are not set up, funded nor well-enough organized and properly functioning to safely meet the exponentially growing needs of it's populous with regard to this pandemic (and myriad other social issues as well)!

It is now generally understood by most world governments that leading infectious disease scientists' and climate change specialists' have been right all along:

We have damaged and destabilized the ecological balance that is required to sustain not merely healthy human life - but the millions of plant, animal, mineral life which form the intricate web of life on earth.

These experts have warned us for years (and in fact much longer) that a global pandemic is an inevitable outcome and consequence of the gross misuses and mistreatments we have piled on our earth home and her elegantly inter-dependent ecosystems.

This is why I am putting this small document - and this necessary rant out there. It is part of my felt responsibility to the Covid-19 wake up call.

This dramatic moment in our world's history is making a very obvious call of serious distress to our systems. This moment in time offers a fork in the road for humanity. How we respond will become key. Will we just keep dogged on the trail we have been taking and try and command and strong arm nature's organic ways to our myopic needs? ...or will we sit and pause at this crossroads and realize that it is time - and in fact imperative that we hear the Call Loud and Clear!

At all times of great need for change there is a moment - an opportunity presented (usually arising from crisis) to pause; to search and reflect on new ways to walk with what has transpired.

Right now on a global level, we are called to a widening circle of friendship and support that spans beyond family and friends - old ways of comfort self-satisfaction.

We are being called to a new vision - one that recognizes the mechanisms of fear and a growing world instability for what they are: a human virus - a cultural plague being grown on the world stage petrie dish that is replicating more and more resistant cells of "us vs. them" self-protectionism. This is growing more and more widespread until tribalism becomes pandemic and endemic to the very fabric of society and our world culture.

That's where we've been heading folks... to a viral pandemic culture of fear, self-protectionism, divisiveness, projection, irresponsibility and more and more "alternative fact-making" to serve personal short term gain - a gain that is no gain at all. A gain that is death; that is dis-ease; that is loveless. A seeming gain that is gorging on empty calories and then buying off whatever it takes to hide the consequences.

Time to Stop. Look. Listen. (Back to the old time children's book)

It's time to realize these things: That the era of looking outside and pointing fingers at "the other", while not evaluating or taking responsibility for our own behavioral choices and attitudes, is being called to END with this pandemic.

In this new emerging era, we are called to face what we as a whole have created in our current situation (whether from simple ignorance, or from short sighted, selfish greed).

If we are to help heal ourselves and a people who will share and suffer this virus on a world-wide level, we will have to expand our myopic, tribal, arrogantly insecure populist attitudes to embrace and understand and support a worldview that shares responsibility for the quality of life and equity in which we must live to survive.

The virus is not an enemy. It is merely the direct and natural consequence of an ecology trying to right itself back into the balance it needs to support life - rather than destruction.

More are starting to see through their fear-lined faces that this viral pandemic is merely the natural order of a living ecosystem that *is and must* express its natural course of a system gone too far out of harmony and balance with the requirements of healthy life.

We are meeting in the viral pandemic just one expression of an interconnected web of life that is not well, and that is in fact seriously ill.



What this means to me (and I hope you too) is that I -- and we each - had better get our heads out of the “enemy-fear/me vs. other” reactions to this viral storm, and really look (eyes wide open) at our current reality.

It also means that I -- and we each - are being called to optimize our own health (physically yes, but also emotionally, spiritually, mentally) if we want to fall on the favorable side of this virus (the physical one and the larger web of life it is reflecting).

We all naturally worry about friends and family. But this virus is asking - in fact demanding - much more of us. It is in fact showing us what changes we need make to create a sustainable thriving world. In that there is a gift if we will humbly and powerfully take it on.



So how do we get started? I think we start now and first by doing what we can to increase and maintain our own health and those nearest our reach. This will not only help land you and I on the favorable side of this virus, but will lower the death toll and help many others land on the survival side as well by reducing overload to a healthcare system, thus better enabling our doctors, nurses and healthcare warriors to do their jobs.

During these next weeks and months, we as a world ‘s people will need to do as much as we are individually able to prepare, secure and share needed home goods, foods, medical and other supplies.

And if we are to heal and grow - rather than simply fight and survive until the next natural pandemic comes, we will have to do far far more. We will have to see and stop the ways we have been killing our own life support systems. And we will have to join as one family to do so. This is not “Kumbaya” here folks. This is the reality. And the time now.

...We need to all “get more woke” here...

(Ronda Rant Out.)

Wrap Up For Now



This quick little workbook comes from personal research and home supply preparedness which I set up for my own uses. I also have family members and friends who are at high risk who have asked for my help. Then when my clients, subscribers and facebook followers began reaching out with their concerns and fears, I decided to see if I could very quickly compiled what I have set up as my own home pantry into a form that others could pick up and use, adapt, make their own.

Because of the speed in which this virus is spreading, I am sending this out without edit. I am doing this because, if you are like me, you want and need a decent starting point RIGHT NOW.

So once again: Please DO NOT consider this any kind of “definitive” source. nor one that is right for everyone. Take it for what it is: What one person with a bit of education in the area of health

research has put together for herself and her family ...and is sharing here with our earth family to hopefully provide a springboard for you.

I've used Amazon links to specific products primarily for the sake of quick-moving help in selecting for those who cannot afford to wait and want/need this information Now.

I had intended to add 3-4 additional chapters spanning more into areas of my expertise working with *psychological fears, depression, anxiety, losses, and early trauma* as paradoxical pathways into the inner realization of wholeness, self-love, peace, and path of purpose. It is a blessing beyond words to show people their own light from their dark experiences - and the maturing call to character to live in that "eyes wide open" awareness. It is an art.

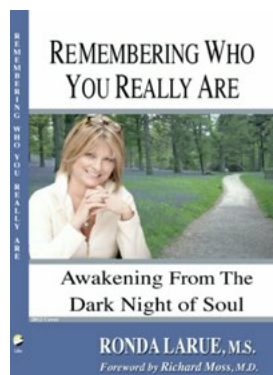
Ultimately this inner self-awakening to peace and purpose is what the pandemic offers each one of us - if we are given the tools for self/cultural reflection, a grounded maturity of character, and a vision for facing the world compass to face True North, and then simply to walk just the next right step of the way... and then to listen and follow the next... and the next...

...Maybe I will add a version 2, I don't know. I just know that time is of the essence and so I am putting out what is needed first and now - with the humble request that you take it for what it is, and nothing more:

A starting place; incomplete; probably containing an error or three; but a good immediate source, and perhaps a life-saving one for someone. ...And that possibility would make this more than good enough.

In Service to the Dark and the Light in the Circle of Life.

ronda larue ~ Ojai, California ~ March, 2020



For those who would like some additional emotional, spiritual support or to connect with me and my SoulArts lifework, I invite you to take full advantage of my many contemplative and healing writings, guided meditations, talks, video meditation shorts, and home exercises found on my two websites:

