

HOW I'M UNIQUELY PREPARED FOR THESE TIMES!



If you are one of the first to participate in this *Wisdom Keepers Collective Transformation Webinar*, then you are receiving this Reading in the Spring of 2020. This means that you are currently swimming in the reality of a global pandemic—a new (and enormous) element to our ‘shared crisis’ that popped into the field long after this Reading was originally prepared. Because of this new development, I’ve prepared a Check List for you, to help you see all of the ways you’ve been preparing for these times more than you might have realized!

As you go through the list on the following pages, check off the items that apply to you, as well as those you’d like to cultivate even more. And thank yourself for being a such a courageous, generous and perhaps surprisingly prepared soul!

We need you now more than ever!

*The items on this list are not presented in any particular order.
No quality, skill or focus is more important than any other.
And I'm sure there are MANY more than what I've come up with here.
This is mostly to get our creative juices flowing.*

"REASONS I'M MADE FOR THESE TIMES" CHECK LIST

- I have learned to feel safe with a big range of feelings, including fear.
- I've become quite good over the years at surrendering to the unknown.
- I've become good at embracing a 'cup half full' perspective, so I'm able to find a silver lining even in the most challenging of circumstance.
- I have developed a very healthy sense of humor.
- I've always been good at thinking 'outside the box' and coming up with creative solutions to all kinds of problems.
- I've always been highly sensitive, so I am able to be sensitive to the feelings and needs of others during this time, and I've become good at taking good care of myself.
- I have cultivated an ability to do nothing, and to actually enjoy doing nothing.
- I've learned how to feel and move through disappointment with a reasonable amount of grace.
- I've become an essentially generous and collaborative human being.
- I have cultivated close relationships with one or more people.
- I have learned to focus on how I can be of service during difficult times.
- I've spent a lifetime learning how to hold and be with paradox.
- I've learned how to let my mind exhaust itself until it has to drop into the heart.
- I know how to use creativity to express my feelings and to inspire others.

- I've become very good at letting people know how much I love and appreciate them, even from a distance.
- I have spent a lifetime learning how to turn lemons into lemonade.
- I've had to deal with scarcity and have learned to live a good life on very little.
- I've been a hospice worker, caregiver, or someone who has spent a long time learning how to be with illness, death and dying.
- I've accumulated a great deal of wealth and resources and know how to distribute them fairly, generously and lovingly.
- I've become a very good researcher, so I know how to pluck valid and helpful information out from the rest.
- I've developed the ability to be a witness, so I'm able to look at what's happening around me and within me with a degree of open curiosity and equanimity.
- I've become very good at forgiveness – of myself and others.
- I've confronted my fear of death in significant ways, so I can bring an element of embodied peace, faith and non-attachment to the people around me in relation to what's happening in our world.
- I'm a very compassionate person, so I'm especially prepared to offer my love and empathy to the many people who are suffering from fear, illness, loss and/or economic strife.
- I've become a good communicator and am able to articulate/express myself in ways people find helpful, informative and inspiring.
- I've learned how to be a great networker, so I'm good at spreading positive messages to many people.
- I've cultivated a tremendous amount of resilience throughout my life, so I know how to bounce back from even the biggest challenges.
- My life has required that I learn how to be very adaptive, so I can adapt to most situations.
- I've developed solid teaching skills, so I'm able to impart useful information to people in ways that are easy to understand and receive.

- I've become very good at cultivating and making healthy food, and I can use that experience to empower people.
- I've run a local business for years that has played (and can continue to play) a supportive role in the community.
- I've accumulated all sorts of skills that I can pull out now and offer to people while my current job situation is 'on hold.'
- I've spent many-a-day learning an artistic craft, so I can serve people through my poetry, writing, music, acting, painting, singing, etc.
- I've learned so much over the years about self-care, health and nutrition, and how to strengthen the immune system, so I can take good care of myself now, and help others to do the same if the opportunity arises.
- I've learned a lot about money and investing over the years, so I'm able to ride this current wave with financial wisdom and help others tend to their resources with intelligence, calmness and heart.
- I've suffered from so much anxiety and/or depression, that I know how to work with and regulate very difficult emotional states
- I've been spending years learning from inspiring teachers, mystical systems and spiritual/religious frameworks that can shed a great deal of light on what we're experiencing as a collective (e.g. Astrology, Human Design, The Gene Keys, Yoga, the Kabbalah, etc.).
- Because of years spent learning from interpersonal experiences, I've become a very good listener, mediator and negotiator.
- I have a background in non-violent communication and conflict resolution, and these skills are needed now more than ever, in many different settings.
- I've come to understand that we are all deeply connected, so it is easy for me to avoid falling into "Us vs. Them" thinking, and to help others do the same.
- I have a great deal of experience in collaborative working and collective living, so I can offer my expertise to groups of people as they learn how to self-organize and support each other.
- I've learned how to improvise and play, so I can really join the kids (and childlike adults) who are looking for some fun and creative ways to ride out this time.

- I've studied history, so I have a lot of historical context to bring to what is happening today.
- I've studied sociology and related fields, so I am able to glean a great deal of insight about humanity, where we're at in our evolutionary journey (e.g. where we are repeating old patterns, where we're making progress, etc.)
- I've mastered the art of creating virtual platforms where people can connect, communicate and help each other.
- I've learned a great deal about the power of **Mind** and consciousness to influence the body and our shared collective reality, so I can use this knowledge and consciousness itself to help move all of us towards a more beautiful outcome.
- I've always been – or have become – an optimist and visionary, so I can see a positive outcome of this current challenge, and I can share it with others.
- I've spent many years learning about and participating in human rights and social change movements, so I have a deep understanding of how this collective challenge is impacting different groups of people differently, and what's needed to bring about more justice and equality for marginalized and oppressed people.
- I've been a grass roots organizer, so I have many skills that could help transform our current situation into something that benefits and liberates all in the long term.
- I've been in the health care field for a long time, so I can serve people during these times through my work and the information I provide.
- I've learned so much about how to live in harmony with nature, so I can take good care of myself and loved ones by helping them find ways to become more self-sustaining and less dependent on the 'tic toc' world.
- I've always been good under pressure and handling crises, so I bring calm, focus and a keen sense of what's needed to every situation I encounter.
- I've been trained as a first responder, so there are countless ways my training allows me to meet this moment with competence.
- I've been an advocate for first responders and people whose service work require that they take risks for the greater good, so I can call attention to and advocate on behalf of the many doctors, nurses, EMT's, paramedics, firefighters, police officers who are working on the front lines during these times.

- I'm an elected official and can use the power of my office to influence attitudes and policies that will bring greater safety, awareness and justice to all of my constituents.
- I am a celebrity or cultural trendsetter with a following, and I can use my name recognition and platform as a means of raising awareness about important issues and encouraging followers to get involved and make meaningful contributions to good causes..
- Because of my creative relationship with fear, I've gotten good at 'disaster preparedness.' So, I have lots of what I need to stay safe during this time and to support others through my modeling, teaching and sharing of information and goods.
- I've spent many hours looking into the deeper spiritual/political/economic currents that might be influencing current events. So, I can offer enlightening alternative perspectives on what's going on, and what we can all do about it.
- I know how to 'live off the grid' and can share what I know with others.
- I'm really good at making people laugh, which is very good for the immune system.
- I've learned how to be comfortable with discomfort, which allows me to be a pillar of safety and support during these times – for myself and others.
- I've learned how to enjoy solitude, so I can actually relax and connect with myself during times of quarantine.
- I've become very good at finding creative ways to reach out and connect with people, so even during times when we're not allowed to be physically close, I find ways to nourish my relationships and help people feel less alone.
- I've cultivated a solid spiritual practice which helps me stay present in each moment and connected to the larger picture.
- Since setting healthy boundaries has required a lot of work for me in my life, I'm in a unique position during this crisis to feel delight, relief and support from governmental encouragement of social distancing.
- I've been working on ways to serve people and/or share my creative offerings through social media and virtual platforms, so I'm in a great position to take advantage of this time.
- I've become very good at learning new technologies, so I can use all sorts of apps and opportunities to connect with other people and teach them how to connect with each other.

- Without even realizing that a pandemic might come, I moved to a place that feels safer and more spacious during this time of crisis, and I am grateful for that.
- I've remained somewhere (e.g. a big city, a place where the virus has spread a great deal) where I can be of service and witness the power of human creativity and generosity.
- I've participated in government and/or the non-profit sectors and can use my experience to influence programs, projects and policies that create a more caring, just and constructive society.
- I've become an artist that can work anywhere, with any material, so I can make guerilla art during these times that uplift, empower and inspire people.
- I've lived in enough chaotic relational environments to have gotten very very good at calming people's nervous systems.
- I've been a personal and professional Wisdom Keeper for a long long time, so I am able to support, inspire and shift the perspectives of the people around me in countless ways through this time of crisis, danger and opportunity.
- Keep going!