

Illuminations

Vol II - May 2020

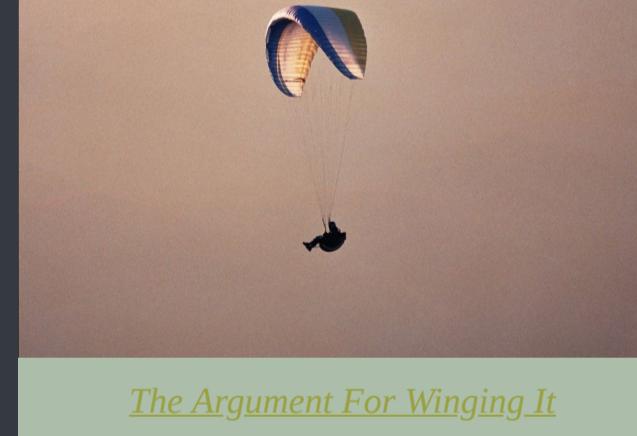


The Planning Issue: *Prepare, or Just Wing It?*

After being ridiculed for decades, doomsday preppers (people that build bomb shelters, stockpile food and water and learn survival skills) are finally having their day in the sun during the COVID-19 pandemic.

Each of us is fundamentally a "prepper" or a "winger" and the current situation is clearly showing us that although prepping seems boring, it can ultimately lead to freedom. However, being too rigid and uncompromising can be deadly.

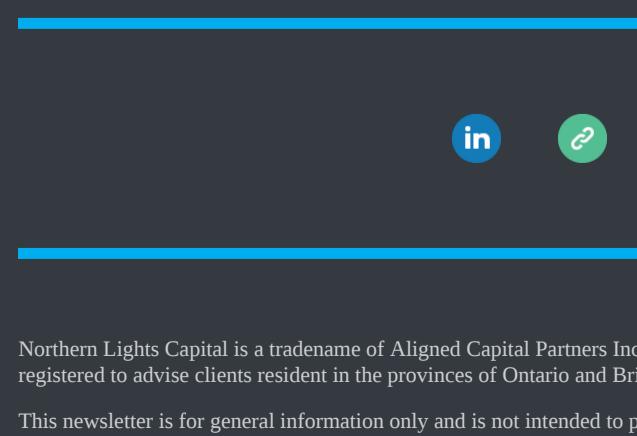
Once again, the Buddha was right: Finding the middle path is the key to success.



[How Planning Leads to Freedom](#)



[The Argument For Winging It](#)



[Balance = Success](#)

[**Schedule a Call or Meeting**](#)

Further Reading

Enjoyed this issue of *Illuminations*?

Read our latest *Thoughts* here:

[I Did the Best I Could](#)

Strive but also go easy on yourself.

[Contentment Vs. Striving](#)

Finding the balance between peace of mind and working towards goals.

Recommended Podcasts

The Northern Lights Capital team is always learning, and we love to share some of the most thought-provoking discussions that we come across. Here are some recent ones that moved us:

[4 powerful poems about Parkinson's and growing older - TED Talk](#)

When poet Robin Morgan found herself facing Parkinson's disease, she distilled her experiences into these four quietly powerful poems — meditating on age, loss, and the simple power of noticing.

[The Knowledge Project - Bill Ackman: Getting Back Up](#)

Legendary activist investor Bill Ackman discusses the lessons he learned growing up, what drives him, overcoming failure, investing, and so much more.

Upcoming Events

Unfortunately, all upcoming events are cancelled due to COVID-19. [Read](#) further about how we are operating during this crisis.