

HIGH VOLTAGE

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Empowering—Inspiring—Strengthening

You have quite likely never read a book like the one you are about to. A unique thrill —if it’s right for you. I pray it is!

Life-enriching insight, filled with true personal stories and experiences from the author’s life, to alter yours, for the better, forever!

--Author Anonymous

WARNING ! Highly personal, LIFE-CHANGING content

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Introduction

We use the power of electricity daily. Although we don't understand it entirely, we benefit from it. We must use it properly to avoid the consequences that come to those who lack the respect for its power.

The power available for us from God is much the same way: we may not understand it all, but we can learn to use it and benefit from it; and gain respect as we see it in effect.

I have dared to put God to the test, and He has held up to the challenge. Now I challenge you to give Him a try, and see what He can do for you, in you, and with you. Your happiness, and that of your family, now and in the future will be activated in full as you do!

Journey with me now, and find out what choices I have had to make, what revealing truths I have discovered, and what has made my life—and the life of my family—the energetic, miracle filled, healthy life that we enjoy. The dew of tears will always be part of the garden of life, as will the rose bushes still have thorns while we walk this world, but oh, the invigorating fresh air, the awe-inspiring beauty, and the breath-taking experiences that embraces us as we walk in the garden with our Creator.

One day with Him is never quite like any other day. It's a place where the impossible becoming a wonderful reality is a frequent experience, as Divine intervention alters the storyline of our life, bringing us out as winners time and again.

If you have received Jesus as your saviour, and have begun your journey with Him—using the Bible, God's Words, as your guide, this book has the potential to enrich the quality of your life in many ways.

Through the valley of affliction and pain we have walked, and as I constantly sought for God's, and now wonderfully He has brought us through to victory.

My heart's prayer is that I can in some way make your life more energy and love-filled, and most of all a blessing to others in all the ways you dream. I share in this book some secrets I have discovered to health of body, strength of spirit, and happiness in helping others by doing our part to further the plans God's Kingdom.

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

(3 John 1:2)

Secrets to Living Happy and Healthy

Are you suffering? Are you in pain? Does not only your body ache, but is your mind racked with turmoil or just plain confusion as to what end is up, and what you are to do about the painful, wearying, or even life-threatening situations you are faced with? Does your heart ache with grief over the loss of loved ones and thinking about how your loved ones will feel if something doesn't change in your health to keep you going for a good while longer? Are your nerves spent, over-stretched by the multi-stressful elements? Are you deeply tired, both physically and beyond into the deeper parts of your soul?

I'm glad to tell you there is light to show the way, there is peace to be felt, there are solutions to be had, for you and for your loved ones.

Don't give up the search until you lay hold on what is good, true, and beneficial. The true answers and solutions are around, I can assure you. Though, unfortunately, many are being purposely hidden and obscured from most people, because if the truth was now told and known by all, this world as it now is wouldn't resemble what it would become. It would be turned upside down in a good way, including the riches dumped out of the pockets of many who make a living off the misfortunes of others.

I have no hint of despair, however, as I know the good happy end of the story that is around the corner—or rather the new beginning that is to come. God—the true loving God, the creator of the Earth, and of you—is in control and when the world as a whole is truly ready for good change, and ready to at last surrender to His loving and just rule, things will be restored to beauty, health and worldwide peace

again. His heart aches along with yours, groans with all nature, until the time of refreshing, restoration, and joy comes.

But in the meantime, I hope the things I have learned and can share from my experience though an all-encompassing struggle of my own, will help to shed some light on your path and make your step easier, and help some weights to fall.

I speak from day-to-day learning and discovery; from years of searching and researching until answers were discovered. I never knew there were so many things I didn't know. But every time I found another piece of the puzzle and it fit, and things were improved because of it, it was a well-fought for, thrilling moment.

And maybe if I share these puzzle pieces with you, it will save you years of struggles, and joy can be yours sooner. I hope it will not only give life to your years, but also give years to your life.

With all my heart I wish you the best in every way.

This material is sensitive; but every word of it is true to the best of my knowledge, or was true for those who shared it. I hope through sharing these secrets you will find what works for you.

I am not a medical worker. I am simply a field research worker in life, finding out what works and what doesn't. Since often the right information is being shrouded from the public in the different forms of media, it takes experience and deep digging to know what is right and what isn't.

Take what works for you, from what I share, and make your own personal decisions responsibly. I hold no responsibility for your actions; that is for you and you alone to choose—just like it was and

is for me. Just remember I wish you the best, and with this intention I risk what it takes these days to speak the truth that saves and enriches lives.

Live-Love-Laugh-Learn

Water: Pure, simple, sufficient, frequent, in quality vessels, unadulterated with additives, filtered of chemicals and other illness-causing elements, unrivalled by health deteriorating beverages. Water is the best thing you can give to your body. That alone is the free cure for so many bodily ailments. Your body needs and uses 8-10 glasses a day for its many various functions; less than that is a strain to your organs and health.

Anecdote:

Dr. “Batman” as he is called for short, made an amazing discovery—while in prison for simply being a doctor and running hospitals. Those taking over Iran didn’t want the educated and well-off to be around. It conflicted with their plans. While in prison, along with the many others held there for the same reasons, he was called on for helping the sick there. But what could he do? He didn’t have any of the medicines he had used to treat patients, and thought were essential. He had a complete rewiring of his thoughts as he saw what happened before his eyes. People sick with all kinds of illnesses and conditions would come to him. All that was available to offer his patients was drinking water. He “prescribed” certain amounts of water to be had, regularly throughout the day. As each ill person took his advice and drank plenty of water, regularly, they found their health returned—

even the so called “incurable” diseases were incurred, time and again. Dr. Batman made his best medical discovery in that difficult time of imprisonment—the “water cure”: enough pure water in a day, along with a pinch of natural sea salt each day, to put it briefly. When he was later released from prison he made it one of his life’s focuses to share what he had learned about the healing benefits of water with many, many others—in spite of opposition. Those who listened and took his advice found healing from chronic and incurable conditions, realising that, as this doctor says, “You are not sick, you are thirsty”.

Years before I heard about the above information, I had my own discovery. When desperate to find the solution and reason for my toddler’s stomach pains in the night, and no one (not even a doctor) was able to give me hints, I prayed hard, daily. One time the answer came, of something that would ease the pain (until I could find the cause of the problem.) I was to give my boy a certain amount of water at regular intervals of the day, no matter what he was doing, or who was caring for him. Believe me, no one welcomed it; except my son. “It will make him have to use the bathroom more” and other unkindness about how I was a quirky and an overly concerned mother. “He’s fine” they said—though I was the only one that faced the heart rending cries night after night. I could have cried, in fact I probably did, that first night after seeing the results of following the simple advice. I cried out of a joy and some regret too, mixed with sorrow that no one understood the importance of the simple water cure, and how much it meant to me to have my boy get well. It was the first night, ever, after a day of regular ‘watering’ that my little son slept free of abdominal pain. A strong feeling and emotion swept over me as the realisation settled in of how simple it was, to remove so much sorrow, pain and heart ache—just enough water each day, with

not too much time between drinks. If too much time passed before the next drink of water, it didn't work. Every 45 minutes he was "watered" inwardly, and he'd get served about a third to half of a glass worth of water. It worked! It wasn't the end of the journey, but just the beginning. I found I had tons still left to learn, but it was the first ray of hope that there was hope and healing if I kept pursuing and praying. If I had any worry about my image and the opinions of people, my son would suffer. I think that is the way it is in motherhood in general. We need to put these little one's needs first before our "friends" and being well-thought of.

Sleep: Early enough in the evening, unhindered by electric or screen devises, sufficient, waking without the use of an alarm, napping when needed, resting on demand, undisturbed by thoughts or unhealthy substances. (I don't say that this is easy to do, in this "work harder and dance faster around the dollar" world; but I'm telling the truth and the ideal, because that's the point of the book.) Sleep is the time your body heals, restores, grows, recharges, renews, refreshes mentally, detoxes the body, and brings vitality. Sleeping on the right kinds of bedding and beds—natural, non-chemical filled, breathing the right kind of air, thinking good and pleasant thoughts before bed, digesting the right foods and drinks, (without eating too near to sleep time) is rejuvenating.

Points of interest:

The hours before midnight your body sleeps the deepest and most rejuvenating. Going to bed early, regularly, will make a big, positive difference on your day, and life in general.

The few hours after midnight, your body is detoxing while you sleep. If you sleep early, and wake early, drinking a good glass of water, this might help you to take care of your elimination right away, as your body completes the detoxing processes.

If you don't want to have to wake to use the bathroom or feel thirsty in the night, and just want to peacefully sleep, diet has much to do with this—especially what you eat or drink in the late afternoon or evening. I speak from experience, these are the things that create extra (and unnecessary) sleep disturbance with toilet trips (or wet beds for children): salt, boiled veggies (and their water), tea of any kind, fruit (melon especially), alcohol/caffeine, coconut water, juices and cultured drinks, and plenty of zucchini to near to bedtime. The best thing is to stop eating an hour or two before sleep, and just drink some water. And for your last meal of the day eat raw veggies and sprouts, seeds and seeds spreads (like tahini), unsalted nuts, raw good oils on your freshly made gluten-free bread or cooked grains like quinoa or rice or millet.

If you eat meat and potatoes for dinner, there is a good chance you will wake with a hungry feeling the night or morning, as your body didn't get the needed nutrients from raw veggies, and plant based proteins. Also they don't have a lot of fibre and need help to move through the system, so your body calls for more food to help get things going. If you do eat meat and potatoes, make sure to have a good raw salad along with it (without dressings made of the wrong things.) Eating the recommended types of food in the above point might help you feel satisfied for longer, and helps with good elimination in the morning, essential for a comfortable and happy day, with less irritability.

And if you have had good exercise in the day, this too will aid your sleep at night.

Fresh air in the room is important—as the evening air is filled with what the plants put out as calmers—natural carbon dioxide. This together with clean air, helps you sleep better too.

Of course, having the last thoughts of the day being something relaxing, inspirational, and not stress-causing is helpful. Reading an inspirational book might be more sleep conducive than watching a movie or TV for example.

Sleeping without too many, if any, electronic devices around you, as the light and rays cause sleep disturbance (not to speak of the noise of beeps and rings and such!)

Light: Sunshine on your face and skin; natural light to work and read with when possible; sufficient lighting for working, reading and living in, is essential to happiness and health. Limit the use of screens at night; sleep when it is dark, and wake with the sun. Walk in the early morning light; retire for sleep when it is dark.

Anecdote:

A couple years ago, during the winter I had spent more than enough time indoors working on my laptop. Then I noticed a strange and worrisome change in my teeth. They looked nearly translucent! They looked very fragile and weak like that. What was wrong? Then I remembered that teeth need Vitamin D to remain healthy and strong. Our body is made to produce something that provides that substance, if given the right conditions—like sunshine directly on the

skin. So I decided to take a good amount of time each day—20 minutes or so, just in the sun, letting it touch as much of my bear skin as it could. It worked! Within a week or two, my teeth had returned to normal. I've made sure to do this each day since, and the trouble has never returned.

Positive input: Don't let media and TV control you. Read only what is good for your spiritual diet, and what gives faith, courage, peace, and positive thoughts. Replace your TV with a comfortable chair, a good lamp, and a selection of enjoyably fascinating books that share life-building ideas. Throw out or delete books or music or videos that are "dark" spiritually, fear promoting, filled with untruths and junk. Be very selective what you click on and read or watch from the internet. Just "don't go there" with most things. Choose what you hear on the radio, or don't use it at all to have better control of your own ears and mind. Choose what you look at—choose beauty in pictures, look at lovely nature, pass on smiles and see some coming back to you. Take charge and call the shots with God's guidance, only allowing what is good and helpful. Let the "light" into your eyes and mind, then you will grow and thrive, like a healthy plant. Read a portion of the Bible every day, commit a small portion to memory daily; this is one of the best protections for mental balance and stability, if you know the Lord and can understand what you are reading, and will apply it wisely.

Anecdote:

We learned the effects of the wrong things being given and shown to children. We are very cautious, and know what effects certain things have. But not everyone realises this. Once a relative gave a book as a

“birthday present” to our 6 year old. Just the art of the cover of the book was so wrong and revolting, that even without us ever reading it to him, just the memory of the picture triggered nightmares for a year or two, based on it. A painful cost he had to bear. Then one time we showed the children something that seemed it would be fine, some songs of a certain popular show off of youtube. It seemed it might have been made with the goal of helping to chase fear from children, but in reality it brought fears and mental images that never had been there. It was another year or so of struggle with the results of what it showed. My sons couldn't go to sleep peacefully at night, like they normally do, even though I was with them, reading nice things to them as they drifted off to dream land. Their minds were a wreck with terrible and disturbing thoughts and images. The only thing that worked was lots of prayer, as well as creating special video powerpoints to watch while in bed, right before they went to sleep, with Bible verses, hymns, beautiful photos of nature showing while listening to Heavenly instrumental music, and a picture of Jesus to look at. Later on new feelings and fears crept in, and once again, God's Word help to quench these troubles. One boy kept a children's Bible Promise book that I'd made, under his pillow with a flashlight. As soon as fears would start, he was armed with what would chase it away—he could click on his flashlight and read some Bible verses. He said that most of the time just having the book handy made his fears vanish. Another other boy had trouble going to sleep at night with the thoughts that he didn't accomplish anything worthwhile that day; that the day was wasted, even if he was busy doing this and that and learning and so forth. But the day that we choose to make “quiet time” a daily part of our schedule, where we all stop to privately pray and read the Bible or other devotional and faith-feeding material, was the day he saw the difference. That night he realised the disturbing

thought and feeling was gone, and he felt at peace. He knew the most important event had happened—time with the Lord and learning from the Bible. The dreams the children had during the night also affected their behaviour in the day time, and the choices they made, their level of tolerance. Poor behaviour and choices affects the whole family and the stress level of parents and siblings. So a happy and healthy life starts with what we take in or allow to come into to our mind and thoughts.

Exercise: The health of every part of your body and mind are linked to getting proper exercise. It benefits every part of you, and it is free. Do what is best for your body. Don't engage in things that are harmful. Do it where there is good fresh air. Listen to the things that give positive, upbeat feelings and quality thoughts. Daily, proper, on-target, vigorous, relaxing, wholesome exercise brings health, mental-wellness, vitality and general wellness to your whole being.

Points of interest:

Benefits and Importance of Regular Exercise

- Increases lifespan (Exercise can help you live longer, with fewer ailments slowing you down, due to lack of exercise.)
- Oxygenates body (Exercise helps bring oxygen to your blood and cells. Cells need oxygen to live. Exercise that helps us breathe hard, and take in good fresh air, helps to clean out the old and bring in energy-giving oxygen.)
- Strengthens muscles and keeps body toned(Exercise helps all the parts of your body to be stronger, and able to do more, and keep in shape.)

- Helps maintain ideal body weight (You don't gain unnecessary weight, which makes it easier on your heart. Exercise keeps you fit and healthy and looking your best.)
- Wards off viruses (Exercise helps you to not get sick as easily, and to fight illness faster.)
- Strengthens heart (Your heart needs to have a time of vigorous pumping each day, to maintain good health and keep it in good working order for a long time.)
- Clears arteries (Exercise clears away harmful substances that might build up in the arteries and block the free flow of the blood. When the blood pumps fast as you do exercise, it helps to keep the way clear.)
- Boosts mood (Exercise can help your mind feel refreshed, make you feel invigorated and more inspired. After a good time of exercise with fresh air and natural light, you'll feel less grumpy, and more cheerful. You'll feel more courage and confidence to do difficult things.)
- Improves memory (Exercise helps your brain to function better, and think more clearly. Exercise helps the heart beat and pump blood that is carrying oxygen and nutrients, to the brain. It will work better then.)
- Improves complexion (Your face and skin will look better and be in better health. The skin cells are given nutrients to heal, and waste is taken away. Sweating also opens the pores of your skin to get rid of trapped dirt and oil. Make sure to rinse off afterwards!)
- Improves coordination (You gain better control of your limbs and muscles, through use and strengthening.)
- Lowers blood pressure (If the pressure of the blood in vessels is too high, like it can be in some older people, regular

exercise helps lower the pressure, and makes things work better. It makes your heart stronger, and it then can pump blood with less effort. If your heart can work less to pump, then the force on your arteries decreases, lowering your blood pressure.)

- Detoxifies body (Exercise helps you to get rid of wastes and toxins in your blood and body, and helps your elimination system and organs function better.)
- Decreases stress and worry (Focusing your energy on having good exercise will help you to feel more relaxed about life and work. Exercise helps eliminate the negative effects of stress. It will make you feel like smiling again.)
- Boosts immune system (Exercise helps you ward off infection and sickness and other diseases. If you have been having regular exercise, your body can recover and heal faster after an illness or receiving a wound.)
- Strengthens bones Exercise helps your bones to get stronger, and helps correct bad posture, making you even look taller as you can stand nice and straight.)
- Improves sleep quality (You sleep better at night if you've gotten the right kind of exercise during the day. When you sleep, your body will repair and strengthen all the parts of your body—especially if you have used them extra that day, and had good exercise.)
- Boosts energy (You'll feel less drowsy and tired, and feel more alert and energetic, if you have more physical activity and have a time of good exercise each day.)
- Reduces the risk of major illnesses (Exercise helps to ward off the causes of heart disease, stroke, diabetes, cancer, etc., by keeping your body in good working order, as you exercise, and

use your body in the way it was designed to be used.)

- Good for the brain (Prompts growth of new nerve cells and blood vessels, and increases production of neurochemicals that promote brain cell repair.)

Pray and commune with God: Unburden your heart and mind daily by telling Jesus what is troubling you, and letting Him know what you'd like Him to do about it. Read something refreshing, inspirational, instructive and beneficial. Pray for your loved ones, for yourself, about all that you wish to do or what you need, and trust that God hears every prayer and cares about every detail of your life. Including Him in your life, and giving Him permission to get involved and work on your behalf means that you have the power that made the universe at your side, eager to show His love and to help you. There is a saying that "the first casualty in conflict is truth", remember God has an opponent too, who is constantly trying to point the blame the wrong way, and tries to get people angry at God. If something bad and hurtful has happened, don't blame the Hero, Jesus Christ, your only hope of salvation in this world and the way to enjoy life beyond this life; but cast the blame rightfully on the troublemaker, while you run into the arms of Jesus, the One who waits eagerly to help you the moment you call. For Christians who believe in Jesus as their Saviour, the taking of communion (some bread and wine, like Jesus offered His followers at their last meal together before He gave his life) is a reminder of the supernatural healing that Jesus also makes available to those who believe. He said He forgives our sins, and heals our afflictions.

Anecdote:

When I begin to feel a whole lot of burdens, and pressures all snow piling up on me, sometimes it's best to write it up in my notebook, a nice long list. I list each and everything on my mind and heart and mental to do list. Then I don't have to carry it on my mind. I then pray and ask the Lord to help it get done, in His time and way. I can think free again, and things work out. Before too long I can start to check off things on the list, as they get taken care of.

I started having tummy troubles for a few days and didn't know what it was. I found out later that our water filter had grown mouldy and the candle (filter element) was due for replacing. But in the meantime, before I knew what needed to be fixed to find healing, I stopped to pray for it, together with my family. The children said they felt the same discomfort. Since we are saved Christians, we can partake of communion—the ceremony remembering Jesus' gift of life for us, and the promise of healing for us who believe. So I made some gluten-free flat bread, and had some homemade cultured juice on hand, and we took bites and sips and prayed for Jesus to heal us. As soon as we had finished our simple prayer and communion ceremony, we all were instantly well. I actually felt hungry, and digested food that day better than I had been able to for awhile! It was wonderful. Thankfully, soon after the problem was detected I fixed up the filter as was needed, and all was well.

Watch your words: Words make things happen. They change the way you or others feel. They alter the course of your day and life. What you say out loud or write up has an enormous affect on you and those around you. Words that show love, faith, positiveness,

understanding, bravery, cheerfulness, forgiveness, patience, and so forth, will bring good to you, and help you accomplish your goals. Words that instead show the opposite will break things down and make the situation worse. Say what you want to have happen. Speak the truth in love. Tell only the good about others. Repeat nothing that would take away from their quality of life, their happiness, or their taking steps closer to God and enjoying better health. Be encouraging and encourage yourself. Speak out and warn or counsel or set things straight with others when you need to, out of true concern, caring for their wellbeing, and do so with kindness.

Anecdote:

The power of words—and the power of prayers voiced aloud in faith, can work wonders. Last night, right before my husband left for work, he came to us for help. He was about to go and be the accompanist for a choir. This night was special, as it was to be the first time they practice one of his new songs. It was a song from the words of the book of Psalms, about how God can change your “mourning into dancing” and gift us joy and help, when things are difficult. But how could he play the piano with the sudden pain he was experiencing, where his thumb wouldn’t move without sharp pain? There was no getting out of it, but there was no way to do it either, unless something supernatural happened, and fast. The children and I placed our hands on his hand and each said, prayed, or declared what needed to happen. The youngest said, “It will not have pain!”, others quoted scriptures where God promised healing to those who asked, and I prayed specifically for instant and complete healing to every part of it. None of us worried or thought anything else would happen but what we had just said and declared and requested of the Lord. Within a few minutes my husband came back and showed us, “Look!

It's all fine now. See I can move it well, with no pain." And he went off and had a great time of song, and so did the singers, enjoying the positive words of the song that lifted their own moods and spirits.

Guard your body from harmful entries—allow and welcome the good: Choose what goes into your body. Let nothing that is filled with harmful chemicals or other endangering substances enter you. Guard yourself from things that are unsanitary or contaminated. Be aware that some types of food, certain types of clothes and shoes, cosmetics, lotions, pills, shots, cleaning products, beauty products, perfumes, shoes, drinks, scents, polluted air, fluoride, chemicals, products used and touched and breathed in, dental fillings with mercury, contraceptives, addictive fluids and substances, sugar, food additives, will alter your health in some way. Get rid of the things that are not needed; use the best types of things that are needed, things that have been made and grown in health-promoting, clean ways. Make wise choices about what you cook your food in, and how you do it (avoiding use of microwaves, low health-quality pots, Teflon, tin, plastic or Styrofoam cups, etc.). Avoid processed foods that tend to have harmful additives, chemicals and colourings. Eat primarily foods and drinks that promote healthy cell growth—organic raw fruits and veggies taking the lion's share of your menu. Learn about good culture in foods and how to simply ferment/cultivate foods and drinks in healthy ways. Learn what are the main minerals and vitamins that you need for health, and find the best source of them around, favouring plant-based foods to supply it. Keep your hands very clean, washing regularly—they are one of the main vehicles of contamination. Cleanliness in all other ways is important to guarding your health. Learn and practice: clean procedures of cooking and food

preparation; of caring for the sick; of caring for hurts and wounds; of use of sponges and cloths for designated uses; of washing the dishes; of times of intimacy with your partner; of cleaning the toilet facilities; of shoes and floors, and so on. Avoid use of bug sprays and pesticides—the poisons in them harm people too. Mothballs and what is used to make them causes strange and serious health troubles and even death; nice lavender sachets keep moths away, and smell great. Bay leaves or the water that bay leaves have soaked in discourage ants and other mini pests. Nature has its own remedies and deterrents—fresh air, clean water, and sunshine being the best.

Anecdote:

An oil-based paint was in blotches all over the bathroom sink, from a child washing his hands after craft time. It wouldn't easily scrub off. We didn't need harsher chemicals to get rid of it, for inhaling it would cause us health problems; we remembered about clay. We had some that we brought home from a river bank. A glob of moist brown clay rubbed on it worked like an eraser, and took the wet, stubborn black oil paint remains off the sink's surface. What had seemed hard or impossible was done within minutes, for free. We then washed the sink out with baking soda and vinegar. A bright white sink was ours again.

Good in Moderation: Some things are good, but only in moderation—for example:

Salt is needed, though a diet rich in veggies provides much natural salt; and too much added to the recipe, or present in processed foods

and drinks (such as coca cola) can be harmful. Things that are loaded with salt cause dehydration—it draws liquid out—that in turn causes a string of ailments, because cells lack the moisture needed to function properly.

A little token piece of organic meat every couple weeks might give you certain enzymes or protein and vitamin B12 needed, if from a clean type of animal (fresh fish with fins and scales, organic lamb, organic free range eggs and chicken that haven't been processed through a factory, or a small bit of organic free range beef). But as a regular part of your diet it can feed the wrong growths in your body—such as cancer. And because meat has no fibre, it can cause constipation, hinder elimination of toxins, cause unpleasant flatulence due to the putrefying (rotting) of this matter in the intestine as it tries to move laboriously through your system. Also to remember, that since whatever diseases are present in an animal are going to be in the meat, as illness flows in the blood and through the flesh—and there is plenty of illness in animals these days, many have cancer to, and are processed just the same for the butchery's shop. You'll never know what unwellness that late animal had—organic or not--and when you eat the meat, you partake of it all too. It's risky to eat meat, especially more than occasionally.

A bit of sweetener of a good kind every now and then is good—such as honey that hasn't been heated or filtered, and organic dried fruit, as there are good nutrients in them; but daily and frequent consumption weakens your health and immune system, and is hard on your teeth too. To only have a small bit of the healthy sweeter once or twice a week keepings it working for you, and not against you.

Anecdote:

One week I binged on dried fruit, daily, unrestrained. At first I didn't connect the dots, but then my female balance was off. It never is. I nearly never eat anything sweet. Not sugar, ever, and nearly never dried fruit or honey. The thought came to me to stop eating the "sweets". So I stopped, and just had a good healthy diet with lots of veggies, etc. and sure enough in just a day or two I was back to normal again. Then I remembered why. When I make the natural fermentation and cultured foods, to feed the yeast in the drink or grains, I give it some natural sweetener, like coconut nectar or honey. Sweet feeds yeast in nature. It made scientific sense and proved it so as well.

Avoid the addictive things—and also that which is highly diuretic:

Alcohol, caffeine, and sugar are addictive; and the drinks made from them are diuretic. This means that they pull out more water from your cells than you are giving back to them. And if you dare to skip having them, the detoxing and releasing of the bad they've given to you, will be a bit uncomfortable as your body lets it go. Why be beaten down and harmed by a piece of plant that has been mutilated and contaminated past its usefulness, and that causes pain and unwellness both when you take it in, and then when you stop taking it? Social trends are what push you into pain and illness. Make up your own mind, and mind what you sip and nibble on.

Points of interest:

The caffeine in the growing coffee plant is a natural pesticide, that's what it's for. (You can even spray water with coffee in it on your bug-eaten garden plants to help.)

Fresh juice of sugar cane can invigorate and give nutrients, like any other natural fruit or veggie juice, if you drink it in its freshly made state, and add water to it.

Naturally fermented drinks without harmful additives, that yields a healthy drink with only a trace of alcohol is used to give good bacteria for your digestive system, and helps to purify the water as well, making it safer to drink once nature has done its work on it with the help of some fruit or juice added.

Fermented drinks can be made without sweetener, like beet kvass, and is very good for you. (Beets cut up into a jar with water and teaspoon of salt, left for a few days to ferment. First cover it with a cloth, then add the lid after the first day or so. Shake it a few times a day. Drink or put in the fridge when it is finished.) It makes a nice red tonic drink.

Eliminate: Your body needs to be allowed to get rid of the old, the bad, or the unnecessary. Do what it takes to have good regular, daily, toilet elimination; plenty of fresh good air to breathe and clear the lungs; clothes and bedding that aren't chemical-filled so your skin can breathe and eliminate the toxins while you sleep. Learn about how to do a cleanse from internal parasites. Fast from food at times, to eliminate old faulty cells. Have good exercise. Use a good air purifier for your home, or the room you use most. Soak your feet in warm water with Epsom salt. Eliminate dirt, grime and smell with a good wash up. Cry when you need to, releasing pent up feelings. Or "pray cry" telling the Lord what is on your heart while letting it go. Talk to someone you trust about what you feel and need to share from your heart. Do what it takes to "let it go" and forgive and forget things that

are causing you heartache, as strong negative feelings cause health destroying chemicals to be formed in your body. You've been hurt enough by others—don't hurt yourself more. Tell God it's His job to hand out the punishments to others; not your job to be wishing it for them; ask Him to give you the peace and fulfillment and satisfaction you need in a case of loss. Forgive yourself and accept the forgiveness God offers us all through Jesus' gift of life; and move on, eliminating condemnation or remorse. Tell yourself: "We are all on Earth to learn, to love, and to gain faith in God's care—I learned from that mistake, I'm wiser now; so it's good, and God can work all things for good. No matter what choices I make I will always learn something. If I didn't learn it this way, I will have to experience and learn it some other way."

Anecdote:

An amazing thing happened one day. No one can explain what happened and how. But one day as I was alone in prayer, the Lord was talking to me about forgiveness and the different things I was holding on to in my heart. I held on to them for years because I couldn't get the hang of how to forgive. That day I learned how. I at last understood, and it was a wonderful moment of release and life change. About an hour or so later when I was around the children, my youngest boy, who was often acting upset and sad about things—mostly due to his chemical sensitivity, came and said that something wonderful had happened to him; it had happened at the time I was letting go of my inner hurts and bitterness, unbeknownst to him. "Mommy, all of my anger and sadness is gone!" and he was just saying it over and over again as he rode on his bike out in the yard. He was a different person from that point on. Was it because I let it go? Did my grudges, though never talked about with him, affect his spirit?

Or was it simply a reward from God to give me back my peaceful and happy child? Was it to teach me a bit of what God feels like when we, as His children, are happy and at peace, and letting go of our anger and sadness? What joy He must feel, similar to the wonderful joy and thrill I felt at the positive change of my boy. He was at last teachable and pleasant, and more predictable, not just when he “felt like it” but it was now his normal nature.

Keep plastic to a minimum: When plastic is used for things that will go into your body (bottles, dishes, containers, toothbrushes, cooking bowls, food packaging, etc.) it gives off and leaches out harmful substances that are the cause of so many troubles. Use other more trustworthy equipment when it involves something that will find its way inside you. Limit the use of plastic on your body, such as nail polish, hair spray, cheap flip-flops, and over-use of synthetic clothing; let your skin and nails breathe. Avoid plastic shoes; let feet breathe, and not drink in through the skin harmful substances. Choose things for your household and furniture, including paints, that don’t “gas off” bad fumes and are good for your skin to touch and lungs to breathe in what they emit in the air.

Anecdote:

As soon as I learned that plastic can cause cancer, I stopped using it for the children’s dishes. Yes, we have had our share of broken glasses and plates over the years, but it’s worth the trouble. When I was first experimenting with it, when my youngest was an older baby, I noticed that he felt happier and behaved better on the days I didn’t use plastic. Any mother wants that. Another thing happened with him. Plastic in your system, simply put without all the biological

scientific wording makes males less male, and females less feminine. We see that in the world today, after the era of the plastic world. Many times I can't tell what gender someone is by looking at their face and hearing their voice, and seeing the way they carry themselves. It's not such a big deal, but to them it would be if they were address them in a certain way that they felt was disrespecting of them. But with my youngest, whose had hardly any plastic in his life, he is strong, and hairy (in a gentle way, on his arms and legs), and loves it! The more "manly" he feels he looks and is, the better he feels about himself.

Wisdom in intimate relations: Have healthy intimate times of sharing with your one chosen partner, in the way that is natural. Any variations from the norm of the natural ways, and unclean procedures, will lead to health troubles, illness and possibly early death--as countless have sadly found out. Bodies were set up and designed perfectly to function and manage things in a certain way. If we misuse or abuse it, things will get messed up. Guard what goes into you, where you put what goes out; and make sure it's done in the way that you are made to function, in clean ways, or your health will deteriorate in some way. (For example, what comes out of a man when climaxing is an extremely powerful and determined substance, created to penetrate whatever it touches. There is only one place with skin strong enough to manage it and not cause health troubles—the woman's proper place.) It's healthy and needed to reach a climax; the pleasurable release is a health boost—whether it is with or without a partner. Lack of beautiful, enjoyable intimacy can lead to bad health and depression in many, but rushing into things or behaving like a bee with many flowers can have long-term health

effects for all, including cancer and a long string of health troubles. While you are waiting for that certain special someone, keep clean and safe, guarding the private sanctuary of your body. Then when you have your life-long partner that you wish to raise a family with, remember hygiene is essential when it comes to intimate sharing.

Points of interest:

If you choose, while waiting for your lifelong partner, to give yourself relief in private, do so in safe, clean, moderate ways. As in anything that involves your private parts—and your mind, very good hygiene must be attended to, or it is not a safe option either; and your thoughts must remain in the natural, clean, loving zone for your mental health and proper development and spiritual growth. The Bible says that God provides “a way of escape” so we can bear the temptation and not fall prey; and also that “unto the pure all things are pure; but unto the defiled is nothing pure.”

Stay away from the dark and ugly side, that is rampaging the world like a killer virus. God made beauty and pleasure; He is the inventor of intimacy with partners. Don't give place to pictures, stories, thoughts, books, videos, games, and so on that stray way from the good. Don't get plunged into the mental and physical filth that corrupts the gift God wants you and your unique, personal partner to enjoy. If you allow the wrong ideas into your mind before you are together with a partner, this can make you unfit to share the loving, enjoyable, inspirational, and pleasant times you could have. Stay clean in every way.

Be aware too that items invented to provide 'safety' aren't what they claim to be. Disease, when tested, still leeches through. Condoms are not safe; they do not provide ample protection against what they

claim to; and as always, it's not natural and is made of substances that and causes cancer especially in the woman, if the man uses one, and it makes her private area weak and much more vulnerable to STDs type of illnesses.

Skin care and Vitamin D: To put it in very simple unscientific terms: One thing that your body makes is the Vitamin D it needs. It does this through sunshine taken into the skin. Make sure to let the sunshine soak into some bare, un-sunscreened skin for a while each day. Fifteen to twenty minutes is plenty; you could rotate different parts, if you have the type of skin that burns easily. Using some organic, cold-pressed coconut oil on your skin is good for the times you are exposed to more sunshine than you normally would be, and want to protect it from sunburn. (Or just cover up and go in the shade, rather than using sunscreen and its harmful effects as it sinks into your skin and enters your blood stream before too long.) Whatever touches your skin enters you. Aloe vera is a good help for skin, both internally and externally. Skin is filled with countless holes--pores. Let good sunshine enter and let your body's Vitamin D factory go to work. These pores need to stay open, and dry brushing your skin can help to open them up. Wearing natural, organic cotton clothes can help the pores breathe. Not taking daily hot showers or baths for the full body—especially in water that is heavily treated with chemicals like chlorine and fluoride, as this washes way the natural oil of the skin, and gives your body a terrible load of chemicals, even more than if you ate or drank them. When nutrients come into the body, they go to the most essential parts. The skin organ of the body is one of the last to receive help. This means that people who aren't getting the right cell-feeding nutrients, and plenty of water, or are drinking things

that cause dehydration, are going to have skin that is dry, cracked, and that burns easily.

Anecdote:

I used to have a terrible looking skin on my back. It was somewhat like acne, always full of red bumps and such. I was so embarrassed when going swimming, for example. I cringed at the thought of anyone looking at my back. It was like this for years. Now I have completely smooth skin on my back. I didn't eat sugar before, so that wasn't the cause. When I stopped drinking milk and eating gluten, I've had smooth clear skin ever since. However, the pores on my legs were always clogged and made me look polka-dotted. I was always dressed in several layers due to the cold. But when I changed the type of cloth I wore, and used natural cotton, organic cloth, the skin has improved so much, hardly resembling what it used to be. I scrub my skin well with a cloth, when washing, to keep the pores open and free of clutter that they are trying to eliminate. This helps with natural detoxing and overall wellbeing.

Give Yourself Nutritional Body-Building Supplies: Your body manufactures so, so many things to keep it going, healing and functioning. You need to give it the raw materials, in many cases (good food, good water, so healthy cells can grow--and avoiding junk that overloads your body system). Drinking freshly made veggie juice with a bit of water will give your cells and blood nearly instantly what they need for growth, repair, and gives you energy too. You'll feel less hungry, as you'll be getting what you actually need. Drinking this in the morning can make a huge difference on your health and energy level for the day, and clarity of thought—drinking it instead of

anything else, other than water, will work wonders (after you have made the switch and have dextoxed).

A Powerful recipe:

1.) Blend dark greens (like kale/spinach/silverbeet) and red cabbage and sprouts with water in blender (strain the juice to drink, and save the pulp for bread making)

2.) Put through the juicer some of or all of these types: carrots/celery/beet/raw onion/cucumber, and mix it with the green juice water. (Unless you have a very special type of machine, if you put the pulp through it two more times, it will continue to extract more juice, giving you more.)

3.) Add a bit of edible aloe vera juice, and some coconut kefir or other water cultured juice (Like the water from fermented blended cabbage.)

4.) Squeeze a bit of lemon juice, and perhaps some orange juice (or some apples juiced in the juicer), and add to the juice.

5.) Serve for yourself, your partner, and a “shot cup” for each of your children to drink right away (so to get the most nutrients). If you drink a large glass of this instead of your usual breakfast or other meal on some days of the week, you will benefit and feel the difference. (But remember, if you aren’t used to lots of raw healthy food, and are addicted to anything, it will help to detox you, which is very needed, but sometimes uncomfortable in some ways—depending on how “toxied” your liver and organs are, and how much “house cleaning” they need to do, getting the toxins out in any way they can. But the sooner and more fully you are “detoxed” the better.)

Herbal Tea alerts and info:

Due to the greater pollution in the world, the leaves grown and harvested for the massive tea companies have a much higher level of fluoride in them than they would naturally have. When this is steeped in water, water that also has synthetic fluoride added, this brings the levels of this chemical to dangerously high for a body to manage. It's not just leaf teas, but rooibos tea—a type of tree bark—that is very high in fluoride, though it naturally doesn't contain caffeine. (If you are not yet aware of the harmful side effects of fluoride, it's a good thing to dig deeply and find out. So many people who "didn't know what was wrong with them" for a long painful time, found almost instant healing and relief when stopping all sources, or as many as possible, of fluoride. It's very hard to get out of the drinking water, once the fluoride has been added. And unfortunately, there are some ways that this and other dangerous metals can find themselves in our body. You can research and find what is good and right for you.)

Many herbs—yes, even organic and freshly picked from your garden--when used in hot water as a tea have a diuretic affect; they force your cells to give up water to flush out your system. When this is needed, as a medicinal action, then it's helpful. But losing more water than you gain isn't something to be done on a daily basis. (And you'll sleep better with less trips to the toilet and having a dry thirsty mouth.) I wouldn't recommend drinking herbal tea before taking the children to town for shopping, in a new town you may or may not easily find a public restroom. One vacation we all had rooibos for breakfast—just about the only time we did this. Normally I can go for hours without using the ladies room when out, even when drinking enough water. But the tea did a number on us, and we knew for certain that T=P.

(Tea equals Pee). And we had to scurry around to meet the children's and my call of nature. This would never have happened before.

Natural, herbal tea organically grown and safe to drink can have medicinal benefits. (Or course eating the fresh raw herbs, picked and added to meal the best, rather than the cooked and boiled way, is best—such as mint, and sage, and so on!) Just about each edible plant and leaf in the world does something to your body when you take it in. That's why moderation and not over doing on anything helps keep your body in good health. Everything that goes in to your body has to be processed and stored or used; and affects you in some way from head to toe, through the blood. Tea, if having a good affect on you, should be used for its proper use—like you would natural medicine. Not over consumed; not a daily (or worse yet, hourly) beverage. It'll catch up with you if you strain your inner organs in this way, day after day. Natural foods that have “benefits” means they are medicinal, and change or alter something in your body's functioning. There are some benefits to rooibos, for example, but having it regularly can harm the liver, which in turn affects much in your body. If there is a tea you like and it has good side effects, drinking one cup every few days, will mostly likely keep it working for you. If you have it daily, without ever giving your body time to recover, and to have to process that strong substance day after day, it's going to catch up with you in unpleasant ways. You must give yourself and your body the freedom to fast, or skip having something, regularly. If you are addicted to something and force your body to process it, day after day without break, you aren't free, and neither will your body be free of discomfort too. We have to work with the way our body is set up to operate—breaks (from foods and work), rest, variety (in foods and work tasks), fasting, lots of hydration, nourishment, change, movement, plant based intake for the most part, natural ways, etc.

What I find sad, is when someone has reached such a state of dehydration—but not realising it—and are addicted physically or psychologically to tea, that they can't enjoy anything without it. A rare freshly baked piece of warm homemade bread might be given to them, but they won't touch it. To them it is a 'dry' substance, and has to be downed with liquid, because they are always feeling thirsty. There it sits until it is cold, until they can get their next fix, I mean tea. A normal and well-hydrated person could eat it and enjoy it. An event, or meal, a personal chat, or anything, always has their hands filled with their "best friend, the mug", making others (especially children) feel lower down in priorities and hold a less importance to them. If a hike or camping trip can be done with access to hot water for tea and cold milk, then it can be perused, if not, they'll have to skip it—as they are more devoted to their tea partner. Living a full and enjoyable life can't be explored and experienced to its fullest when chained to an addiction; even as docile as tea and milk. Fasting is very good for the body and overall health, a day a week, or even part of a day. This health-booster isn't an option to the chronic coffee/tea/soda/etc. drinker. So, they suffer from never giving their inner organs a rest, and the sad affects and brunt of the eventual wearing down will have to be shouldered one day by those loved ones that put up with their addiction all those years.

Once someone was drinking way too much black tea that they were tense and jerky all the time, and could never relax or even listen to a full sentence from someone without walking out of the room to do something more. If their life partner ventured to talk with them about normal things a couple with children needed to discuss, or even fun ideas and thoughts, the tea-driven mate was unable to listen. They couldn't bear the thought of having to do so, because anything caused them stress. No communication causes problems to any

marriage, unless you have a very patient partner. They would get thirsty from the tea and caffeine, and go to get a drink of water. After one sip of nice filtered water they would set the cup down and run off to do the thing they suddenly thought of—immediately, no time to finish the drink of water. At the end of the day, if they hadn't been cleared, there would have been many glasses of water scattered around—water they thought they drank that day, and told themselves they did. Yet, in reality they'd taken in over 10 cups of dehydrating tea, and only replaced it with about 1/10 of the water they should have been drinking. They were so hyper they didn't even notice their behaviour patterns, until finally it was brought to their attention, when wondering why they felt so unwell and got little sleep. Night time was little more than brief naps between going to the bathroom—losing so much water, water they had not taken in, and sipping water to wet their dry mouth whenever awake in the night. They finally ended up in the hospital with a body breaking down, a forced fast of all, including tea, while there for a few days was hard to go through, mostly with the headaches of detoxing. But that was the first time there, the days without tea, was at last a relief in the chest and heart pains that they endured terribly each day, along with stress and panic attacks.

Anecdote:

I read a book that had very interesting information in it. All the more interesting to read it when one knows that the 80 year old man was arrested due to the fear and jealousy of the medical hawkers of his time. He was curing many thousands of cases of cancer simply by suggesting a diet of fresh vegetable juice in place of regular food, for several weeks. However, not everything in his book I would agree with. For example there was a tea suggested to be the best for “daily

use". I followed the instructions exactly and tried it one time. I never made that mistake again! I drank it in the evening and had the strangest night ever. It was viciously draining my whole body from head to toe, of all available moisture. I had a dry mouth and lips and was desperately thirsty, even my finger tips were drying out, like it was being sucked from them. I had to use the bathroom so much I was bursting. I knew it was the tea, as there was little else I had eaten for the meal that night, and beside that I only had some water to drink. If you read in a natural herb book you can see what leaves, when made hot in water, have this affect on the body. Only to be used when health needs call for it. Otherwise, the freshly eaten leaves sprinkled here and there, will give you the benefits with the least side effects.

It's not only tea leaves, but just about any vegetable matter, when boiled in water, and the water consumed (as it has the nutrients in it, so you shouldn't throw it out) has the same affect. Take a tip: don't serve soup that has been slow cooked or boiled veggies, and salt added, to your children when visiting someone's house. They just might not wake to use the toilet and you'll have a wet scene on hand. But if you were to instead give them a little glass of water, along with those very veggies, yet in their raw state, the effect would be different. A regular dry sleep would be nearly certain. "That which has drawn, will draw."

The Dairy, egg, and Meat Issue:

Milk that is available in the world today can be detrimental in most cases. If this is a companion with the frequent tea, and the tea is made from tap water with many chemicals or unfiltered rain water in

places where dangerous elements contaminate it while it falls, it is triple trouble and will multiply your woes, to be sure. Milk, dairy, and all animal products are acidic when they are absorbed and digested, that means your body has to come up with calcium to process it. If one is drinking it when they have outgrown their youth and thus don't produce the enzymes to do it well, then there is going to be a strain and challenge on the body. Most milk available today is unfortunately filled with so many unnatural and unhealthy particles, from what has been given to the animal and their illnesses, and it goes right to the milk—and right into you. If plenty of salt is given to the cows to increase their desire to drink water, and thus increase their milk production, then naturally the milk produced will have an unnatural amount in it—adding one more dehydrating element to your body. Even if the milk is perfectly pure and from animals that have never been vaccinated and contain no disease and only eat the best fresh grass and such, and aren't cloistered in a barn but raised in the fresh air and sunshine, still, your body has to come up with calcium and whatever it takes to process it right, and more likely than not it takes it from your bones and teeth. Why does the biggest milk drinking country in the world have the biggest problem with osteoporosis? A thought to ponder. If you've been having it, nearly without break, every day of your life, and you are experiencing health issues and bone issues, it could be time to give yourself a break and drink and eat other things that are higher in calcium, and contain all the nutrients needed. (I did the research once, and created a recipe of a healthy power packed drink, many times better than milk in all the nutrients and vitamins in contains, using only plant foods. Maybe you'll invent a recipe too!)

I know it can be a controversial point of discussion—this to be or not to be dairy free. But the way I see it, God wants humans to survive,

and this world has so many different and changing climates and seasons. Sometimes, in some place, in some time of world history, milk—and other animal products—are all that was available to eat. Goodness is baked into each part of edible foods, as God planned, for the survival of mankind. But that doesn't make the ideal diet of plant based foods not valid for good health, and the best, just because some tribe in Mongolia ate primarily fermented horse milk and survived. Maybe that's why milk spoils so soon, so that the fermented or cultured version will more often be used, as it's easier to digest. Why did Eskimos survive on only raw fish and whale blubber at times—who never had the option of a fresh salad? Because there's goodness in it too; because God wants people to survive and live. But with health getting worse overall, over all the world, it's wise to go back to the book, the manual, the Bible's instructions and see what the "plan A" diet is meant to be when God first instructed Adam and Eve what to eat, and stick as closely to it as possible—raw fruits & veggies, seeds, nuts and natural oils, etc. Drastic times call for drastic measures.

When God said, after the worldwide flood, that eating meat was an option, this was for survival, as well as for the ceremonies and sacrifices that foretold of the coming Christ. But remember, they were eating good meat—and only every now and then. The animals were living outdoors and free range. They certainly weren't eating meat and animal products once, twice, or three times a day, as there weren't enough animals to go around at the start anyway, right after they exited Noah's ark. The meat was much leaner with much less fat, and cleaner. The creatures would eat whatever plants they could, and kept fit, living naturally outdoors. So having a feast with a bit of meat every few months, from clean and lean animals who lived naturally, wasn't a problem, and helped to give the humans a bit more

nutrients, especially in times when the harvest didn't grow right, or it was winter time. Some places the animals will die off anyway in the winter without a enough to eat, so that is the time of year when many were butchered and salted and persevered for food for the humans, who also don't have much to eat. The smaller amount of livestock can be fed and more easily provided for. The allowance for eating meat in these extreme conditions and remote locations means humans can survive, and the animal's life is not wasted pointlessly, as they merely starve. With so much more abundance of plant food available to most places of the world, in all seasons, it's easier to survive on the optimum diet primarily if not entirely.

Another simple way to gauge "what is truth" in the diet and health department, is to see who is voicing something—and whose, if anyone's, pocket will benefit. If people say their health problems of years and years vanished when they read the Bible's first chapter and did the diet plan given by God to mankind in Genesis 1:29, and they receive no gain from it, rather they get buffeted by scoffers; but their story remains true, and so does their health. Or if someone is trying to pitch fear into others from breaking loose from products that are sold and affect the monies of many, but have no personal experience to back it up, and that if people listen to them it will bring in revenue for many companies... makes you think a bit about it. "Who is more concerned about my personal welfare—would they be willing to foot my health bills if what they are saying doesn't pan out?"

Anecdote:

My children had chronic issues with constipation and daily pain management. The paediatrician told me to try the diet that worked, even if that meant no animal milk. She wasn't the least bit concerned that it would have a negative effect on them to skip drinking what I

was always taught was “essential”. So as I took that brave step into the unknown, and many more brave steps finding alternative healthy foods, the pains stopped, and normalcy was the norm. Since it was a few years in coming, it took longer for the damage to be fixed for the one that endured milk and meat and gluten the longest, but it did come. I remember the day when my second child, had his first normal movement, like a child is meant to have. It was a victory worth winning. I only wish someone had told me, before I had children and they had to suffer, that milk, among other foods, is not mandatory; there are many more and better options, as I have now found out and can make at home.

I gave up milk for the children’s sake. I didn’t think it fair to them—we were in it together. Besides, it affected the breast milk I produced for the baby and caused him troubles that way. I was well rewarded for never again sipping milk or eating cheese, or ice cream, or whipped cream, or having butter and all those things. When I gave it and most other “normal” foods up, I left my illnesses in the past. All the colds and congestion and ear infections, mucus and so forth were suddenly a thing of the past. Why would I wish for it any other way? When I once veered from it, and on an impulse ate something with many shiny labels saying how “natural” and “organic” it was...but it contained “milk solids”, that knocked out my proper digestive system for the six weeks it took to fix the damage. I fasted more days that I could eat, as the pain was more than I could manage. When hunger level was more than I could manage then I ate for relief, only to be greeted again with unbearable pain in processing the food. I learned the hard way, to stay firm and away from such. I’m glad for that pain now, as it’s a very good deterrent from any unhealthy “delicacies”.

When my youngest could start to eat solid food and then was old enough for chicken meat, or so I thought, I would give him little bits of boiled plain chicken—with veggies and so forth. I noticed on the dinners I gave him chicken, he would scream with terrible stomach pains. I didn't understand this. I stopped and changed to mostly just veggies and fruit, and some brown rice, etc. Sometime later when I was talking to a friend they said that chicken in the shop has been processed with bleach at one point in its preparation. Bingo! Lights on. Of course he's going to be uncomfortable. He's chemical sensitive! We never bought that type again—only occasionally now, do we have organic chicken, processed without chemicals. Just the other week I found out yet another thing about chicken meat. And no wonder they have to use bleach! The chicken meat is processed quickly, and all their insides and faeces spew out and get all over the chicken. So it and all the others are put into a tub of water—all that mucky water of its own filth, plus that of all the others. It's not quickly removed, but left to soak up the water to increase the volume of the meat, for better sales. I'd hope that not everyone everywhere does this procedure, but it's good to have a heads up. After that, bleach cleansing must be the only thing that stops the high levels of contaminating bacteria from taking over. Yet still, many samples of chicken meat were tested for salmonella, and plenty of those sitting on the shelf ready for sale, contained this dangerous strain. (It's not something one wants to get. I had it once for a few delicate, debilitating and sick weeks—after eating a desert that contained raw eggs, that I was unaware of. I lived to tell the tale. I'm sure not everyone does.)

I had a traumatic time with my oldest boy when he was about five months old. I was giving him little bits of food at this time in his development. One day I tried soft cooked egg yolk. The reaction was

terrible. After it was registered in his body, his stomach went berserk. For seven long, difficult and worrisome hours he was vomiting frequently, and could not keep down anything at all—no breast milk or water or anything. There wasn't anything to vomit after the first few sessions, so stomach fluids were belched out again and again. I was stuck home alone, in a foreign country, with no way to get help at the time or even to call my husband. Thankfully, after much prayer he regained composure and nursed properly and slept well that night. I didn't know what the trouble was, and did not connect it to the egg. But I found out later on.

The next time I served him egg I prayed—as I learned to do—and asked the Lord if I should feed it to him. I felt the go ahead. And then the same pattern came about with the vomiting. I was glad, though the hard way, to be able to pin point exactly what food was the offending substance. Eggs were off the menu for about a year. I had heard that you are “meant” to keep trying things after waiting a long while. So, while my one year old was crawling around the room he made his way to me and my breakfast plate. There was a crumb of my omelette on the plate and he helped himself to it. I didn't stop him, as it was about the time I was “supposed” to try it again. Like night follows day, his stomach erupted again with vomiting and unable to eat for hours. I ensure then that for the next two or so years that not a drop of egg ever made it to his mouth. When he was three or four years old eggs were tried again. It was hard to have him not eat them, when he saw other friend's children eating them. So I tried them for some breakfasts. Those were the days when at his afternoon nap he would cry and have so much pain. Even though he didn't vomit, it was still a very offending substance for him. So once again it was off the menu—for good, or so I wanted it to be. The nap times had no pain when eggs were not for breakfast.

About six years later, when his younger brother, who also had to never have eggs all that time, along with me (so as not to make things hard for the oldest boy) was begging to have them. I prayed and it was a very brave step. Actually, I cried and felt very emotional that day I gave the boys some organic eggs to try. I had been through so much, and all the inner pain I'd gone through was being stirred up. The older boy said his stomach felt funny when he ate it. But he had such a terrible time reconciling the fact that his brother could occasionally have them, and not him. So we prayed—for a miracle—that he could manage them. Then it happened. So now all three boys--growing and hungry older boys--now have an egg about once a week—but only good organic, free range eggs.

I am very glad that we missed having them all that time, as I didn't know all the dangers of all that is within regular commercial eggs. The sensitivity of the oldest spared us all the trouble we would have gone through, of side effects and health troubles if we had eaten unhealthy eggs. I still don't eat them, as I wish to have a cleaner diet, as close to the "Eden" diet as I can. But then again, I'm not growing muscles and they are. Maybe a bit of it is good for them. We'll continue to assess the effects of foods and their needs as they continue to grow and mature, ensuring them the best we can offer.

Sensible Sports and activities: Accidents caused by aggressive and competitive sports can put a damper on a life time of fun. Due to poor diet and lifestyle, broken bones and injuries are more likely to occur. This coupled with the unpleasant and stress-causing way games are played, or pushed on youngsters, adds so much unnecessary pain and lifelong troubles. Road accidents are of course, a cause of countless deaths and life-long troubles. Work accidents

happen frequently—so protective gear is important. Firstly—pray before and during every risky event; be thoughtful, and careful. Secondly—make sure it’s good and right for you to be doing it, or in that way, or at that time. Thirdly—make sure you are caring for your body well, with body-building nutrition, so that healing of accidents can come more easily.

Anecdotes:

We have a friend nurse who sees far too many injuries and terrible handicaps occur, all due to the pressure on young people to play sports, and the types of sports that are played, and the way they are conducted. She is grieved to see it. We have an oval by our house. It was sadly humorous, almost, to see that the part of the field that is used for sports is nearly littered with old bandaids! We’ve passed by when sports were played and counted the several children who showed up to their sports lesson—to only listen and observe this time—as they were hobbling on their crutches. A friend wrote me about a young man that got married and they had a lovely little daughter; but he couldn’t do all that he would have liked to, as he could barely walk without pain due to a knee injury from enforced team sports. It robbed the girl of a fully capable dad, able to help her. Exercise should be beneficial not harmful. Games should be fun, and joy-giving, not stress and tension causing.

I read about a man who had a bad car accident. His recovery was so very painful, and the pain of his bones kept on in some way for the rest of his life. But I wonder if the story would have changed any if someone would have told him as a young person, as a man, as a recovering patient, that healthy diet would aid his body to rebuild and heal? –And what a healthy diet was; a diet plan as close to the one stated in the Bible, in Genesis 1:29. One of the first things this

man ate when in the hospital was a sugary milkshake, a common thing for him, apparently—something that robs the bones of the calcium needed. Doesn't seem he nor any one else knew this, then or afterwards. Sad.

I saw a movie based on a true story, and again, the father is injured, in sports, hurting in many ways with painful and long recovery, as he tries to get by to continue to support his family. But again, all through the movie (and the book he wrote about it) he was drinking sodas and eating commercial foods with little to no nutrition. The story would have been different, no doubt, if he had build up his body, rather than pulling from it with the wrong diet.

Stress and mental health:

So many people are told that their ill health is “all in their head”. It's not. Some of it may be started there, but there are also physical reasons that trigger the thought patterns, rather than the other way around. For example, drinking things that dehydrate you while you have an insufficient drinking water intake thickens the blood and puts a strain on the heart. If a person is also regularly drinking milk and eating fatty meat, these line the arteries and make it the passage way thinner and harder for the blood to flow through. Naturally this person could suffer from heart pains, heart palpitation, high blood pressure, chest pains, and the like. If the stress they are feeling from work and life, or thoughts of remorse about past failures, makes their heart to beat faster, and so doing causes pain due to the diet and lack of water, they can feel they are having heart attacks. The pain is intense, and the fear that the pain gives them doubles the trouble. (In one situation, an ambulance was then called, the heart-paining

person is checked and told, “Your heart is fine—better than mine”. Some could say, “It’s just stress—your heart is fine”. Yes, their heart might be fine, but their blood and arteries need help, and someone needs to tell them. Many experience this.

(When they are in the middle of sleeping—not thinking about work—and suddenly they are awakened by the pain of a heart beat going faster, that is clearly not from “in their head”, but their body. Kind of like when my son was waking crying with constipation pain the night, and someone said he was having “toddler tantrums”. Let’s have some common sense. Yes, often times the mental and thoughts can affect the body, but the physical health condition can affect the mind and behaviour, and it’s good to get the physical need sorted out and not ignore it.)

Perhaps someone might be fatigued and going up stairs might give them strange and irregular heart issues. But they test and show nothing is wrong with the heart. It’s not their imagination that something isn’t right. A wise doctor might know that there is a link between sugar intake and blood, and the way the heart beats. Tell them to not eat sugar, and be careful about eating fruit alone without some protein to go along with it, so the blood isn’t sugar spiked. This followed, all is then well.—I know, this was me.

Think about all the psychological health that looking up at the sky provides us. It gives us a sense of wonder, as we don’t have it all figured out; intrigue about the stars and beyond; signs to show us the weather or times and seasons; mystery, enjoyment, relaxation, beauty; uniqueness of appearance; unpredictable so we don’t get bored; and most of all unending space—you can’t feel boxed in when under the sky, and the light is healing and energy-giving in the day, and calming and gentle at night. I wonder if being in places where

more time is spent indoors than outdoors, and in small rooms with bad air and harsh lighting makes the mental health deteriorate—from feisty school children to cranky bosses of corporations; from grumpy secretaries, to impulsive dictators. When wonder, enjoyment, mystery, beauty and relaxation is replaced with boxed boundaries, boredom, and predictable sameness, stuffy air, no cheery sunlight, and focusing only on the details of life, no wonder people can't act “normal” anymore.

Unnatural environments, for the majority of the day, produce unnatural human beings, that forget how to laugh, love, enjoy learning and living just for the wonder of it all, the intrigue, the answers and mysteries that may get solved—tomorrow, when we go on living just one more day. And when we look for the wonders of life, and see God's hand at work, and feel the care of Him and our loved ones, we are never disappointed that we lived to experience the unique day of “tomorrow”. And if “tomorrow” brings us trouble and woe, heartbreak and hardship, there's one thing it wasn't—boring and predictable. And yet, a whisper in our heart says if we hold on just a bit longer, we'll once again come through the storm, and all the better for it--and better yet, we are able to lend a hand and a listening ear and word of cheer to another that feels the storm has just set in on them. And ah, that is the moment that rights it all. The joy of helping and loving others, learning and teaching another, and seeing them make the grade, and do so because we were there to help bridge the gap for them with what we could offer. The love that we get back in return, out of gratitude makes us feel it was right for us to go through what we did, in fact, if we had to plan our own life and the struggles and turns, we feel we'd most certainly include that hard event, as we got so much back in return. This happens to those

that see and feel God's presence in their lives, and live to be it, in some way, for others.

It's better to fantasise than to brood. Better to dream, than to stew. Even if all your greatest plans for the betterment of mankind worldwide don't happen at the day and time and in the way you think would be great, at least you used your mind in good exercise. Your good thinking and earnest attempts are to your created and help to make you into the person you are and can be—just as being a stewing, brooding person (though it changes not their surroundings) likewise makes them into the unpleasant person they become. Always keep a dream and goal alive, pursuing something mentally, prayerfully, and with any action you can take. Have a passion for the good of something and someone somewhere, and keep your eyes out for the part you may be able to play to inch progress forward for those people or situations, when the chance comes.

The best mental health and stress relief is found in reading the Bible and praying, daily. If someone has not yet given himself to God to be part of His family through believing in and receiving Salvation and forgiveness through Jesus Christ, they'll probably have a hard time understanding the Bible. It's like being in a new culture and knowing the language. God's Holy Spirit teaches you and helps you understand what you are reading, and know how it applies to you in your situation, and what you personally are to do about it. But once that is settled, regular reading and thorough study of the straight Words of God in the pure Bible can do wonders to keep your wit and faculties sharp and keen. You'll always find something new and interesting, informative, and knowledge-expanding, when you read the Bible—whether it's your first time or your 100th time. It is that incredible and multidimensional and multifaceted. Unless you know what I'm talking

about from your own personal experience, you probably don't know what I'm talking about!

I read of someone whose daily routine was to have a few hours each morning, very early, to read the Bible and pray. He did it consistently, year after year, decade after decade. When he was 70 he was in good shape to start up a life-long dream that finally worked out at that time. When he was in his 90's he said his mind was as clear as when he was in his 20's, and his eye sight just as sharp. Maybe there is a clue there, as it worked for him. (George Mueller)

The Third and Fourth Option

The first option to lifestyle is: Do the easiest things, the common, the most widely available, and cheapest options. You don't feel you have time, money or even the will to do something different. You continue to do things the way everyone else you associate with does them; what is shown in movies and on TV, and the way you grew-up and became accustomed to doing them using the familiar products and ways of living. This option is for those who don't mind getting the same sad results that give more struggles in life than is necessary, and makes aging come early and be very pain and trouble-filled.

The second option lifestyle is to research to find better, cleaner, healthier ways of living and doing things. You realise there are lots of mysteries and things you still need to find out. When something goes wrong and you have health troubles you don't just surrender to it, but you look around and search to find out what you should be changing in that will allow your body to do what it's made to do: function well and repair the damage. You eat selected and a good

range of organic foods, buy or make organic beds and bedding and clothes. You invest in all the nifty “products” that are “natural” and “organic” and advertised as great health promoting—for beauty, hygiene and housework, and get rid of the rest. Though it costs you a fortune, you realise it is cheaper and more comfortable than the medical bills and pain you would be otherwise enduring. You pay what it takes to get your classy choice of exercise—a gym membership, or neat bike and gear, join a sports team, get sets of weights or hire a personal coach, etc. Things that are labelled “organic” or “gluten free” or “natural” stand out to you and seem to think it synonymous with “good”. It might have other things added to it, or be twice the price, but you think it is fine to buy them anyway. You are not always strict with getting only this or that, as you want to “live” also. You might buy the latest organic foods, but then add lots of the latest discovered “natural” sweeteners to them, because you have a sweet tooth; but then this brings down your resistance to sickness and risks your teeth health. You want to simulate, for the most part, your previous life style, just replacing everything with the newest health products, or different ingredients to use to make just about the same types of foods, mostly cooked and baked. Some things get better for you, but it seems there are some pieces still missing to the puzzle that you hope to find out. You then find out that the more plain and simple, raw vegetable foods allow you to age more slowly as your body gets more vitamins, than grainy baked, and ‘vitamin’ pills. And the search continues, starting now with what equipment you’ll need for “doing” raw foods—expensive blenders and juicers... ah there is no end of the “needs”. (Finding counter space in the kitchen being one of them.)

The third option of life-quality improvement has some things similar to the second option—you want to find out the best way to do things,

and make all changes needed to achieve naturally good health, give up any products of foods or drinks that hinder health, but you can't afford most things sold in the "organic" market. You choose to be very strict with what you buy or don't buy, checking the labels, and for the most part never getting something that has a label. A fancy "natural ingredients" label doesn't attract you, as you know there's more added to that product that could cause trouble. You get things and food as close to their raw and natural state as you can. You make nearly everything from scratch so you can control all ingredients and it's more cost effective for you. You find the cheapest bulk food options for organic foods and eat moderately and simply with basic foods and no fluff. You save on expenses in all the ways you can. You don't ruin your efforts by old unhealthy habits. You invest in good food, but never buy junk food even "sometimes" as that will make you not get your money's worth of all the good you have been doing. You don't get cable TV, for example, but instead get good sleep and rest for your eyes, and it saves you the cost of it. You limit use of other electronics and instead spend time with your family and loved ones, making a warm and nurturing environment. You get exercise that is free and outdoors; preferably without the stress and injury of sports. You find the most cost-effective ways to get the items needed and you create your own beds, blankets, clothes, and simple house shoes, shaving cream, and so forth. You realise you don't need many, if any "products". Water is fine for most washing needs of all kinds—no need to buy the latest organic shampoo, laundry soap, creams, cleaners, toothpaste, make-up, 'essential oils', and on the list goes that you can cross off as unneeded. You find out that the natural simple ways are good enough and save you health troubles and expense. It doesn't cost you more to be 'organic' but less, as you simply do away with all the unneeded extras. With a short list of

things such as: clean water, baking soda, vinegar, salt, coconut oil, sunshine and fresh air, a bit of organic cloth and a sewing machine, you can cover most needs. You commit your health and needs to the One who made you and loves you and will take care of you. You pray for God's blessing on your home and family's health. You know that even if you do all that you can in the physical, and try to live according to natures and God's rules, only He can keep that heart beating and your feet from slipping. After doing all you can, you leave the rest up to God and trust Him with your health. You take time daily reading the Bible and praying, and see the good effect it has. You teamwork with the Lord—giving up whatever He leads you to do, and praying away any illness or effects of accidents. In things big or small you go to Him first. He is the fastest and cheapest and closest help. If He leads you to get further help from others, then you do so; but you still know that healing can happen with or without other aids, if need be. You realise that obedience to God's will for you comes with blessings.

The fourth option is you want a healthy life, but have no options for organic food or items. You live in a place where life is more of a struggle. Even eating raw fruits and veggies is risky as the way they are grown can make you sick and give you parasites. You have to eat what you can, and are glad to have anything at all. You are glad when there isn't a drought so you have running water you can boil to make it more fit for drinking. You are often around sick people and filth, because that is the sad state things are in where you live. You could never afford to do the "natural healing" with special diets and so forth; most things aren't even available where you live anyway. You live where there isn't much of a medical system in place and certainly no cost covering for it. You know what it means to be hungry, though you work hard. Anything donated to you is appreciated; you can't

afford to be picky about what the product is made out of. You are glad to have any of the true essentials at all. What can you do? You give yourself, your body and health completely over to the Lord for His keeping. You learn about the cleanest and most hygienic ways to live and cook and do things, and do what you can. But you depend on prayer and on the supernatural divine intervention for protection, for health and growth of body, and for healing of all kinds of things. You get to see and feel miracles from God. He cares for his own. This encourages you and you can keep going doing your good work. Your children have what they need. You don't have the fatalist attitude and accept all the ills around you, allowing them to be a part of your life. You realise that nothing is too hard for the Lord, and that He really wants to keep you happy and healthy and as pain free as possible. You believe God's promises of well-being that are written in the Bible are for you, and you expect God to keep His Word and do what He said He would do. You are aware of nutrition and what is good and natural to do, and best for good health, and strive for it as best as you can, and when there is no way to get it, you pray for it. If it's what you really do need, and God wants to use that to encourage you and help you, He provides it for you in some special way.

The reality, however, that is nearing today is that there is just about no 'safe' anything anywhere, due to the wide spread pollution of land, water and air. What might have worked and "did the trick" for others forty years ago, just by 'eating raw good foods', might not be the all in all for us today. More and more chemicals are being introduced into the world and bodies—even newborn babies test to have hundreds of bad chemicals in their blood that has come to them

from the world surrounding the mother. So for now, while getting back to the physically optimum way of living is going to save us many headaches—literally as well; it’s going to take more than that. We are going to need supernatural intervention from the Creator, and letting Him work with us, heal us, and protect us daily. I think as time goes on we might find we need a good dose of both: doing what is right in the physical, and working in union with the God who made us, getting His divine help and care. These joined together make us able to do what we have the health and strength to do—whatever it was we personally were created to do and placed on this Earth to learn. The knowledge and assistance for this comes from knowing Jesus Christ, and being willing to use our strength, time, and means, to assist whoever He asks us to.

So in reality, a bit of option three and four, will provide solutions for most folks in the world.

For your inspiration, I’d like to share the following true happenings from my life. A few glimpses into the many ways I’ve been helped along, with divine intervention, when I didn’t know or couldn’t do any better than I was. I did what I could, and God did what I couldn’t—knowing that I would use all the health and strength and wellbeing for what He knew was best and would please Him.

I’ll take it from head to toe, and first list practical care tips, and then share related true and personal life story of supernatural healing.

Hair—Hair can be kept clean and fine without use of shampoo and conditioner and other products. Just washed with water, when it's best to do so (not daily, unless you have a fresh water river without chemicals, to bathe in), or sometimes baking soda mixed in water, and rinsed with apple cider vinegar in a cup of water, is plenty. Oiling with coconut oil can be a help too. Your scalp will adjust after a time and stop trying to over compensate and make so much oil. You've stopped washing it out, so it doesn't have to work so hard anymore.

Anecdote:

Once I wanted to help a poor family, and I had long hair. I had nothing else to give. I thought I would cut a large part of it off, and sell it to those who make wigs, and give the struggling family the money. I cut it, but the company said it was a few inches too short for them to use and sent it back—without any money given to me of course. But as compensation, I think, my hair grew back so well and fast (this was the second time I had cut it in a short time). The hair I was trying to offer the company was good hair—not filled with any hair products or even shampoo! “Organic Hair” it should have been labelled, ha! I should have charged them twice as much. Just kidding. Well, I found a way later to help the family. But I was encouraged that health eating and good, natural hair care made such fast growing hair.

Scalp—Massaging the scalp, and running a brush over it can help to stimulate the growth of hair, and relax tension. In the olden days people would PUT oil on their head and hair, as part of their grooming and sun protection, and hair care, rather than washing it out. One time when I put coconut oil on it, for the first time I remember doing it, I could nearly hear the sponge affect of soaking

up the oil. It was so dearly appreciated. When my body is detoxing from being out in the town or driving through the city, or having to be in a building with many people, or other reasons why the air is filled with pollutants, my scalp always hurts. That's one of the places where it tries to release toxins from my body. A good thick hat is a help to protect from the sun and the other air-borne toxins in some places of the world—and nice head massage when the day is over makes things feel better.

Anecdote:

I used to have dandruff, I often had it. I was always embarrassed about it and thought it made me most unattractive. I was unmarried, and did want to look nice. Now I have learned that so many people have been cured of dandruff by simply changing their diet to be mostly raw veggies and fruits, and stay away from hair products that aren't natural. But at that time I didn't know this, nor could I have lived it at the time with the foods and resources available. I looked in the mirror at my chronic problem—not just flakes, but clumps of odd skin clusters. I tried something for the first time. I prayed for it to vanish; for the power of Heaven to take it away. Within moments, before my eyes, it did just that! It was GONE, and has never been a problem like that again.

Brain—TV and videos don't promote brain cell growth, and affect thinking patterns in odd ways. It's best to limit them, and only use them for very good quality information and inspiration. Drinking lots of water is essential to brain health and good function, due to what it is made out of. Many strokes could be avoided if only the person had been having plenty of drinking water regularly. Wearing protective

helmets for dangerous work or sports or bike riding is a wise thing to do. The material that a pillow is made of can affect the brain and overall health. If it has chemical products added, it's dangerous. Many headaches can be cured and avoided by enough drinking water, and staying way from upsetting food and toxic or trouble-causing substances—chocolate and cheese causes some people to get migraine headaches, for example. Some metal toxins that are in processed foods and other products, go right to the brain and cause it to malfunction because it goes right past the protective barrier. Children who have been brain and body injured by vaccines that contain harmful synthetic products have a chance for healing when ways of removing the dangerous metals out of their body are found and implemented (using things like foot pads, clay baths, and diet change.)

Anecdote:

A month ago I had an illness, something unusual, and it seemed to point to some non-organic produce we ate that made us strangely unwell. When I was starting to feel better I thought I would help myself along by taking a nice good shower and changing my clothes, as I finally felt partly well enough to do this. I imagined I would feel even more on the up and up, or so I thought. I took a very long hot shower, doing all my personal grooming while breathing in the hot steamy air of chlorine and fluoride, while it soaked into me from head to toe. I won't make that mistake again. What happened next was very worrisome. I couldn't think right, my brain was in a constant and thick fog. I couldn't manage simple things without bursting into tears as I felt so incapable. I couldn't read aloud right. This went on for a couple weeks. I relaxed and gave myself time to heal. I prayed and ask the Lord what to do. I had been poisoned by the exposure when

coupled with the illness. I didn't know if I actually would ever recover. But what God told me to do worked. I took time reading the Bible each day, resting plenty, and doing whatever simple things He said was needed for my healing and faculties to return to normal. He said it would take a week more, of following these instructions. I had already struggled for while, with no real sign of change and wellbeing. Yet, before the week was up, after following the program, I was back to my happy and useable self again. It was a long time until I had the courage to shower again, as you can imagine. The next time I did, it wasn't at home, but in a small town we visited. The water there was far better and healthier; much less treated. I took the step, and it was all good and fine, and I felt refreshed with all my skin pores scrubbed and able to breathe freely again. I looked at myself in the mirror and said, "I like the way I am...I don't need to do all that long shaving time. No one cares about it really." I don't need to take the long-heath risking time I thought I had to, for beauty. Instead I have a thinking and clear mind. Maybe when I live someday with a running crystal clear stream nearby, I can soak it up more often. But until then, we've just gotta survive as best as we can under the current circumstances. (A filter on the shower for fluoride is we'll look into and research about in the meantime.

Eyes—Good eye health requires plenty of fresh water drinking, limited use of sugar, and staying completely away from processed sweeteners used as sugar alternatives. They have even caused blindness in some cases. Have a diet with the right nutrients for all of the parts of the eye. Plenty of, and mostly using, natural light; not working or reading in very dim lighting, or letting sun glare hit the eye

too often. Reduce possible stress with the least amount of screen time as is needed. Plenty of sleep, and sleeping when tired if possible. Only touching eyes with clean fingers, and sleeping on clean pillows that are not shared with several others, or have been on the floor, or sat on in the living room, or used by a pet, etc. Washing face and gently wiping tear ducts clean. Learn how to do simple relaxing and strengthening eye exercises.

Anecdote:

When I was 16 it was the first time I went to see an eye doctor for a check to see how my sight was. It wasn't because I needed it, but just out of curiosity, mostly. I'd had as good and healthy of a diet as my parents knew how to provide, with their knowledge at the time, while growing up, and never had junk food. I think I ate one candy when I was seven. So teeth and eyes and bones were in good condition, thank God. And we didn't have little screens, computers, or TV, only an occasional video. The optometrist said my eyes were good, but probably would need glasses when I would reach forty. I'm thankful to say that this has never happened. I see very well still. And it amazes me how our eyes don't get injured. It would be so easy for them to be—but the angels must keep us well. The other day I could have harmed my right eye badly, but was spared. I was lifting my child down from where they had climbed, and placed them on my shoulders. A thin tree branch suddenly swung back into my face and scraped across my eye. But before knowing it was going to hit, somehow, for some reason, I shut that eye. Then it scraped, and only scratched a bit on the side of my eye, not on the lid or the ball or anything. I was very grateful. I was happy too, that when I was a child, I made it my personal goal to be able to wink each eye individually,

without the other eye automatically closing. I worked on it much, and achieved the individual blink that has come in handy many times.

Nose—Clean fingers should be used when there is a need for cleaning one’s nose. Cold sores are contagious, and if someone touches a door handle that someone else that has touched after they have touched their own cold sore, and that person puts their finger in their nose or mouth, the virus can then be contracted. Washing out the nostrils when one is washing their face can help clear away germs that have gathered from the day (and smog if you live where there is plenty). Tissues used for wiping a nose when someone has a cold should be discarded so as not to spread sickness, and hands washed well. Light blowing of the nose is best. Hard blowing can be hard or damaging on the ears. Oil on the nose when one needs to frequently wipe their nose, can help the skin not get too red and dried out. And if the skin does get sore, coconut oil, or aloe vera can help.

Anecdote:

As one of the reactions of his chemical sensitivity, one of my sons was getting frequent nose bleeds—whenever in the wrong environment. One time he had a dream that cheered him up so much that he went around telling everyone about it—it was about a clown that had shiny red paint on his face. I knew what the message was to me, that in spite of his nose bleeds and all the many other ailments we were searching for solutions and healing for, that we could still find joy. It warmed my heart in a special way. Then when we found the reason for it, and the bleeding episodes stopped, I was happy and relieved to have another hurdle leaped, and all the wiser for it. Though the solution took us down a new and untrod pathway, it was beautiful to

find healing. The most potent of all environments, the one that caused the strong nose bleeds, and many other unwellness issues, is attending a church. So this isn't an option for us, most of the time. If there is a special concert being held in a church or other public facility, where lots of scented up people gather with little fresh air, we might go—after serious thought—but seldom without a few days of consequences and side effects. We have our own mini fellowship and family fun, with our own family at home, or at parks, and outdoors, like camping and travel; or outdoor activities with others. We do lot together as a family—games, special meals, music jamming, Bible reading and prayer, and so on. This is what is right for us and keeps our children's health in better shape, and happier in general. The smell of something is always one of the main considerations for us in agreeing to something—whether it's a visitor wanting to come here, or an exhibit being held, or deciding if some second-hand clothing can be used.

Ears—Good ear health requires: Letting the inner wax do what it's meant to do, and not digging in too deep for “cleaning”. Avoiding too loud sounds in the ear, or they will be damaged and hearing loss occurs. Staying in good health, with proper diet, clean hands, fresh air and sunshine, and good sleep, so that colds, and flues don't trouble you as much, putting a strain on the ears and giving opportunity for infection.

Anecdote:

Twice in my life was nearly deaf, for a few weeks at a time. It was interesting living in a world of silence, though not very practical as I had a baby to care for, and couldn't hear when he was crying to be

nursed in the night. In the day time I had my eyes on him always, but when I was asleep, even though the baby was snuggled right beside me, I still had to have my husband wake me to tell me when the baby was fussing. Thankfully, both times I was healed all the way of that double, middle ear infection. I'd had plenty of earaches, and even holes in my eardrums when growing up; a lot of times due to the underwater swimming I did plenty of, in the swimming pool—which I avoid now. I'm so thankful to say that I have full hearing still today. The Lord answered prayers and helped me every time. I risked it, and took some antibiotics for some of the times, but I give the credit to the one who loves and cares, who made me and who can fix me. I didn't react badly to the antibiotics, like many do. And since I have stopped all milk products, I never get the colds and congestion like I used to, frequently, when growing up. It's a wonderful thing.

A few months ago there was a cricket game on at a stadium not too far from where we live. We chose to go. We always pray about where we take the children, and try to guard their health well. What I was unaware of was that it wasn't just watching cricket, but that that type of game had very loud "music" being played frequently throughout the game. Our seats happened to be right near one of the speakers. It was very, very uncomfortable. I tried to cover my ears at times, and was praying for the children. I would have left the game in a second without a hint of regret, but it was a rare event for the children. (Wiser now; and we'll only attend the proper kind, without the sound intrusion.) At one point we walked away to see if the sound was any less abusive elsewhere. But it seemed basically the same. I cringed at seeing other little children, babies, and pregnant mothers, all of these little ones getting negatively affected, and possibly injured in their hearing, and certainly moods and behaviour would be affected. When at last it was over, I was glad for the peace; but the effect didn't end

with the sound being turned off. It affected something I wasn't aware of, until I woke the next morning. I could feel the very bones of my head were weakened. The sound had done something like eroded and broken down particles in them, or so it felt. It was an interesting feeling, and I (and the children) needed healing. It wasn't just our ears, or the DNA in our body and the very fibres of our being that is also affected by sounds, but the sound had pounded away on my bones. Sound travels well through water, and our body is made up of plenty of it, being a perfect conduit for sounds travelling through us. It took a few days of extra rest, and good nutrition, while being unable to function at full strength, until I felt normal again in my head. Sound effects so much. You can be deaf and still be affected by the sounds around you; but much more so when you are hearing, as sounds and words produce feelings and thoughts, affect moods, emotions, give ideas and energy or lack of it. It's very important, for the happiness and health of your life, to make sure you and your children are primarily exposed to good, nourishing, up-building sounds and songs and words—and in a healthy volume that isn't too loud and abusive to your body. It has a big effect on you, your health and what you will be capable of doing.

Teeth—Good teeth-health care requires swishing teeth with water after every time you eat or drink foods. Avoid the use of toothpaste, but a bit of salt or occasional baking soda can help. Otherwise a glass of water with a tooth brush to dip in and scrub the teeth is good enough, for a couple times a day of cleaning. Eating mostly raw fruits and veggies helps keep your teeth in good shape, as the juices easy wash off and don't stick to the teeth, and the firm crunchy foods help

to exercise your jaw and give strength. Avoid sweet things and dried fruit, or the sweetness stuck on the teeth and gums can cause decay as well as gums to bleed as the sweetness feeds the mouth's bacteria. Salt helps to cleanse it if bleeding occurs. Eating meat, fish, or milk at night can give you an ugly case of bad breath in the morning as the animal products go bad and grow bacteria in your mouth. Use of dental floss can help to remove stuck bits of food. Swishing (and spitting out, not swallowing) with coconut oil first thing in the morning can help to clean out more bacteria and other food bits that escaped the night cleaning, followed by a water, or salt water swish. Sometimes a muslin cloth wet with some baking soda on it, wrapped on a clean finger can be a good occasional scrub when one wants to give a thorough clean and whitening of their teeth surface. Keeping food and drinks (other than water) off your teeth for most of the time, rather than nibbling often, will help your teeth be less susceptible to cavities, and your gums to infection and gum disease—which can create a need for expensive and uncomfortable braces. Of course you want to spare your teeth having to chew other harmful “chewing” things (tobacco/chewing gum/betel nuts!—like some toothless natives learned too late; and other things.) Having at least 12 hours in a 24 hours stretch that your teeth are clean (from night until morning) is a good break; if you clean your teeth well after your last meal of the day—and the last thing you eat is some raw veggie, or an apple perhaps, and then in the morning you swish with coconut oil and salt water for any gathered bacteria, this should keep your breath smelling good, as well bad bacteria being the cause of bad breath much of the time. Have as little meat and milk as you can, if any at all, will improve the breath and teeth condition too. Too many nuts, especially lots of cashew nuts (and keeping them on the teeth over night) can take away from dental health, and cause cavities, as

too many cashews can take away from your calcium. Of course nothing sweet on the teeth before sleeping is a good habit, as your mouth will have all night to grow the bad bacteria and the sweetness to feed it, plus what it does to the teeth also. Don't chew on or bite on things that will be hard for your teeth or chip them—like objects, or other things that are harder than the natural things teeth were made to deal with. They are tools, and need to be used right.

Anecdote:

My wisdom teeth have been coming in for over 20 years now! They are taking their time, growing along with me as I wisen up about many things, at the same time. Last year I saw something disheartening. Due to one of my wisdom teeth growing, it was pushing my front bottom teeth together more tightly, and actually starting to overlap. I have seen this on some people and thought "Oh, no; I don't want my nice straight teeth to look like that". I've never heard of crammed, overlapping teeth straightening out again. But to my delight, my heart's desire was granted, and it wasn't too long until, unaided, they just got back in line and stood tall and straight. Somehow there was room for everyone, and no one had to be pushed out of place.

The only time I have lost a tooth, was when the tooth that held the only filling I have ever gotten, crumbled and fell out. I got it properly removed, so the roots and all were out. But I felt no pain when it broke, nor after getting it pulled. I am glad it is gone, actually, as the metal filling would be doing me no good. So it was good riddance. And the rest of the strong, good teeth, are doing a great job. It hasn't been missed, thankfully.

Throat—Clean fingers and dishes, washed foods, and clean air to breathe, and rinsing and gargling with salt water at times, can help to protect your very precious tool of life and living: your throat--the gateway of air, food, water, and communication for progress, learning, and safety. This part is depended on for so many essential jobs. It's a gateway to be guarded seriously. The words that you say affect much in your life and your surroundings. The food and drinks you allow affect your health. The air you breathe has a big affect on your overall well being, and your moods. Coughs and sore throats can be very sleep disturbing in the least, and affect your work output and strength. It's good to keep watch over this gateway, and do what you can to stay healthy. Once I saw the child of my friend on a bus sucking on a candy. Wasn't a good thing for him to have, but when it fell out of his mouth on the filthy floor of the public bus, he promptly picked it up and popped it back into his mouth. So now you've got sugar to stun the immune system, then take a mix of germs that have settled from hundreds of ill people and shoes and place that in a wet and warm environment away from sunlight—the mouth--and what do you get? He got the worst, most painful sore throat and flu that he ever experienced.

Anecdotes:

I remember starting to notice, when younger, the way my mouth and throat felt after I ate store-bought, white sugar cookies: Almost right away it started to feel thick and unwell, irritated, like I was getting sore throat. Then regular ice-cream left my mouth feeling dry yet covered in a gooey substance. I started to make up my own mind about what I ate or didn't eat. Even though others were eating it and not complaining about issues to me, I was responsible for what I let

into my mouth and down my throat, and had to make my choices to keep myself feeling comfortable and well. The same is with herbal tea. When I drink that hot drink, my throat feels dry, like the natural oils have been washed away, and it takes a bit to return to feeling normal again. If I don't want that uncomfortable feeling, I have to say no to what gives undesirable consequences.

I was, and am very protective of my mouth, and aware of germs entering. I can't help but think that it was related in some way, the connection of putting things in the mouth and getting throat infections. A friend I had a teen had a bad habit of frequently putting things in her mouth—pens, pencils, fingers, or other objects. And for some reason she was often getting sore throats and swollen glands. Always wanting to bite on things—like with children too, can have reasons. If the child wasn't allowed to nurse long enough when they were young, and had to pass their two year old teething time without the comfort of nursing they had to learn other ways to soothe themselves, and can get use to chewing and sucking on all kinds of things. Also, a teen might be growing their wisdom teeth, and fall back into the “bite on things” habit. Unwellness in the gut, such as parasites (that can be gotten from putting dirty fingers in the mouth) that need to be cleansed out can make someone wish to bite often on things. Or perhaps it's a nervous habit, or something to do when thinking. Falling into a smoking habit, or chewing gum, or nail biting, are other “put things in the mouth” health hinderers that might result if someone doesn't choose to guard their “gateway” to the body better, and resist the temptation and compulsion to put things in the mouth (besides good food and water, of course, and a clean tooth brush).

Many years ago when I was in a very weak condition, and didn't know what was wrong—and as often happens, the doctor said “It's nothing, just stress”—though of course there was many more parts to the picture, as I later have learned. In the meantime I was doing the best I could to take care of myself. Thinking I was doing myself good, I would eat a cup of raw oats with boiling water on them, with molasses and other nutritional goodies added. I thought this was good enough. At the same time was I getting a strange thing on my throat: white dots or globs of matter stuck in some of the pores of my throat. These would make my throat itch, and looked like I had something wrong and was sickly. I learned they were called “concretions”. I wasn't told what caused them or what to do about them, other than trying to gargle to loosen them. They would finally come loose, and smelled terrible, making my breath smell bad too, only to be replaced with new ones. Later when I found out that oats, with their own form of gluten, were best kept off the diet of my children (and I stopped eating them then too), I no longer had the concretions in my throat. And I stopped feeling so hungry! A bowl of oatmeal for breakfast made me and the children feel very hungry later! I remember the first time I gave them a “smoothy” of blended veggies and fruit for breakfast, I heard nothing from them for what was an unusual amount of time, about needing more snacks! They were at last truly satisfied, getting what they actually needed.

Shoulders—Good exercise and general strength can help in holding a good posture, rather than curled in shoulders. The heavy backpacks that children often have to carry to school as they walk, are hard for the proper development of the spine; as is sitting for too long. A way to say “I love you” to your husband or wife, or an elderly relation, can

be to offer them a shoulder massage. Tension can build there, and it can feel like a “weight off your shoulders” when it gets rubbed away with firm and kind touch.

Anecdote:

I remember as a child sitting at the dinner table and being told by my father to sit up straight and have good posture. I remember it was nearly out of my reach to do so. I felt so weak. I seldom got good exercise either, I just didn’t have the strength. I know more now about the connection of diet to overall strength. Meat, eggs, milk, bread, and cooked veggies we had each day—and of course our vitamin C tablets and a big table spoon of cod liver oil. Mealtimes were always a chore for me. I certainly didn’t drink enough water, and was almost never very hungry enough to enjoy a meal, nor was the food my type usually. I think if I had been given what I now have the wonderful opportunity to provide for my children, I would have eaten more and enjoyed it. Things are different now. I’m strong and sturdy, yet still of a medium-slender build, and don’t have that “too weak to hold up my shoulders” feeling. I still have to work on the habit of straightening up my posture from the bad habit I acquired when growing up and feeling weak, and sitting at a computer nowadays doesn’t aid that; I have to consciously straighten up. Yet, I can enjoy good exercise without tiring easily. I can talk a two hour hike with a heavy toddler strapped on my shoulders in a baby backpack, and have the strength to tackle it. I’m thankful for the new lease on life I have been given, by giving up nearly everything I used to have, and doing something new while finding the best for my children.

Back—A common mistake made, when enduring a bad back is to buy a brand-new extra “soft and comfortable” mattress, that is filled with poisonous chemicals. Problems will only increase. Very few companies make organic beds, but at least some do. And if, like most people, you can’t afford it, at least you can learn about what is good and what isn’t, and perhaps you can learn to make your own, like I did for my children. Some health problems are due to the lack of proper circulation, when the spine and neck aren’t lined up right. When the blood is able to flow properly, and good healthy blood chorus through your body, so many things can be fixed. Your body is programmed to do so. Getting help from a good, concerned, and wise chiropractor has been a key solution to some people. Others might have found out that one leg is a big shorter than another, and need to wear special shoes. Then there are the many situations that seem unfixable, but God has healed them anyway, after loved ones believed it possible and prayed for a miracle. Sometimes kidneys that aren’t working right and need to gain healing, might make one’s back feel unwell, or cause you to think it’s a back issue. Drinking enough water has a big effect on our back and spine; it needs liquid to keep doing its job right.

Anecdotes:

I was told as a teen that my back would develop better if I didn’t wear shoes with high heels; to wait until fully grown. Since I was particularly short and of low self esteem, I felt better when I did wear my pretty little shoes with heels. These made me feel taller and prettier, I thought. But as soon as a kind-hearted lady told some of us young ladies this, I made the choice to give up my only pair of heel shoes, that I had been using daily, and wear flat shoes instead. There was no loud cheering for me, but not one really noticed if I wore

them or not. True friends are nice no matter what you are shod with. I did it for me and for my future wellbeing. I kept to this for years. It was a simple but in a way a hard thing to do, giving up heels. However, now married, and still small and short, I'm am so very glad for making the right, though hard, decision. It's nearly unheard of for me to ever have back trouble. I simply can't afford it in my situation anyway. My husband has a hurting back, and so much of the moving tasks in a household are often for me to do, or they won't happen. I just pray for strength and back protection, and God gives it to me. I think somehow it's a blessing for me making the "sane not vain" choice. It paid off in the long run.

A few times I have had something go wrong—like maybe three times in the last 30 years. One time it was because I picked up heavy weights for a tough workout, after not having done much of that in a while. I could only lie in bed for a couple days and hope to not have to move. I was an adult then and would have liked to be helping in the charity project I was invited to participate in. So my friends also involved in it came to where I was and prayed for my healing. Soon after they left the room a warm feeling came over my whole back, and I was healed. That evening, I was up and fine and working on the project with the others.

Another time, a couple years ago, when lifting some boxes of food, my lower back acted up and I couldn't move much without pain. I lay in bed, flat on my back. But as I lay there, some thoughts started to come to me. Something I would have been too busy to work on before. I had nothing I could do, but lie back and prop my notebook up and write the thoughts that were coming. It was a marvellous plan unfolding, that had the potential to help so many children worldwide. The more I wrote, the better I felt. By the next day I was able to sit

and type, and typed it all up. When I was done, so was the healing complete. It had turned for something good. Later on I was able to make a video about it, telling others this dream, this vision, this idea that would be a help to many families. Maybe one day it'll make its way to you.

Chest/ lungs—Breathing troubles can often be cleared with better air quality (with as few chemicals filling your house and office air, and taking time in nature) and plenty of drinking water—10 glasses a day of nothing-but-water. Smoking of course has no part in the human body, especially since a variety of up to about 600 different odd ingredients are selected from and added to cigarettes, many of them extremely poisonous. The cases of breast cancer is very high in the world today, yet the cures have been found many years ago. We just need to make it known, and pass on the good news to those who have lost hope. Living in the most natural ways surely aids health—as in not binding up the breasts tightly with bras, as this hinders proper circulation and encourages cancerous growth; as well as using them, if possible, for their purpose: breastfeeding babies and toddlers for a sufficient amount of time (2-3 years ideally, to ensure the children's immune system building right, the best bone & body building nutrients passed on, as well as to provide comfort for their painful teething years.) Having plenty of raw veggie juice, fruit and vegetables in the diet can help to fight and to heal infections and coughs. Saying no to sugar and its manufactured substitutes and staying away from mucus-causing animal milk, can help lower the chances of catching a cold or the flues.

Anecdote:

I didn't know that the reason I felt so unwell, and my mind was "off line" after a long driving trip, was that I had been poisoned—with car fumes. We found out later that due to a crack in the exhaust pipe, the smell in the car wasn't normal. I thought I was just sensitive. But when that was fixed, the air was vastly different and made a huge impact. I wouldn't get car sick hardly at all, and felt good when I returned home. I could cook dinner rather than sit and 'veg' near a heater, feeling incapable of nearly anything. My husband's chest pains greatly reduced the first few days he drove to work in a car that had cleaner air. There was less stress due to the chemical poisoning.

At last it also worked out to invest in a good, big air purifier. For some reason the piano, as nice and shiny as it looks, puts off a most toxic smell that not only fills the room but flows out down the hallway. My son couldn't do music in that room without feeling and acting badly. The filter now removes the problem. It happens mostly when the room is warm, the heat makes it 'gas off' more than normal. When the piano tuners visit, we learned the hard way, to make sure they do not attempt to "polish" the shiny surface. The smell of that is so problematic, we rock and reel for weeks, if not months!

Arms—Arms need exercise in a variety of ways. Staying active and helping others keeps you fit, and fulfilled. In days past when arms were used more for carrying, harvesting, chopping wood, building one's own house, hauling water from the well or spring, carrying the laundry to and from the river for washing, digging and hoeing, making yarn and weaving, and so on, carrying babies and young children before the invention of the stroller, they naturally stayed in good tight shape. But modern living in this convenience filled world takes a bit more thought to keep our arms strong and in shape, depending on

what your main job is and where you live. One thing we have done is get a hand-powered grinder for our organic, gluten-free grain kernels. It's a good arm workout and we alternate between arms and positions, and take turns too.

Anecdote:

The first time I met a new friend she was carrying her heavy older baby. She wasn't tall or big, but had the strength that I wondered if I would ever have. She said it comes with time, one day at a time you gain strength to hold your baby; as he grows, so do your muscles. I found out later that they never could afford to buy a stroller, and so had carried the little one always when they went out. He was pretty happy no doubt, and the parents didn't seem to mind it much, or were just such people to not whine and fuss, but bravely take life while helping others. When I then had my first baby and held him, sometimes I did start to feel the tiresomeness while my new and stronger arm—and motherhood—muscles were growing, along with this little one. But sure enough it happened. As he grew, so did my strength and ability to hold him for those long times often needed, in the night. It kept me good and toned. When my youngest was a toddler, and I had three babies worth of arm strength behind me, I took a free test being offered at the gym. It was to show bone and muscle strength, and to in some way tell the “age” of your bones. I scored off the charts in strength; probably mostly out of tenacity. I knew how to hold on and hold on and keep holding on exerting strength I felt I didn't have. Child birthing pains, and multi-child caring made a strong lady out of me, in ways only that could.

When this baby—our first--grew a bit to be an active and climbing boy, we had an interesting Easter one year. We were at a new playground and he climbed up high—and fell hard down about 6-8

feet landing on his arm. I was holding the baby, but needed to rush to see what had become of my 4 year old. I was forced to hand the baby to the nearest bystander, a man, watching his own children at the park it seemed. Once I got my boy down from the elevated play area, and attempted to secure his painful arm to keep it still, my husband had returned. I reclaimed the baby, and off we all drove to the hospital, coincidentally called ‘Calvary’, carrying on the Easter weekend theme in its name. Yet, just as wonderful, and also in the spirit of Easter, just as Jesus had no broken bones, so did the x-rays reveal the same good news. There wasn’t even a fracture in the arm. He had it in a sling for some days until it felt well enough to use it normally. But I’ll always remember that Easter, at Calvary, where no bones were broken.

When my children no longer needed carrying, and the older ones wanted to get their own arms strengthened, we happened to get a hand powered mill for grinding our millet and other gluten free grains for home made flat bread—or it can make peanut butter. This helps give us a nice work out, as we all pitch in to help out—and then get the benefit of freshly made bread, or whatever. It doesn’t take long to grind what we need, as we don’t eat a lot of bread—and maybe that is good, it helps us have it in moderate amounts, as we make the flat, delicious bread ourselves, eat it fresh, and only make what we need for that meal, usually. We could have gotten the more expensive electrical one, but why? We need the exercise, and it saves on electricity. When the power went out one day, we still could use it. It is a win.

Hands & Fingers—These incredibly versatile tools can perform countless tasks. The keen sense of touch that the finger tips are

equipped with, is a gift, and blessing, and a help in so many situations. When any finger, or even finger tip, is out of service due to a cut or burn, or hurt bone, it can make simple tasks seem so daunting or challenging. It's amazing how safe our hands usually are, and how the bones function painlessly—unless ill care of the bones and body has caused unwellness. The fingers can learn a task, and the brain can know well how to tell them what to do, to the point that you don't even consciously give the commands; almost like pre-programmed mini robots. This shouldn't be over used, however, and a variety of work tasks are good, so you won't give yourself (or others working for you) painful issues from unnatural repetitive tasks. Fingernails should be kept clean, and unpolished (the plastic coating prevents the nails from breathing properly, and the chemicals make their way into your lungs, mouth and skin); hangnails can be a sign of a dietary need, so the skin can grow and heal properly. Washing dishes by hand with hot soapy water can dry out the skin and weaken the nails, if done for a long time—especially if the tap water is chlorine and fluoride filled. Gloves can help, or water that isn't so hot, perhaps—and dish soap isn't necessary most of the time anyway, and causes stomach upsets if not washed off properly. A drop of natural edible oil, that is cold pressed (rather than hot processed) rubbed into your hands can be all you need to moisten dry hands after plenty of cooking and washing, or the weather is drying them out.

Anecdote:

I was checking out the food in the electric grill, when all of a sickening sudden the sound of searing flesh came as my finger bumped the hot red coil. The last time I burnt by finger it was hurting and disturbing my sleep most of the night, while I tried to keep it on ice or in cold water, off and on, between sleep sessions. But before I could even

utter a word of prayer, my son standing beside me whose keen eyes caught it right way, said with authority a prayer of stern rebuke to the spiritual Enemy of our souls. The moment he did this, and I pulled out my hand to see the damage, there was little to be seen. Not only wasn't there something that could be called a burn, but there wasn't even the slightest bit of pain—then or ever. God had answered his prayer of faith and healed, or reversed the damage. I was very grateful and amazed.

Before we were married, my husband learned the hard way, that he'd have to stay away from some sports. His profession is a musician and especially a pianist. He had gone one evening with a group of young people to play soccer. His finger was injured, and caused lots of pain, and difficulty doing work for quite some time. A costly accident in the way of work time and ability. Though he can use it well and fine now, it isn't totally was it was before the accident. Sometimes to reach our goals, we need to skip a making a few with a ball, or whatever it is that put us at risk, costing us in ways we really can't afford.

Stomach—The digestion starts in your mouth with your saliva. So for good absorption of all the nutrients in the food, one needs to chew their food well. Or at times blend up fresh veggies and fruit, to give a helping hand to your stomach, if you want to conserve on the energy it takes to digest—and hold each sip in your mouth for a bit to salivate it, while savouring it. To get the nutrients more quickly to your blood, and take little to no energy, especially in times of illness or long-term sickness, extracting of the juice of veggies and drinking that, will aid you in gaining faster strength. The stomach needs a break every now and then, and deserves it. Fasting one day a week, is a very good habit, for those that can manage it. Or even having a day

or two a week that you primarily drink freshly made veggie juice, will work wonders for your body's operating system. (If you haven't had a healthy diet, work up to it, as the toxins will all want to be dumped, thankful for the chance at last!)

Breathing the wrong kind of air affects the stomach (like car fumes, smoke, lawnmower, room with perfumed people, etc.) It causes nausea, and a mess up of the digesting system, leading to constipation.

Fat on the stomach helps to protect your organs from chemicals and toxins—things that can even come to you through a new, fancy 'comfort' mattress that contains harmful chemicals. Your body works hard to keep it working, and has lots of back up plans when optimum care isn't met. If you live a chemical-free lifestyle and sleeping condition, and eat all the best things that feed and cleanse you as you go—or have some days or weeks of 'detoxing' the proper way, your body won't feel the need to hold on to the belly fat it's using as a cushion or shield. Optimum living conditions, healthy minds, hearts, and spirits, can remold you into the energised and beautiful you that you were made to be—the best you. Give your body the building supplies, and keep away the wrecking balls, and you'll gain strength naturally. Especially combined with a private life of prayer and Bible reading, and a close walk with your Creator. He knows what you best need, and He likes to beautify and renew His creations.

Anecdotes:

When I had my third C-section delivery, I wondered what pain I would endure this time. I didn't learn yet that the "pain killers" were the main cause of the great pains and intestine mess ups that I endured in the past. This time there was the added pressure—with a husband

unable to work, two little children with special health needs to be met, and the hospital charging \$1,000 per night of stay, fast and pain-free, complication-free healing would be right on. The doctor, knowing our predicament said he would release me after only one night, if I wished, and seemed well enough to do so. I had the delivery operation around 4:00 in the afternoon. By the next midday I was eating and drink fine, eliminating, and did not have any pain. When the doctor came by to check on me, and found out that the pain hadn't come yet, for nearly 24 hours still, he was shocked. He thought it was just a matter of time. But the incision never hurt. I was released to home that evening, to the joy of my little children. Just one night gone, and here we were all together again, with our new little bundle of love to join the merry band. I healed very fast, and was caring for all three children in the night for their special needs. The pain I had later was due to the intestines struggling because of taking some pain killers, as I thought I needed to. But I shouldn't have. When I took them before, for the previous delivery, they never helped. The pain was very difficult; my whole body was knocked for a loop. So to have this time where I skipped out on it and healed fast, was wonderful and just what was needed.

We'd had a wonderful camping trip for several days a couple of years ago. One fun element was that campers were able to freely pick veggies and fruit from the community garden across the road, to use in their meals while staying there. We enjoyed that. There were plum and apple trees, silver beet plants, tomatoes and potatoes, and so forth. There was also fennel growing. We found the seeds to be interesting to eat, and made some tea with them. But I think I nibbled some something a bit much, that wasn't washed well. Whatever the cause, I had a hurting stomach on the day we were packing to leave. I couldn't eat or drink much for couple days while trying to recover,

not sure what was wrong. Finally, I heard the Lord say to me it was enough, it was time for healing right then. I was to drink some water with apple cider vinegar right then. So I did. And that was the moment of healing. I was fine. It was a wonderful moment. It was like He'd snapped His fingers and said, "Now you'll be healed; enough of this." I've often found the benefits of clean water with natural, apple cider vinegar "with the mother" for healing me from stomach issues. For me, it's my 'medicine cabinet' if I ever need it. I fast, drink water when thirsty, and have the added ACV a few times that day. It gets things calm and working again, if I ever have a shut down.

Once many years ago I indulged in the white flour flat bread that someone made for a group of us at a celebration dinner. I had started getting hints from my body that wheat flour was having a bad effect on me. But I went ahead and ate that bread. That was the last thing my stomach did for the next two or three days. It totally shut down, and ejected what had come in as if it was poison. Knowing now what I know, I am so very glad that I simply couldn't tolerate it. What white wheat flour does is make itself into glue—just like children do with paste out of flour. It then lines your intestines making elimination and toxin removal difficult at best, making the passage way more narrow. And then the nutrients from food you eat, that are suppose to seep through the lining of the intestine, can't get through, because of the covering of unhealthy, empty of nutrients, white flour "paste" blocking it. So today, we have overweight people literally dying of malnutrition, and poisoning from unreleased toxins.

Legs—Hip, bone, knee problems abound; and sometimes there are years-long waiting lines for knee and hip operations, as there are so many people in pain. Putting aside sporting or road accidents,

something is robbing today's people of the bone calcium and strength that should be known. Lack of proper exercise plays a big role. Maybe we are used to too many manmade objects that wear out with use. But bodies are made to gain strength with use—especially the right kind. Walking is a great way to start off; walking in nature being the best, as the softer ground is better than the unyielding hard pavement. Eating only what builds good cells and feeds the bones and muscles; and keeping away from that which subtracts from them. Too much 'acidic' food, unfortunately regular milk and meat being one of them, takes away the calcium from your bones. Lemon and lime juice with water is a good 'alkaliser'; and there are many good mineral/vitamin filled foods that aid you with bone strength, and overall strength, so that you can have good exercise.

I was not impressed with the so called 'medical' advice on a flier that was given to me about bone health, and those that are lactose intolerant. It gave no advice on how to get more calcium. And said, basically, if you are intolerant of milk, well, just drink some anyway. End of advice for gaining bone health. It lacked basic knowledge, or care, being shown made. People need to know the truth, and know the alternatives. Even something as simple as, "Blend up raw organic kale with freshly squeezed orange juice, and a bit of lime juice and its peel. Add a touch of fresh aloe vera, a spoon of tahini and/or sunflower seeds, a bit of avocado, and frozen sliced banana to make the experience more enjoyable. Down that for your milk, and you'll be doing your body a great service."

(See part on the 'Feet' for how shoes can give you leg aches, depending on the material they are made with.)

Anecdote:

I used to feel so tired and exercise was a struggle. But I have since I replaced all animal milk and meat, and gluten/ yeast bread with other fresh foods; and of course no sugar or caffeine or alcohol is part of my diet. I have energy now I didn't even enjoy as a teen. Even if I haven't been able to get good regular exercise, and then an event comes that requires tough work (like going on a foot powered paddle boat for an hour, or hiking for a few hours up hills) I don't suffer from sore muscles. My body is getting what it needs most of the time, so it's not straining to recuperate. It does what the body is made to do—be used and not call out with a bunch of pain afterwards.

Feet— Your feet have the highest concentration of bones, the most bones work together there than in any other part of your body. Whatever shoes are worn, for how long, and if any at all, can affect your overall health, and foot condition. The soles of the feet that put out and take in, need fresh air. The pores take out waste and toxins, and need to take in fresh air. What touches the skin on your feet goes into your blood stream. If your shoes are made with lots of chemicals, this goes into you and causes not only problems for your feet, but for the whole you. Walking on dewy grass barefoot can be good for your health. Shoes that are too small or rub, can cause painful and unnecessary problems such as foot corns and ingrown toe nails. The more you can be bare foot, at least at home, the better. Some thick woollen socks might be sufficient for warmth while indoors, if the floors are cold. The shoes you wear affect your spine and back too, and should be wisely “sanely not vainly” chosen. Feet soaked in water with Epsom salt can help to cleanse and relax the feet. Sometimes a certain type of clay can be used, mixed into the water, to help draw

metal poisons out of your body through the soles of your feet. Sometimes “foot pads” can be worn at night, once in a while, to do the same thing, helping to relieve headaches and such, that are caused by the pollutants. Rubbing aloe vera gel on your feet, or soaking them in a shallow bowl of aloe vera juice might help the skin and give some nutrients. Walking on the sandy and pebbly edge of a river can give a natural massage and skin scrub. Every part of the soles of your feet have a link to and affect some part of your body and its organs—both through the pores and the muscles.

Anecdotes:

When I learned about how petroleum makes one feel unwell, and shoes made of plastic cause problems, it was like a light had turned on. I was glad to at last have the answer to “why do my feet ache at night, on the days I wear shoes—comfortable ones; why do my lower legs ache after an hour or so of wearing my new flip flops, but not on the days I go barefoot?” Plastic, petroleum, causes aches. I started to walk barefoot in the backyard, and barefoot in the house, or just with socks, and I stopped having my nightly problem of “My feet are desperate for a massage...” One time, before I knew this, I had a very special occurrence. I went to sleep with my feet longing for a massage, and I had a vivid dream. A doctor in a white coat came to massage my feet professionally, in the dream. He knew all about foot structure, and was explaining it to me while he worked. The next morning my feet felt so amazing and renewed. Something had actually happened. It must have been an angel doctor. And though I changed nothing in what I did, as far as shoes go—because I hadn’t learned about it yet—my feet felt at peace, and comfortable for months, never with that “longing for massage” feeling. It was wonderful. Later on the discomfort started up again, but that’s when I

learned a few more things about healthy living and care of the feet, so I was able to relieve the problem.

My husband bought some new flip flops for summer use. These were later discovered to be the cause of what we discovered to be a chemical burn on his feet. Red, itchy, and uncomfortable skin, right where the plastic looking-like-leather straps went. Many others have had this same unwelcome experience. It was a long time of healing, and doctor trips, discomfort, and creams and all—which did little to help, as it wasn't a fungus after all. Ceasing to use the sandals was the fastest way to healing. We tossed them, and were the wiser for it. I have bought the materials for making us all house shoes and sandals now, out of as close to natural, organic, and as free of chemicals as I could find.

The shoes my son wore on a trip were too small for him, he said later on, when pondering what happened as a result. He didn't think it would be much of a problem, and didn't mention it, but it caused months of trouble in that a chronic foot corn had formed. It was painful if he ever stepped on it the wrong way, like stepping on a thorn. We tried a few different things recommended by people, but nothing much worked. We prayed together often for its release and healing. And then one wonderful day it just fell out, and didn't return again. We learned to give feet lots of "breathing room".

When we first moved to this house it was winter, and it's a cold house with an especially cold floor. Because of it my feet got a bothersome condition. It was worsening by the day. I couldn't comfortably wear shoes when going out. I was planning at last to go and see a foot doctor the next day. However, that night something wonderful happened. For awhile I had been meaning to get around to a typing project. I knew it was what God wanted me to do. It was

something I felt the nudge to do to help other struggling mothers, and children. So at last that night, cold as it was, and inbetween caring for the baby, I struggled to wake and take a bit of time to work and creatively write. I went back to sleep for a bit. When the morning came and the family was all up and ready for the day, our schedule changed. I no longer needed to go see the doctor, as my feet had healed dramatically, suddenly, miraculously. I knew it was God’s way of saying “thank you” to me for giving a bit more of my time in order to help other families. The next winter a friend who understood just what I was talking about with my foot issue the previous year, told me it was due to the cold, and gave me some really warm house boots—these lasted me years, and my feet were happy and healthy and warm.

There are countless times my feet have slipped and skidded, and I could have had a bad fall. But seldom do I hit the ground. I’m thankful for the angels that watch over us and catch us. Certainly there are countless things we are spared, on a daily or hourly basis. As Psalm 91 says, the angels bear us up in their hands. I know this is true.

I’ll end with a wonderful body fact that is fascinating to think about; and gives us the wonder at the amazing gift of life, and a glimpse into just how incredible is the human body.

What is powering your heart? It must be coming from something or someone supernatural.

“The human heart automatically beats about 100,000 times a day, pumping blood through 80,000 miles of blood vessels. Every day an average person’s blood cells travel an accumulated distance of 168

million miles, equivalent to 6,720 times the Earth’s circumference.” (From “Why are You Here?” by John Blanchard, 2014) And to add to that, the work power and energy of the heart put out in 12 hours is enough to lift a 65-ton tank car one foot off the ground; or in a 70 year lifetime, if its work power was combined could lift the largest, heaviest ship out of the water completely. Our hearts just keeps going, steadily working hard, day and night, without command or instruction, from the time soon after you were first conceived, until the moment of life’s closure. What a gift; what a wonder. And as the Psalm says, “God is greater than my heart” (1 John 3:20) and “wait on the Lord, be of good courage, and He shall strengthen thy heart.” (Psalm 27:14)

A Seven Day’s of Fresh-Foods-Plus Plan

(If you have the willpower and opportunity to have a special diet for a week, give your body some rejuvenation!)

Note: If you eat primarily processed/sugary/animal based food, and rarely raw fresh foods, you might not be able to do this all at once, all of a sudden; but can gradually work up to it. But if you eat plenty of goodness and shun the toxins already, then enjoy!

Some or all of these each day—and just these types—for a week:

(Those marked with * have recipe ideas or simple instructions below.)

Glass of water in morning. (And at least 10 glasses each day)

Power juice* (save pulp for bread) or smoothie of veggies and fruit*.

Fresh, gluten-free flat bread*, homemade, and some coconut oil/
Celtic sea salt; with cultured fruit juice/coconut kefir*, to drink.

Fruit salad with nuts and seeds; soaked chia seeds* poured on; (and optional dairy-free yogurt*)

Cinnamillet Melque* (warm) or banana/lemon/tahini almond milk
milkshake* (cold)

Raw or steamed or lightly cooked broccoli/cauliflower; lightly sautéed
dark greens with coconut oil and a touch of Celtic salt.

Warm slow cooked Power Mix* of good grains and beans soaked and
then slow cooked during the day; topped with raw veggies like
tomatoes/celery/ peas and sauerkraut; and raw garlic mashed with
olive oil. And some olives to nibble on.

Power Salad*

Power juice:

1. Blend some washed kale and/or other dark greens, along with some red cabbage, with water in the blender.
2. Strain out the water into a pitcher for drinking; and keep the pulp for bread or smoothie making, soon after.
3. Put through the juicer: carrots, cucumber, a beet, an apple, a peeled small onion, some chopped celery, etc. (Put the pulp through a few times, to get all the juice you can. Save the dry pulp for making fresh bread soon.)
4. Mix the liquids and add one half of a shot cup each of the following: aloe vera juice, freshly squeezed lemon or lime juice; and one full shot cup each of water, and a cultured drink

(coconut water kefir, water from blended cabbage and water slightly fermented naturally, kvass of beet or fruit, etc.)

5. If desired, you can freshly squeeze some orange juice from 1-2 oranges, and it to the power juice mix.
6. Mix it all, and serve it immediately for best nutrition.
7. Option: If you are on a nearly salt-free diet, you could add a pinch of good, natural, Celtic sea salt with trace elements, to give you those nutrients. (But chances are you are getting already more than enough, and your daily amount could be used on your salad or on your steamed veggies, etc.)

(Note: Adding the lemon or lime juice, as well as the cucumber—as well as the kale water—helps you not spike your blood sugar too high when this drink hits you, if you have chosen to put lots of orange and apple or other fruit juice in it.)

Smoothie of veggies and fruit: (This can be in a glass to drink, or made thick and served in a bowl with a spoon, and other seeds and nuts, and chopped fruit added to it, like a fresh cereal.)

In a good blender, create this:

1. Use the pulp of dark greens and cabbage, if you have them from making some Power Juice.
2. Add creamy avocado and banana, and a spoon of tahini.
3. Add vitamin filled carrot, beet, celery (and dark greens if you haven't added them yet, or wish for more)
4. Add a sweet orange or the juice of one, and an apple or pear, or other fruit of your choice.

5. Add some lemon or lime juice for tastes and sugar balance; as well as a bit of peel from an orange/lime/lemon for added flavour.
6. Soak some chia seeds in water, and add that jelly to the mix.
7. Add more water or fresh juice if you wish to drink it this as a shake; or keep the consistency thick and put it in a cup to eat with a spoon; or place it in a bowl as a cereal, and add what toppings you wish.

Gluten-free flat bread, homemade:

A mix of flours we sometimes use is: buckwheat, millet, sorghum, chickpea, coconut. They each have their qualities and add something to it. I use about equal parts of buckwheat and millet, about half as much of sorghum, a quarter of a part of chickpea flour (besan flour) and a handful of coconut flour.

1. Boil a couple cups of water in a pot with a spoon of flax seeds (linseeds)
2. When it reaches a boil, add one or two cups of flour to the hot water, and get it all hot and wet—stirring/mixing it with a spoon. (Different types of flour use up more liquid than others—if it's too liquidy, add more flour, or if not enough, add more water.)
3. When it is like a thick and wet dough in the pot, and all dry flour is mixed in well, take the pot off the burner.
4. I add in the veggie pulp from making juice, or just finely grate a raw carrot and mix it in.
5. Use a plate and some dry flour to create the flat bread (first a ball of dough, then pat it flat, flipping and patting so it won't stick). The dough is better to be more wet than dry, and just use more dry flour sprinkled on the plate to create the flat

bread shape. If the dough is too thick and dry, the bread is less soft, and might crack a bit when cooking.

6. Cook the flat bread in frying pans, without any oil.
7. Place the finished breads in a kitchen towel, inside a pot with a lid. This will keep them warm and soft, and not getting wet and soggy from their own steam, as the steam moisture goes into the towel.

Eat as soon as possible!

Coconut kefir:

Acquire the water kefir grains, and learn how to use them and care for them. For us, when they are not in use, I put them in filtered water with some coconut nectar to feed them, and place the glass jar with a lid in the fridge. When I want to use them, and have opened a fresh coconut, I pour the coconut water in a new clean jar, rinse the kefir grains with filtered water, and place them in the coconut water, with a muslin cloth over the jar, until the liquid is “alive” and active. Then I cover it with the lid. When it tastes done enough, I use what I need, and put the rest of the liquid in the fridge (the water kefir grains strained out and placed again with fresh water and a little spoon of coconut nectar in the fridge, if I done using them at that time.

Soaked chia seeds:

Mix a tablespoon or two of raw chia seeds into a cup of water. Stir it well with a fork, and then again after a bit, so the seeds don't clump together. The whole cup should then contain a jelly-like substance when it is ready. It can be eaten plain like this, or added to smoothies,

or mixed with fruit and dairy-free yogurt, or blended with soft fruit to make a quick raw jam, etc.

Dairy-free yogurt:

Use the milk of several young coconuts to make almond milk, and coconut kefir. Take the liquid of one coconut and blend it together with the meat you scoop out of several opened coconuts (whose milk you used in other things). Blend it into a creamy thick mix. You can add a spoon of coconut kefir if you like, to make it “alive” —or a spoon of other alive yogurts made without any dairy. Let the creamy coconut mix sit in a glass jar with a muslin clover for a day or so, until it is “done” and alive. (Mix it up every now and then, so no unwanted particles can form on the top of the coconut cream.) If you want to thicken it, you could make a paste with water and some tapioca root thickener and add it to the cream. Let it sit in the fridge then for a day or more, and see if you like it! It’ll be healthy. It’s fun to use for making side dishes—mix it with some grated cucumber and mashed garlic, with a bit of salt. Or top some fruit salad with a spoon of it, etc. If you make it with lots of coconut kefir water, and add plenty of thickener, and have lots of patience while it sits in the fridge for several days, the solids may separate somewhat from the liquid eventually, and form an interesting and strong-tasting cheese. Fun to try things out, and have healthy and alive, dairy-free ingredients to add to your meals.

Cinnamillet Melque:

Wash and then put some millet grains to cook in a slow cooker with plenty of water (many more times water than the millet; when in doubt add more water just to be sure). Doing it in the slow cooker over night makes the millet stretch well and get very soft—just what you need. You can then blend the semi cooled down millet into a creamy, smooth texture. You can add hot water and honey and/or cinnamon; or cloves or nutmeg; or any other natural flavour you wish. Another option is to add homemade almond milk or coconut water and young coconut meat (blended with the millet).

Creamy frozen banana shake:

1. Peel, slice, and place bananas on a covered plate (two plates?) and put it in the freezer.
2. Blend the frozen slices with:
 - Homemade almond milk or orange juice or water
 - A spoon of tahini
 - A bit of lemon or lime juice and some finely grated peel (of either lemon or orange or lime)

Power Mix:

Put various beans, lentils, rice, chickpeas and such in a jar, all mixed together. Take the amount you wish to use, rinse and then soak it for a day or so, in water. Drain the old water, and put it in the slow cooker (if you have one) with sufficient water, to cook. Some raw onions and celery, or other spices can be added for extra flavour while cooking. When you serve it up, be sure to add raw veggies too.

The cooked mix can be topped with things like tomatoes/celery/peas/grated carrots/sauerkraut/fresh herbs/raw garlic mashed with olive oil or coconut oil, and a touch of natural sea salt if you aren't getting salt in other ways (like if you have already added salted cultured vegetables).

Power Salad:

Power salad is a mix of raw veggies, some cooked foods, protein-filled plant-based foods, and a creamy tasty dressing. It is a full meal. The keys to a tasty salad for us is to add something: crunchy, creamy, sour, savoury.

Here are some suggestions of things to add of these qualities, that would make a good Power Salad. You don't need to add them all, just choose what you have or wish to add. Thinking ahead is good—as some things require cooking, sprouting, or soaking in advance.

Select from—or come up with your own:

Crunchy— raw veggies (the bulk of the Power Salad made those); sprouts; sprouted and lightly cooked chickpeas; toasted buckwheat kernels; sunflower seeds or other seeds; nuts

Creamy—a spoon of tahini; blended avocado (with cucumber/lemon/salt); good olive oil or other cold pressed natural oil dribbled on; handful of blended cooked chickpeas; a spoon of warm and soft mashed potatoes

Sour—a table spoon or so of lemon or lime juice; apple cider vinegar; other homemade natural vinegar

Savoury—tomatoes; fresh herbs; mashed raw garlic with olive oil; cooked or canned beans; lightly cooked dark greens or steamed veggies; cooked quinoa or rice; sautéed onions and/or potatoes;

(Sweet and salty optional ideas: good salt, or the water from a homemade jar of olives poured on; apples or fruit added to the salad.)

Items, information and ideas—

(Selected from my “Bountiful Baskets” healthily living project. Each item that is included in the basket, I have explained about it with information, ideas, and what I have experienced related to it. I’ve included some of the items here, as they have interesting healthy living information.)

Item: Organic mat

Information: The unnatural and harmful materials/ chemicals/fibres that most modern carpets and rugs contain can be harmful for your health, and breathing. Rugs and carpets made of organic wool and plant-based materials are a nice option. Choose what you will use it for. Keep it clean if it is to be for sitting and lying on; or chose to use it instead for a floor mat.

Ideas: The mat can be used for doing stretching and exercise. It can be placed by your bed for a warm foot rest. It could be for children to lie on with a pillow for a cosy story time by the fire or heater. It could be a play mat for doing games board games or toy play.

In my experience: We thought to get a new play carpet for the children to sit and play on. After being in the big carpet shop for a while looking at all the great designs and attractive options, our son started to act very out of character—like he does when he breathes in chemical-filled smells like perfumes and such, but on a very intense scale. He was losing control, and we had to leave the shop and never did get the carpet. And good thing too. I didn’t know then the trouble that it would have caused us. So we kept using the old one. For some reason the room was always filled with a grey dust, piles of it to

sweep off the floor. After much time had passed, I found the reason. The rubber like substance on the back of the carpet was decomposing a bit more each day. This powdery stuff couldn't have been good to breathe in all this time. Wonderfully we found some organic wool carpets for sale at a low price, and got good new ones for the children's play time. They aren't colourful, but a relaxing brown; and most of all the air is good to breathe without strong smells, and the chronic dangerous "dust" problem is gone.

Item: Foot pads (Clay bath—not included in the basket, as it is to be use with extreme care)

Information: When your body is detoxing at night, having something on the soles of your feet that help to pull out toxins and bad metals is a help. Pads have been invented that you can stick on your feet at night and take off in the morning. Due to the fact that they also take some minerals from your body out as well, it shouldn't be a frequent-use thing, unless you are having a concentrated time of detoxing.

Ideas: The bad effects of vaccination that was unwittingly allowed for children, that then causes serious mental health and development problems, can be over turned in many situations. Foot pads, along with an excellent healthy diet (without gluten/dairy/sugar/processed foods, etc.), and natural health-boosting drinks; as well as some other "clay baths" for feet or more, can be a great help in children returning to normalcy. Other causes of metals getting in to the system is through metal fillings on teeth, and host of other ways. The foot pads can help to draw out this and other harmful substances. Certain kinds of 'clay baths' for the feet can help draw out fluoride from the body, as well as in some cases the poisons put in the body from smoking.

Some have found the craving for smoking is gone once they have detoxed with clay baths.

In my experience: Recently we did a fair bit of driving and then stayed in a relative's house for a few days. I would have been very unwell feeling and irritable due to inhaling the smells and fumes. The night before we were to leave, I decided to use foot pads to help me detox a bit. The next day, each one of my family members had reached their limit and were very irritable, upset easily, crying, sharp words spoken, and such; and generally out of character intense emotions. But wonderfully, I was the calm one, taking all in stride and not getting ruffled feathers. I think drawing out the poisons helped to take the edge off, so I could deal with the situation. I made sure the others got pads on their feet that night when we got home. Once in a while using these when levels of toxins that are out of our control rise, it helps to smooth things out.

Item: Celtic sea salt

Information: The Celtic sea salt from “salt of the earth” is as healthy as it gets. Getting it in bulk with big crystals means it is going to have a “wet” appearance. It needs to be dried in the sun before putting it in the hand grinder/salt shaker. This is a very economical and healthy option. If you eat lots of raw veggies, you can get by without hardly adding any salt, as much of the salt you need is in vegetables.

Ideas: We got a bulk bag of Celtic sea salt—and are still using that same bag. It lasts a long time, when you only use a sprinkle or two every day or two. When I need to refill the hand salt grinder, I place

the right amount I'll need on a baking tray outside when the sun is shining. When it's dry a couple hours later, I fill the shaker/grinder.

In my experience: We used to buy just any old cheap table salt, and use lots of it too. The children had so many things troubling them, so I was always ready to find out what to eliminate from our table or house that was causing problems. When I found out that regular table salt that is sold isn't good, and has harmful things added, I switched to better types that are natural. I find we don't need to use much with the Celtic sea salt; it's strong and only takes a bit. Since we don't eat much salt at all—as we eat no processed foods, or food out—and the only salt we eat is what I personally add to the food, or is present in the jarred olives done by a friend, we don't have to buy much of it. Also, eating raw foods most of the time retains the flavours, so less salt is desired. Cooked food seems to demand more flavour and salt, but with raw, only a touch, if any, is added. And when I choose to add it, I know that it's actually a good thing—a tiny pinch of Celtic sea salt that has all the minerals still retained, is good for us.

Item: Coconut oil

Information: Organic, raw, cold pressed coconut oil that hasn't been heated, still contains all its good properties. It has been discovered to be a help to health in many ways. The list is long of its benefits, and the things it can be used for (and used instead of).

Ideas: With a bit of this nice tasting oil you can do so much, and it can replace so many things—from butter, to sunscreen. There are many raw and healthy desserts you can make, because of its ability to

harden in higher temperatures than other oils (for example to make “chocolates” with carob powder and other ingredients).

In my experience: It’s a wonderful tasting, and a great healthy oil option, when eating it in as raw a state as possible. Because of it easily getting solid, when you need to use it in a liquid state, one must find ways to melt it without over heating it. It’s easily achieved. If I need a bit, for example, to mix in with some food dish I’m preparing, I might scoop some out of the glass jar and put it in a cup that is resting in a bowl filled with hot water. I’ll mix the oil in the cup with a spoon to help it melt faster, as it is warmed by the sides of the cup that sits in the hot water.

Item: Ooh Kit (Organic Oral Health Kit: toothbrush, salt, Bicarbonate of Soda, dental floss, cup, coconut oil, muslin cloth, and “deLIPcious”, in a bag)

Information: The plastic that is manufactured and then thrown away is a large amount—and disposed of toothbrushes add to this. If you want to use less plastic, and have less going into you, perhaps a bamboo toothbrush will be your thing. And for clean teeth, and a lowered cost of living, nothing beats the doing away with all toothpaste. Water, a bit of salt at times, and once in a while some bicarbonate of soda, is more than enough to for healthy gums and clean teeth instead of paste; and some dental floss for between the teeth. (Toothpaste has so many harmful and undesirable ingredients; and the “natural” kind is expensive. Teeth can stay cleaner without it, also.) Just have a glass of clean water, and dip-scrub-dip-scrub your teeth with your toothbrush. When you want to use salt or bicarbonate of soda (baking soda), tap the wet toothbrush on some

salt/soda in a bowl or container or in the palm of your hand, and then brush your teeth. You'll get used to it, and it won't seem so strong—especially if the right and healthy kind of salt is used. For those that wish to go even further, use coconut oil and “swish” with it in the morning for several minutes (and spit it out) to eliminate some of the bacteria build up in your mouth, and to aid with whiter teeth; also a “tooth cloth” to polish your teeth sides every now and then. Keep good hygiene with your toothbrush and tooth cloth (rinse them well, and at times you can soak these in some salt water, or water with some vinegar, and let them air dry). Wash your hands, of course, before you take care of cleaning your teeth and tongue. Swish with water thoroughly after you are done your teeth brushing and flossing.

Ideas: Sometimes we have special teeth cleaning activities. I will floss and brush my children's teeth well for them, and also rub their teeth with a tooth cloth (some muslin material) that has some baking soda on it; and of course some good water rinsing and swishing afterwards. I do the same to my own teeth, and our smiles shine clean then.

In my experience: When my sister said that her and her family had stopped using toothpaste years ago, only using water, or salt, it was a new idea for me. Until then I had always had this yellow film on my teeth in the morning—this gooey substance that left them feeling anything but clean. Even when I really scrubbed and cleaned them well the night before, this still was there. I didn't know what was causing it. But the day I stopped using toothpaste was the day that problem ended. The salt left my teeth and mouth feeling so clean. The good natural salt helped with keeping the bacteria in check, and made for fresher, cleaner teeth and healthier gums. And wonderfully, all the children changed along with me. Well, we simply didn't buy

any more toothpaste again; and no one fussed about it. Amazing. One less expense! They happily learned the new way. If they ever want some paste, they use a bit of their daddy's "organic" toothpaste, once in a while.

Item: Raw, unfiltered honey

Information: Any sugar or sweet food can be hard for your teeth, and put your immune system on pause, besides it gives you a blood sugar spike that might not be good for you. This can happen with honey too. If the honey has been heated and filtered to remove the pollen, these procedures have removed much of the goodness from it. There is lots of good that a bit of honey every now and then can give us. It's not a daily food, but a few times a week, if a small spoon is enjoyed and it's in its raw natural state, you can benefit from the good qualities it has to offer.

Ideas: When you rarely eat honey and don't have any other sweet things, when at last you have it, your tastebuds enjoy it all the more, and it's an extremely delightful experience. The less you have it, the more you enjoy it. It's worth the wait for sure. And the fact that you are doing it in the frequency, and in the way, and with the type that is good for you, adds to the relaxing joy of it. Honey is given too, as a cheer-up prize if someone has gotten a bee sting; or with lemon and water for the rare times of sickness.

In my experience: For quite awhile the children and I could never eat any sweet things, due to the way it made my blood sugar and heart would feel, and the way it made the children act—anything sweet made the children have modified behaviour (like maple syrup for

example). Also, our gums start bleeding too, with sweetness on them to feed the oral bacteria. We started with having only a bit of natural honey comb once a year as a treat at Easter. Now that we seldom have dried fruits, every now and then we have a little spoon of natural honey that still contains all its goodness. When it's taken along with protein, it doesn't spike us either, and we can manage it. One of the favourite ways is to have coconut oil and a bit of honey on a freshly made piece of gluten free flat bread. (The grains I used to make the bread are high in protein.)

Item: Shot glasses/ Big mug

Information: The only types of shot drinks that do us good I think are things like: some water with apple cider vinegar, coconut kefir, vegetable and fruit kvass, sauerkraut liquid or just the water fermented from blended cabbage with water, lemon or lime juice with water, other cultured "alive" fruit and veggie juice, or freshly made veggie and/ or fruit juice, and some aloe vera juice. You can take the shots of these at a meal, or with water in the day as a boost, or you can use the shot glasses to measure out some of these things into your mug of freshly made veggie juice. A shot glass of water to swish your teeth after you eat anything, is a good habit to have.

Ideas: Nothing should be taken always and every day without break. But if I make a large mug of veggie and fruit juice every couple days, I like to add in a shot of some of the above mentioned drinks. I serve this "power drink" to each one in my family. Or for a special meal, with different courses, it's fun to have different healthy shot drinks to go along with it, water included. Healthy drinks and water served in fancy types of classes, enhances the experience.

In my experience: When I learned how easy it is to make healthy, and good tasting cultured “alive” drinks, I was amazed that I had never heard of it before. My children know how to do it now, and have each made “apple cider vinegar” and kvass on their own. I felt the effects of a good working body when taking a bit of these drinks every few days at least.

Item: Organic cotton nut milk bag

Information: A nut milk bag makes pulp-free nut milk easy to make. It can be used for other things as well. With very clean hands you first pour in the blended nuts with plenty of water, then squeeze or massage the liquid out of it into a clean bowl or pot. When finished, wash the bag well and hang to dry—in the sun and fresh air if possible.

Ideas: The nut pulp can be made into butter with coconut oil and some other things added, as desired; or used to sprinkle on salad or other prepared dishes. The nut milk likewise can have other things added as desired (such as be blended with millet milk, coconut water, pear, orange peel, etc.)

In my experience: Sometimes I use the nut milk bag, if I want to get a lot of pulp to make a type of butter with afterwards. But you can also use a strainer and get by. The milk won’t be as smooth, but it will be filling with more nut particles included. I’m so glad to have found a relatively fast way to make a few bottles of white, dairy-free, good tasting milk that the children enjoy. It might separate a bit in the bottle as it sits in the fridge, as the different ingredients find their

place after awhile, but a quick shake and it's all white again and chilled and ready for use.

Item: Aloe vera gel (and juice, not included)

Information: A wonderful, does-so-many-good-things gel of this interesting plant. It's great for the skin, and gel from the plant can be eaten too. The nutrient list and benefits list is long. Going back to a few natural plant products for beauty and health, can take the place of so many other manufactured "products". Some have found pain relief and increase flexibility and mobility as well, when adding some aloe vera juice to their diet along with plenty of drinking water, as their bones and muscles are given what they need.

Ideas: For a natural shaving cream, some aloe vera gel together with water and castile soap, and perhaps a touch of almond oil to make a great natural, scent-free, inexpensive product —especially when placed in a "foaming" soap dispenser and the output is all white foam!

In my experience: The children and I would feel nauseous, and they would have odd behaviour when the smell of my husband's shaving cream would fill the bathroom and waft down the hall. He felt it was something he had to have, but I was desperate to find a scent-free solution. It was long and hard incoming, as there wasn't anything marketed that was healthy and scent free. At last I found some information. What a wonderful day it was when I at last got the various ingredients needed and placed them in the "foaming" soap dispenser, and out came white foamy, completely scent-free shaving cream! And best of all, my husband said it felt so nice on his face, he

liked it better than the “regular” type. A huge win! Now we don’t have to cringe at shaving time. Everybody is happy—especially the skin on his face.

Item: Organic dish towel

Information: Cotton products that are made without chemicals on the farm, help support life rather than take it. There is plenty of organic cotton cloth now being made more available from places around the world that are growing it properly. The main reason I prefer to use “organic cotton” items, if I get the chance, is it’s a more conscientious option, since the chemicals used in many conventional farms shorten the life of the farmers and their families. I like to support the move to healthier ways, and life-building methods.

Ideas: Instead of buying ready-made organic towels, there’s also the option of buying the cloth, and doing a simple sewing job and making some for yourself, if that is a more cost effective way.

In my experience: Most dish drying towels sold in stores, are great at not moulding, but they seldom dry the dishes. I remember once when I was young, in answer to my earnest request, my mother bought me a beautiful and multi-colourful body towel. I loved its looks. However, when I went to use it, it hardly did the job, and wasn’t at all absorbent. Whatever it was made of wasn’t really suited for drying with! Natural cotton towels are much better at actually getting the water off. However, the natural cotton items need care so as not to let it get them get mouldy. Fresh air and sunshine are great and free products to utilise to keep things fresh and dry.

Item: Organic coconut oil soap

Information: A natural and scent-free option for soap, if you choose to use soap.

Ideas: Most of the time we use liquid castile soap with water in a dispenser for hand washing. It's cleaner this way, I think, than a bar of soap that many hands grab. But some people might prefer, or some situations might be better managed with, a soap bar. If so, then an organic and scent-free option is good.

In my experience: When a relative was staying with us and took their shower, the whole house knew that he used soap—a regular scented kind. We tried to be that—kind—and didn't say anything for a long while. But when asked point blank if we were fine with the soap he used, I had the opportunity to be honest. "We get nauseous very time it's used." The children would complain about it, and I felt just the same way physically that they did. We realised that it makes such a difference to have scent-free healthy options for use in the house.

Item: Organic clothes and socks

Information: The pores of your skin breathe in and take into your body whatever goes on it. Chemical filled cloth holds a health risk. Unnatural fibres that cloth is made of prevent your skin from breathing and expelling waste and toxins as easily. Organic cotton clothing is a more comfortable and healthy option.

Ideas: Since "organic clothing" is a high priced item right now, perhaps getting the cloth for making some of the basic clothing needs

yourself, is a good option. You could make some night clothes, for example, and let your body breathe and detox at night.

In my experience: the first time I finally got some organic clothing for my children—some full sets, they enjoyed the feel of it right away. One of my sons said that the cloth made him feel warm when he was cold, yet cooled him when he was warm. It was allowing his skin to regulate his temperate better, and was soft and comfortable as well. My skin started clearing more when I got some organic cotton leggings. The pores on my legs weren't getting as clogged.

Item: Seaweed snack

Information: Edible and prepared seaweed has needed nutrients, and dried seaweed snacks are a delightful way to get it.

Item: Jars

Information/ideas: The less plastic you have the better, as so many harmful things, not meant to be in a human body, are within the plastic, and it seeps into your body. Glass jars can be used for things like putting food put away in the fridge, nut pulp butter container, salad prepared for the day, and so forth.

Item: Pure planet toilet paper

Information: Toilet paper that doesn't cost tons of trees every day to make it, plus isn't filled with chemicals, is a good option. The bad

elements added to many toilet paper brands (including some “recycled” types) are causing many painful side effects in the private parts region, and the organs they affect, as the chemicals seep into the skin and openings. Clean and naturally made toilet paper, made with other plant (non tree) material is a great choice.

Item: Spiral slicer

Information/Ideas: Eating raw veggies for the majority of the diet is a responsible and wise plan. For those that love noodles, this spiraler can be a great help. A bowl full of “spaghetti” made of zucchini and other veggies, and mixed, if you wish, with kelp noodles, makes for a lovely dinner. Top it with lightly cooked tomatoes, red capsicum, onions, garlic, and your favourite Italian herbs and spice. A bit of olive oil, salt, and perhaps even a sprinkle of the almond pulp from making milk will add the visual and tasty touch to complete a very delightful meal.

Item: Glass bottles

Information: The drinks you have affect your health in a big way. Liquid can go quickly to the blood, and it has to deal with the effects. Some drinks are so costly for your body to manage, that the result is a whole lot of pain for you in the long run. Drinks that contain sugar or sugar replacements, sodium (lots of salt, like coca cola has), dehydrating and draining alcohol and caffeine, the things given to farm animals that pass into the milk, harmful amounts of fluoride in tea these days due to pollution, and all the other chemicals added to seemingly edible products, rob so much from your bones and body,

and strain and clog your organs (like your kidneys getting stones, and liver having to work so hard and get filled with toxins). Best to stick with clean drinking water, homemade dairy-free milk, freshly made veggie and fruit juice, and good cultured drinks (like water kefir grains, homemade fruit and veggie kvass, and other good-bacteria filled drinks). The less plastic you have the better, as so many harmful things, not meant to be in a human body, are within the plastic, and it seeps into your body.

Ideas: Glass bottles can be used for things like putting homemade dairy-free milk in the fridge, or a bottle of veggie and fruit juice to be enjoyed that day. Or for a bottle of chilled water in the fridge. Perhaps after making your own fermented/ cultured beverage you put some of it in the fridge for later on that week, while the rest is enjoy fresh and unchilled after its finished being made.

Item: Drinking water bottle (glass)

Information: Water needs to be clean, and as free of harmful chemicals as possible. There are different types of water filters, each serving a different need, and varied in quality. A ceramic filter, along with a way for fluoride and chlorine to be removed is one good choice. Enough water needs to be taken into your system each day to enable your organs to work well, and all the things your body must manufacture on a daily basis. Even every breath of air uses up liquid. Water intake can't be counted if it contains something that your body has to process and filter through your system—and that substance added to the water requires water to process it. At best it's a 50/50, no win, no lose situation, but more often than not it takes more away from you than you have given to your thirsty body. By the time you

have reached the point of a dry and thirsty mouth, your body has been in need of liquid for quite some time. Remember, your blood has to, at all costs, remain at a certain “thinness” level so it can flow easily through your veins and pass on the nutrients, and so it won’t be too much of a strain on your heart to pump it. If you haven’t given your body the right amount of clean water to work with, and are eating and drinking things that cause you to dehydrate (and liquid is taken from the cells to maintain the blood’s needs) this is the road to all sorts of ill health—the likes which we see in the world all around us. It takes at least 10 glasses of fresh pure water to maintain all the functions that a body has, and keep all in optimum health. With dehydrating foods and drinks, you’ll need to take in even more. (However if you are drinking all day, to counterbalance the effect of also frequently drinking unhealthy fluids, this might interfere with your digestion and room in your stomach for good healthy foods.)

Ideas: Eat and drink right, and only good and mostly raw fresh natural foods and juices, with very little salt added; and then have about a glass of water every 1 or ½ hours of your waking life, and you’ll be going great. If you take in other drinks (herbal tea, or coffee twice a day for example, and a glass of wine or beer sometimes) you may need to up your water intake to 12 cups of water in a day, and one tall glass of fresh veggie juice daily, for basic maintenance and nutrients, to help your body manage these.

In my experience: I bought these small, strong, screw capped bottles for my husband to drink from. He is often out at work, or performing, and drinks plenty of water in the night too. We wanted to move away from always using plastic drinking bottles, for health reasons. These work good. When we go on travelling trips in the car with our family, it is very refreshing and tastes great to have water from these, along

with several bigger glass bottles (the kind that I can scrub out with a bottle scrubber). We fill these with drinking water and place them in a cooler/ esky, and pour a bag of ice all around them. On a hot summer day we can drink fresh and cold water—good tasting from glass bottles. We don't drink alcohol, caffeine, or soft drinks of any type, so we get nicely hydrated just with water, and enjoy feeling good, without headaches, and stay feeling healthy on our vacation.

Item: Soap-free laundry liquid (or soap nuts, not included)

Information/Ideas: The smell of laundry soap can cause a lot of trouble and health problems for those sensitive to it. The solution is to not use any, or to find other more natural, ideally scent-free options. It's nice when the water from washing clothes and house, and our bodies, isn't going to harm the plants and animals in anyway. We could have our washing machine hooked up to a veggie garden, and it wouldn't harm a thing—as it's all just water. I can dump the mop bucket water outside to water the grass, and the only thing besides water is a bit of dirt, and sometimes a bit of vinegar. I'm doing it a favour. If I was able to siphon any bath or shower water to the yard, it would be the better for it, as only water is used. There are so many products that we get by fine—and better—without. Laundry soap and bleaches and softeners, and so forth, being some of the many we never need to have on our shopping list, or around the house posing as a safety risk for children.

In my experience: Just last week we went to an outdoor presentation, in a warm and very pleasant afternoon. If we are outdoors with a group of people, it generally works best, as we then don't have to be affected by the personal products each one has on—

perfume, deodorant, hair spray, shampoo, and yes the laundry soap and softener their clothes were washed with! But on that day we were sitting down draft from someone whose clothes were so very strong smelling of whatever they were washed with, that I was getting a sick feeling right away, and had to stand up and move away. We can always tell, when at a park, or walking past someone, what their laundry situation is. Our clothes are “dew fresh and sun kissed” meaning, after they are washed without any soap (or if any it’s soap nuts, or an occasional “soap free” laundry liquid) and hung outside to dry. They often spend the night outside and get wet from the dew, and sometimes go through the rain too. But by the time they are dry, they are really fresh smelling. There are many clothes we can’t use, that are second hand, as they are too permeated by perfume, that it makes our moods go sour and brings other troubles. Sometimes I give a good try at it, and soak them in vinegar water and/or baking soda (bicarbonate of soda) and leave them for days, or a week in the sun/rain/dew/sun to get the smell out. But if after all that treatment they are still offending in smell, they have to be given away, no matter how nice. We prefer to act nicely, than to dress nicely.

Item: Castle liquid soap

Information: The “one size fits all” solution. It is scent free and natural. You don’t need much, as you can stretch it with water in the foaming dispenser for hand washing and shaving ‘cream’. If it was needed for clothing washing, or at bit mixed in a cup of water for hair washing (that is if you wish to put soap on your hair), or need for a dish soap (that is if you use dish soap, we don’t, just hot water and lots of clean rinsing), or whatever, whenever the every-now-and-then that soap is truly needed, this stuff will cover all a bases.

Ideas: Just think about the long list of what you thought were “essentials” that you can now cross off from your list and don’t need to buy, when you have a bit of this on hand. You don’t need to get a long list of household and personal products, nor the expensive “organic” and “natural” and “scent-free” or whatever stuff. Just have on hand clean water, some bicarbonate of soda, cleaning vinegar, salt, and a bit of castile soap, and you are set for just about any cleaning need of house, body, clothes, and dishes.

In my experience: The change to not having those smells around—smells of shampoo, shaving cream, soap, cleaning fluids, and so much more—has made life so much better. Since discovering this soap, and using it for only the true needs, we haven’t needed to buy a host of ‘products’ and of course, best of all, are heaps happier in mood and behaviour.

Item: Jar for sprouting, with net and rubber band

Information/Ideas/In my experience: The simplest sprouting set up that I use is simple a glass jar, with a piece of netting and a rubber band. First you soak some seeds in filtered water at the bottom of the jar (for the length that is recommended for that type of seed). You can have the lid on for the soaking part. Then put on the netting with a rubber band, and pour out the water. Let them sit where they can get air and light and aren’t too cold. A few times a day pour filtered water on them, and pour it out again—for a rinse as you ‘water’ them. Different seeds take different amounts of time to grow. When they have grown as much as you wish, then eat them fresh, or some of them and put the rest of them in the jar in the fridge. You can put the lid on if you wish. Eat them before too long, so they are filled with

the most nutrients. It's an inexpensive way to make volume of food—high nutrient food—from a handful of seeds. You can soak all kinds of grains and seeds and nuts in this way too. When a seed is soaked, and especially when it begins to sprout, this makes it filled with many nutrients, and makes it easier to digest as well. Soaking and sprouting change the chemical make-up of that seed. Otherwise what is in the seed telling it not to grow yet (as it needs to have the right conditions to do so) can make it harder to digest. But when it changes to being an edible plant (even with the slightest start of a sprout) this is easier for you to eat, and it is in a more enriched state. Rice can be soaked before cooking it later on. Soaked and sprouted chickpeas can also be eaten raw (like many sprouts seeds can) but also it saves on much cooking time, as they cook very fast then. Just let them reach a boil for a short time, and they are good and soft to eat or to make hummus with. Soaked and sprouted buckwheat can be then fermented with water (just add filtered water, with netting or muslin cloth on the jar) and an optional little spoon of honey to feed the yeast, and it will ferment. You can then blend it up and add it to flour as a natural way to add 'fluff' to the gluten-free flour, making it an alive dough. The biscuits made will be less dense due to the air pockets from the natural yeast.

Item: Jar for fermenting

Information: The benefits of naturally cultured foods is long. It easy to learn and do, because it's built into nature to naturally ferment—for food quality improvement, digestion enhancement, and preservation of foods. A great example of design in nature to support human life and wellbeing. It's important to have your diet include naturally fermented and pickled foods, or drinks made with water

kefir grains, etc. It helps keep your digestive system working well, with the right bacteria growing and flourishing. With a clean jar you can make all kinds of naturally fermented foods and drinks. As you learn how to do it, sometimes you will need and want the jar to be simply covered with netting or a piece of muslin cloth, and then other times you will be glad for nice strong seal, like a jar with a clamp and rubber ring to help with sealing.

Ideas: Some things you can make: sauerkraut, water kefir with coconut water/milk, kvass, coconut yogurt, cucumber dill pickles, other cultured/pickled veggies, other fermented fruit juice, and so much more. I don't recommend using sugar, as that is counterproductive for health in many ways. But if needed (and doesn't always need it) some natural honey or coconut nectar can help the fermenting or good yeast feeding.

In my experience: Just a little shot cup of some fermented drink can help make things work right in my gut, or a shot added to freshly made veggie juice is a very healthy choice. It can take time, as you need to check on your little micro garden. But it's thrilling and fulfilling when you see nature do its thing, unaided by any 'products' just air and water, and at times salt for some things, and a bit of honey for others. When you find it 'works' and is alive, and then is beneficial for your health—and that you did it on your own, and didn't have to buy it, it's a joy! During part of the process of making sauerkraut, I've used an apple or onion at the top of the cabbage, that the lid, when shut, pushes down. This helps keep the shredded cut cabbage under the surface of the liquid. There are so many types of natural fermented foods. It's a perk-up to salads to have a dash of sauerkraut on it, or home made sour pickles. We've also discovered how to make a delicious 'carbonated' drink, using only fruit juices,

water, air and a few days time. It's healthy, great tasting, and relaxing to drink, and fun to add for a special meal. I serve these special homemade beverages in wine glasses for a nice dinner ambiance and mood booster.

Item: Apple cider vinegar (ACV)

Information: The list is long of its benefits, and the things it can be used for. Its 'alive' qualities helps your digestive system work right.

Ideas: Learning how to make this yourself is fun and easy too! And once you get a culture going, its faster with the next batch. The simplest way is to cut apples in water, with a muslin cloth on it. Let it sit and do its thing in a moderate temperature place (warm, but not too cold for faster results). When it's ready, put a lid on it (and take out the apples if you wish), and place it in the fridge. You can use it on salads for good taste along with health benefits. This bit of 'sour' perks up the salad and taste buds. Other dressings can have natural ACV added.

In my experience: Whenever my stomach stops working right, apple cider vinegar with water, along with fasting all other foods, sets me right again. If the water filter hasn't been cleaned regularly or there is mould build up, this will cause a disruption of digestion, and some pain. But the vinegar takes care of that bad bacteria, it seems (and of course the filter is cleaned or changed, etc.) It's my 'medicine chest' along with fasting.

Item: Organic pillowcase (and bedding, and mattress not included)

Information: What you sleep on and inhale all night through your lungs and skin, has a vast effect on your overall health. Many are the stories of wonderful healing and relief when conventional bedding, pillow, and mattresses were given up and organic bedding used instead.

In my experience: I remember the day my son helped me discover yet another mystery of ill health. We had bought a second hand mattress, but never could bring it in the house. The smell was so strong. I thought it just was because it needed some air and wiping off. Perhaps the person who used it was very into dousing their body in perfumes of some sort. But when it sat outside on the porch for a few weeks, making us cringe to even walk near it, I wondered what to do. Then my son spotted the tag on it, saying what it was made from. Since the names were anything but natural, I did a search on those products. I was flung into a new world of discovery that I had no idea about. The world of deadly mattresses. No one had ever told me the evils that lurked. We got rid of it as soon as we could. It would never ‘smell fresh’ as it was made of stuff that would just keep ‘gassing off’ more and more each day. So, a new and better mattress—and organic one, waits for us to get it. We still have the old one that is at least made of plant material, though old and bumpy, is better than the strong chemical filled one. Then we got rid the other old and smell mattresses we had in the children’s rooms. Since buying readymade organic, good smelling mattresses was far too costly and out of the question, yet keeping the cause of many bad nights of sleep for our youngest especially was equally out of the question; something had to be done. So I researched and came up with a plan. I ordered natural wool, and organic cotton cloth, and handmade mattresses for them. Things only started to get better from there on out. So a combination of doing what I could, along with praying for

help, allowed far better and peaceful nights to be enjoyed. You really wouldn't have wanted to live through what the bad air and bad mattress cause us to endure. But it sure made me thankful for the natural beds the children can sleep on now.

Item: Expressive Exercise (EXE) Video and book, and Strengthening staff, and music CD

Information: Exercise is so important to health, on target and right-for-you types. This fitness trainer demonstrated on this video many different stretches and exercises that might be good and right for you. It's not a regular "workout" video, where you have to watch it and do its every move along with it. Rather it's like a visual catalogue. You can watch it to pick up some ideas, and you can read the tips how to do it right. Then you can turn on some music—or just have it quiet—and enjoy your own fitness program for the day, using many of the ideas suggested, and others that may work best for you. Since too much screen time is not recommended, and fresh air and sunshine are essential to good health, thus the video is made in this way. You learn from it, and can even refer to it daily for ideas, but the majority of the time you are free to do the exercise outside, or look elsewhere, other than the screen. That's the way it was planned. It is divided into various sections, teaching and giving ideas for the different types of exercise, from warm up, to cardio, to toning, to cool down, and all the rest. Enjoy doing what is best for you.

In my experience: When I listen to truly heart-filled, inspiring Christian music, written and produced by those who have given their heart, mind, soul, time and all to the Lord, something happens. I feel so much more energetic. "It's the spirit that quickens" or enlivens

(John 6:63). So if music has been produced by those who have God's Spirit, and the song is like a breath or expression from Heaven, it gives physical energy and is youthfulness promoting, growth and joy giving. Choose well what you listen to, it will affect the quality of your life and the vigour of your exercise. There are some great songs on "Nubeat" website. Many of these songs have that good effect. The man who set up that site has struggled for many years with a certain type of tumour that can't be removed, but it prevents him from ever lying down to sleep, or that will be the last thing he does—he sits on a couch for sleep, and has done so for many years. But when I met him, I found him filled with energy, peace, and youthfulness, humorous and taking life positively in stride, and generally stress-free. He has provided for and cared for his wife and four children (now young adults). He has made a choice in life to enjoy, listen to, and compose good music. It's clear the effect on the mind is good; as right-on Christian music—the motivating type—keeps you motivated and upbeat. Not all so called 'Christian music' does this. One can see the affect on their moods and the ideas they get, the words they speak, and how they behave, and what they do with their life, because of the music they listen to.

Item: Notebook and pen (for journal)

Information/Ideas: Writing down your worries and turning them into prayers, are like taking them off your shoulders and putting them on to God's to do list. Writing down the things you are grateful for, helps your mind to think more positively. Try requiring yourself to think of and write down in this notebook at least one thing each day that you are glad for. And if something is hurting you deeply, or troubling you, write it down as a prayer or expressing to a listening God who cares

and will heal your hurts and work things out for you. Then let it go. With prayer it's been passed on to the most caring and capable hands in the universe. God made you and wants to fill your life with meaning. Each seemingly pointless experience can be made worthwhile as you learn to live your life together with Him as guide and friend. Not everything will take shape immediately, but keep walking with the Lord, and ask Him what His will for you is, in each turn of your life, and even throughout your day. Pieces will start clicking in the puzzle of your life, and the picture will start to take shape. You can use this note book to also write down the things God's shows you and tells you, the whispers and thoughts He puts in your heart and mind, as you pray and read His Word, in the Bible. The combination of these things, that I call the "P's", are sure to make each situation a win—Praise, Prayer, Promises of God (in the Bible), and Prophecy (when He speaks now to you).

Item: T.H.E. USB and The Door Booklet

Information: It's been said that one of the greatest of healing factors is faith. With this audio listening program, as well as this booklet, the foundation of faith needed to build a happy and strong life is available.

Ideas: You can listen to one hour a day for a week, to complete it. Perhaps you wish to listen through this with friends after you have first enjoyed it alone. You are free to make copies of it to share with others who you realise could find inner healing and peace through it—especially those who are grieving the loss of a loved one. Many health problems originally stemmed from the pain of the loss of someone, or an otherwise emotionally trying situation that was not

resolved. The audios on this, as well as the message contained in the booklet, are sure to make a wonderful and beneficial change on those who read and listen with an open mind and ready heart. It's all the truth, and I pray the veil will be removed from your mind and heart and you will see if for the realities that these contain.

Item: Organic face/ body wash cloth

Information/ Ideas: Organic cotton face cloths are good for gentle washing or drying of the face. Keep it where it can dry well, so as not to get mouldy. It can be used for rubbing all over the skin with water when showering, to help clear the pores and rub off old skin. If old skin can be removed and the pores are clear, then you'll be healthier and feel better. Your skin is your biggest organ, and needs proper oxygen and elimination. Some people use a dry back scrubbing brush, when they are dry, to brush off the old skin and open up the pores, helping the body to let go of more waste and toxins. This is done before a shower. When the skin is in good working order, this is a health boost. Avoid covering it with cloth that inhibits proper skin breathing and elimination. Make sure not to have a daily, full, hot shower, as this removes too much of your natural body oils. Your skin, if covered with chemical filled tap water, absorbs it and takes it all in at a fast rate. Children in a bath are much more affected by this than adults, as their bodies are smaller. But with all of the skin taking in what is in the water, it can be harmful, if the water isn't only pure, but rather chemical boosted. You can use the cloth for a "sponge bath" as an alternative for cleaning and clearing the skin, without you soaking or being immersed in the water. If you wash your main points of interest each day, and then wipe down the skin when it needs it,

and save the full shower or bath as a more occasional event, this will save on water, on utility bills, on time, and on your health too.

Item: Coconut hair scrubbers

Information: Potato/veggie scrubber made of coconut hair; bottle scrubber made of the same, for washing the glass bottles for milk/juice/kvass, etc.

Ideas: Keep it where it can get dry with fresh air, and drain after use, and should serve you a long while.

In my experience: I've had these for a couple years now, and they are still working good as ever. Much more long lasting than plastic scrubbers.

Item: Heaven songs card/ Heavenly Healing music album

Information/Ideas: Truly Heavenly instrumentals, all originals; healing music; refreshing music; relaxing, and yet invigorating and mind renewing. You can listen to these while resting, or walking, working, or while doing stretches and gentle exercises. You can take time to think about the Lord—your Creator who loves you and cares for you; while listening you can take time to pray and commit your troubles and needs to Him; as well as breathe out words of praise and thankfulness for all He does for you and those you love, and for all that He is and what He means to you; tell Him of your dependence on Him, and need for His companionship. Unite and connect heart with heart, and through this you'll enjoy inner renewal.

Item: Safe Haven CD

Information: Soothing and inspiring Christian songs, many originals; good for relaxation and stress relief.

In my experience: When I put this on to listen to, I feel it is feeding and speaking to the inner me, like a friend that can feel my heartbeat and understands my feelings—those that are too deep to even put into words. It transports me from wherever I am at emotionally and mentally, and sets me up on a higher plane, able to view life from a better vantage point and puts things in a new perspective.

Item: How He said ILY book

Item: Basic Organic Make-up/ beauty items

Information: The closer you can stick to natural when it comes to your face care and “beauty” the better. Letting your skin and nails breathe is important to health. When, for example, your finger and toe nails are covered in plastic (polish) it stops the nail from getting the air it needs. This breeds complications and unwellness. If you want to look younger, eat raw veggies and fruit most of the time, as this provide your cells with what is needed to manufacture new and healthy growth. Plenty of clean water added to your daily routine will aid as well in keeping your skin clear. When skin is breaking out with abnormal conditions, it’s usually toxins that are trying to get out and escape, using the pores of the skin to do so. Keep your skin clear of “make-up” products, if possible, so your skin can breathe and thrive.

If you want to add a touch of colour or highlight a part of your face, use the most natural types possible. Choose earrings, if any, wisely, some types of metals that they are made with cause allergies in the person. Stay away from medical operations for vanity sake, including tattoos. Keep your body safe from intrusions for better health, and less chance of complications. Just use water on your hair—and if you can have a fluoride and chlorine free option this is the best (like a shower filter to help with this). But if not, don't wash too often, and there is no need for shampoo and other hair dulling products. Once your scalp adjusts to the change and realises that it doesn't need to manufacture so much oil, then things should normalise. And of course, avoid hair dye, hair spray, and all kinds of things that harm your hair and seep into your sink, and get breathed in to your system through the smell. Don't use chemical based perfume, nor regular types of deodorant, and especially not anti-perspiration. It is through perspiration that toxins and waste is also released. If you keep that in your body, there's going to be trouble—just like there is when you don't eliminate regularly.

Ideas: Those who started to eat plenty of raw veggies and drink the fresh juice of veggies and fruit each day, along with lots of water, have found their dandruff went away, as well as their need for deodorant. The main cause of the smelliness is often from improper diet, as well as the bacteria building up under your arm. Wash and use the salt rock type of “deodorant”, instead of regular deodorant, to solve the problem. If you want to have a less smelly toilet room, eat mostly raw veggies and fruits, with a little balance of cook goodness—but not any, or rarely any, animal products. In our house we can tell if someone has had meat to eat. When we are eating a ‘clean’ diet, there is hardly a smell after the toilet has been used. But

after our once-a-week meat for the boys, it's clear to tell what the culprit is of smell!

In my experience: I don't usually wear make-up, and for the most part rarely have all my life. But when I do, I found it enough to just have a bit of brownish blush, and this I touch up my cheeks with, and apply some of it to my eyelids and up until my eyebrows start. A touch of black or dark brown eye liner on the lower outside edge and corner of my eyes, and some coconut oil for my lips, and I'm set. Once in while I add some lipstick too—but always with oil on my lips first, or it will dry my lips out. (oil, lipstick, oil layered). If my lips are dry and peeling looking, I hold a wet wad of cotton or tissue in them, to get the outer layer soft. Then I can rub them off with a dry towel, and immediately rub coconut oil on them. They are redder, smooth, and shine then. I find my face looks prettier when I have regular vigorous exercise, and get plenty of sleep at night.

Item: Cookbook & Apron

Information: Our Family-made cookbook.

- Recipes that contain no: gluten, oats, corn, dairy, eggs, sugar, caffeine, herbal tea, or alcohol
- Alive and raw enriched; plant-based foods; organic encouraged; fresh and freshly prepared foods
- Low oil and salt; full nutrition and high fibre; wide spectrum of nutrients
- Natural foods, nearly never packaged or factory processed
- Many grain and nut free recipes

- Many 3-5 ingredient recipes
- Tips for health, nutrition, and food preparation.
- Simple, easy to read, old fashioned recipe style, without detailed measures; suitable for those who love to experiment and enjoy trying-it-for-themselves.

Ideas: The style of this cookbook leaves lot of ‘play room’ to try things out, and get you started on your own experiments to find the best foods, prepared in the best way, and do it efficiently and cost effectively as possible.

In my experience: There wasn’t a cookbook around that used the foods we needed to have, and only those. There were so many new ingredients and seeds and healthy natural foods that I hadn’t even heard of, that made great and superior alternatives to the foods most normally used. With a spirit of adventure and the daily need before me, I experimented frequently, finding what worked and how to make the best meals for my children. Meals that covered all their nutritional needs, and were fun to eat, and didn’t take too much time to prepare. As a result, we have learned so much, and have “invented” plenty of new recipes and new ways to make “regular” things using alternative ingredients, for a healthier and easily digested meal.

Item: Calendar of Courage

Information: 365 True stories of others experiencing God’s supernatural help in a variety of situations is a great faith and confidence booster. This calendar is designed to be a stress reliever. Read the daily Scripture, and the story, and believe that “All things

are possible with God.” Whatever your situation in general, or whatever you are facing today, can be surfed with God steadying you on the board of His will, riding the waves of life.

Ideas: After reading this calendar and using it for a year, since it’s a repeatable kind, you can give it as a gift to a friend. And when they are done, they in turn can likewise pass it on, sharing the peace and strength from person to person. Perhaps you want to start making a calendar of your own! Jot down the special things that make your life a joy and worth living, or that get you out of a tight spot. Perhaps it will one day give someone else a lift just when they need it.

In my experience: I’ve lived the life of faith for so many years, and God has cared for me, provided for me, and always been there to offer a helpful suggestion, or to give guidance. Indeed, I am still alive and well, along with my husband and children too, due to the wonderful and often miraculous intervention of the Someone who watches over us and answers prayer.

Strengthening of Spirit

“It is the Spirit that quickeneth, the flesh profiteth nothing. The Words that I speak unto you, they are spirit and they are life!” (John 6:63)

(Jesus Speaking:) I am pulling back the veil on the spiritual realm around you, so you can understand a bit more of My workings in the Spirit. Seek to understand more how I work in and within the limits of your human frame and bring the impossible into reality. Learn to use Heaven’s power to work on your behalf. Through weights in the physical, I train your spirit to fight and win.

For those new to the Christian faith, who are as babes in spirit, the fast manifestations of healing and miracles is necessary—just like it was with the children of Israel who were getting to know Me—the Lord their God—for the first time—How God’s Power worked. But those who have served and loved Me for years, these I try and strengthening in new ways. This is the era of learning to fight using the methods I’ve given you in spiritual combat. Then as your spirit gains strength though prayer, praising Me, listening to My voice in prophecy, working with these and other combat methods that require more skill, so will your soul and spirit be the conduit for bringing health to your body.

However, the Enemy seeks to latch onto anyone that has the potential for doing damage to his dirty works. Life for Me and in My service will always involve a fight—wrong against right, as dark tries to hinder the light.

Though your outward man may perish, your inward man is renewed day by day. (2 Corinthians 4:16) When you are weak, you can at these times be even more deadly and dangerous to the Enemy's plans. Seek to be trained in the art of spiritual warfare, for then, no matter what your body endures, you will be a winner and winning victories.

A 3-fold cord is not quickly broken. (Ecclesiastes 4:12)

Physical care attention and strengthening—Spiritual training and strengthening—Staying active with your mission for Me, your job, in whatever I call you to do.

“The spirit of a man sustaineth his infirmity; but a wounded spirit, who can bear?” (Proverbs 18:14)

(End of message from Jesus.)

2 Corinthians 4:16-18; 5:1—For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal. For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.

12 Steps/ Areas within that 3-Fold Cord:

A.) Strengthening and Shielding of God's Temple—your body

B.) Spiritual Strength, Protection and Training

C.) Service (As He leads and shows you that you are to tend to)

A.) Strengthening and Shielding of God's Temple—your body ("Part One" in separate file)

- 1.) Eat and drink right (Mostly raw veggies/fruit, sprouts and naturally cultured foods; fresh veggie/fruit juice; good seeds and raw oils; 10 glasses of clean, pure & straight non-chemical water daily; no sugar/caffeine/alcohol, or processed foods; and most of the time no gluten/dairy/meat—just occasional organic or clean meat & fish.)
- 2.) Head to toe healthy living—inside and out (fresh air/sunshine/good sleep/proper exercise/regular elimination/parasite cleansed/chemical free living/healthy bed made with organic natural materials/skin touched with the right things in healthy cloth, and natural oils, and water to wash in/balance in work so no strain to bones, muscles and posture/positive thoughts and conversations, resisting stress and embracing faith and trust in the Lord/ listening to Heavenly Godly music, and the Bible in audio; uplifting words spoken by and to you; loving affection/healthy Godly ways of intimate sharing with your partner; choosing activities and

play that is safe and won't risk unnecessary accidents or taking unwise risks; proper care of eyes (no eye drop medication, good diet/water/natural light/no excessive screen strain/enough sleep, etc.)

- 3.) Saying “no” to the corrupters (The opposite of the good things included above; fasting of food preferably one day a week, sometimes longer for deeper cleaning out of old cells; and learning from the mistake of King Asa when his foot was diseased (2 Chronicles 16:12-13), and the woman who was ill for 12 years (Luke 8:43-48) before at last getting healing from Jesus; give away—or throw away—things that people give you that aren't good for you, or others.

B.) Spiritual

4.) Faith Foundation Basics for Saved and Spirit-filled Christians, with utmost faith in God's Word:

- Bible study, prayer, praising the Lord, partaking of communion, acting with Christian charity and the fruits of the spirit, time taken to listen to the Lord in quietness, and doing something towards the Great Commission to “Preach the Gospel”. (Mark 16:15)

5.) Faith and Life Builders for Strong Christians:

- **The P's** (*Prayer, Praise, Prophecy, Promises of God, Positive thoughts and actions*) to be used in all situations, as your Godly approach to life and challenges, needs, and troubles. The P's

becoming your Christian reflex to whatever you face, throughout your day, and in your deliberations about future events. Practicing and learning to be honed in these skills.)

- **Praising the Lord out loud** with family and friends knowing that “where two or three gathered there am I (Jesus) in the midst” (Matthew 18:20), etc. “Magnify the Lord with me” (Psalm 34:3) as King David said. It doesn’t need to be in a special setting only, just as we don’t wait to be somewhere special before saying thank you to someone who just did something for us. Realising Jesus said, “I will be with you always” (Matthew 28:20) and making an effort reflect your embracing of His real presence with you always, by verbal prayerful and praiseful communications.
- **Asking God to give you the gift of prophecy**, and learning how to hear from Him; and learning about the ways He can speak to us. (I made a Bible class and study about this, to share with people interested.)
- **Heart-Mind-Spirit care:**
 - Reading God’s Word, the Bible, often; as well as sometimes other deeply faith-feeding quality, Godly counsel and devotional material; not “Bible commentaries” but digging into the Word for yourself, as the Holy Spirit explains to you what it means for you.
 - Dedicating your life to the Lord, surrendering your all to Him, including giving Him the final say on what you read, watch, listen to, believe, and taken in to your being in some way.

- Daily personal and intimate communication with the Lord about anything on your heart or mind, or letting Him share with you what is on His heart and mind, or wants to tell you.
- Writing down concerns or needs or projects that need to be done and turning it into a prayer list you pray regularly in faith—God’s to do list, and off your shoulders, the stress shed.
- If faith-corrupters come your way, things people say or what you read gives a question or shakes your faith, or something that is troubling and worrying you, you take it to the Lord, pray about it, research the Bible on it, and give no place to doubt—cling to God’s Word as supreme, and let Man’s word go if it doesn’t line up right.

6.) More Advanced Strengthening for Mature Christians—Extra empowering from Heaven (Learning advanced ways to fight in the spirit, and that will affect the physical as well.)

Deep, daily, time with the Lord reading His Word. Wanting His Words to teach and guide, more than knowing about other things. More time spent with the Lord than with other entertainment and input and media information. Rarely taking in things like movies, radio, worldly music, novels, internet surfing, social media, etc. Using your time of relaxation to spend primarily with the Lord, or on things that will build your faith, and aid you in doing a Spirit filled job for Him. Choosing very wisely what you read, and realising that what you read and take in to your heart and mind and stand on it, will affect in a very real way your future, and the lives of your

children, and their future. A house on a rock will stand. As you read, hear, believe, and accept, so will your life go. Any idea that is embedded in the heart and mind—of a child especially—like a seed it will grow. For a fruitful life for Jesus we need soft ground and good seeds. Ready hearts for truth, and only truth to be sown and allowed. Warped ideas can be like the piece of metal that got into the compass instrument on the ship, and made it point the wrong way, and lead the ship’s crew astray into dangerous rocky waters with lots of time wasted and destination unreachd.

Anecdote:

Yesterday I asked the Lord a question I’ve been wanting to ask for a long time: What should I be reading, if anything, besides the Bible, as far as the Bible-based writings of other Christians. I’ve read plenty in the past, though in the last few years I seem to have less time, if any. I’m doing good if I have time to enjoy half an hour or so, reading the Bible alone and praying to learn what the Lord wants to show me. But in years past I’d spend much more time reading devotionals and write ups, and messages from the Lord that people received in prophecy, Christian magazines, book portions, and so forth. There are many websites to read from if one wants to, plus endless books by good solid Christians to order or read on computer. I was wondering, What was God’s will for me now? for my heart and mind feeding—and so that I can have the right spiritual diet, “learn of Him” (Matthew 11:28-30) and make the best things available for the children. I need to know what to encourage or allow for their spiritual intake daily.

I wondered: Are the godly writings of faith-filled Christians also filled with ‘God’s Word’ in the thoughts they share, or the messages

they get from the Lord—are these considered “God’s Word”, or just the straight Bible? What is best or right for me to read now and take in to my soul as truth? There are many people saying many things, and there is lots of good that can help us grow as Christians. God does speak to others, and maybe there are things the Lord wants me to learn from what He has shown others. What counsel—if any—is right for me and my family, for now?

I’d like to share some of what Jesus told me. I wrote it in my notebook as the message came, one bit at a time—and now I have typed it up here. My question was, “Who will guide me to the truth of God’s Word—and what is it?”

(Jesus Speaking:) Allow Me to introduce Myself—the Word of God. (John 1:1) I specialise in this. I held My rank and honour and place in Heaven because of My love and passion for this thing I was made for. Love of God’s Word makes Me what I am. Doubt and distain of God’s Word is what brought ruin to My opponent. “Hath God said?” (Genesis 3:1,4) he challenged and brought doubt, right at the start of the world. Choose ye this day whom ye will serve. “Let the Word of Christ [God’s Word] dwell in you richly.” (Colossians 3:16)

Hook up with Me and I’ll lead you into all truth—not just a printed matter, but with Me, the source and conveyer of God’s thoughts, His mind, and the subject matter He wishes to express.

Oh the masses that flutter here and there in varied opinion. In this case, it’s not what is right, but who is—and that is Me. A living and life-giving soul mate and constant companion.

With salvation you have been born into a new realm and Heavenly family. But now I must raise you, teach you, feed you, lead you. My task isn’t complete, but only allowed to begin, when a soul accepts

Me into their heart. Now is the growing process. Growth, true healthy and proper growth only comes from the Word of God. Delve into My mind and explore My thoughts—it's a place bigger than the known universe. So much to discover and revel in! Then you'll be taking My Word for it, not basing your thoughts on the opinions of others.

Gird up and be cleaned—prepare to fight with the strongest spiritual ammunition available (Ephesians 6:10-19) When you have been made strong in Me, and by Me, and with Me, and through Me, then you will feel the double anointing as it was with Elijah and Elisha (2 Kings 2:9-15). The mantle of God's Power can fall and you can part the rivers and dry the beds that stand in your way.

One thing leads you to the next. It is because of what you read and the ideas you embraced, and those that others did, and do, that you are where you are now today. The things you take in to your core being are what make or break your life. If you had not been fed and feasted on the thoughts and ideas that you did, your life and that of your loved ones wouldn't in any way resemble life as it now is. Is it good? Does your life reflect Godly living—peace, love, order, patience, creating with beauty, charity, kindness, selflessness, and so on? If the fruit is good, then so is the seed that was planted. It is the seed that grows and creates life as it is. The world, with tares sown among good seed (Matthew 13:24-30), makes it abundantly clear. The tares are tearing up the nations, cultures, and homes. If it were not for the presence of good seed and fruit still remaining in the world, it would be good for nothing but for burning, as the parable says. [Good cultures grew from the good seed of scriptures; but now they don't realise it and despise "from whence they came". Hebrews 11:15)

Good seed will bring good results; bad seed, will yield bad results. You are today—and will be tomorrow, what you are because of what you read, grasp, and feed on. Plan carefully, for the happiness of your future will depend on it. Choose and guard judiciously what you let into the minds of your young ones, for this too will vastly affect and direct their future lives. Words are the key to success and failure, of victory or defeat. As you saw, just a brief reference in a book siding with those who oppose Me can bring you heartache and danger, through the thoughts it implanted in the children and take a long time and hard work to overturn. Better no so called, “education” when in the growing and forming years, then one that leads the young astray. “Better is a dinner of herbs, where love is” (Proverbs 15:16-17) then a beefy, so called “well-rounded” education that makes growth in the wrong direction [such as meat can assist the growth of cancer]. Lean, but truly life-promoting, learning is best. ...

The “mommy and daddy” version of Bible studies and soul training is best—for you are commanded by My Word to do so. “Teach them diligently to your children.” (Deuteronomy 6:6-7) ...

As far as your study and devotion time—learn of Me, seek me, and ye shall find Me. I’m near to those of a contrite heart, and ready mind, and hungering and thirsting after righteousness. You’ve put off having time with Me to feed your flock, and in all the ways you needed to. But now is the time to gird up for your next bend in the road, and the elevated path on the winding mountain of life and service for Me.

As you go through the writings of these, My dear ones that love and believe in Me, select the good and true and best for your sheep. (End of message selection.)

- Knowing the option and responsibility of claiming miracles of all kinds. Exercising faith that truly all things are possible with God, and we are to 'command' Him (Isaiah 45:11) to do these things, as He told us to do while we are His light on Earth (Mark 16:17-18; Matthew 5:14). "The Earth is the Lord's and the fullness thereof, the world and they that dwell there in." What is 'scientifically not possible' is God's right to do as He pleases, if it is needed for His 'will to be done on Earth as it is in Heaven' (Matthew 6:10).

Anecdotes:

Having the attitude that God is in control, and as we follow Him He can do whatever is necessary to make His will happen. God can reverse the negative effects of those that fight us in the spirit or in flesh. Know this is a great asset and empowerment-giver. It replaces the fear that comes with the many dangers of raising children, and changes it to faith. This makes each day a day of opportunity for God to work. For example, the other day at the park there was, unfortunately, a football game practice going on. It seemed a spirit sent to cause accidents was there. This was the site of many bandaids and crutches. On that day I was there with my children to run and play happily, kick a ball, and play some cricket. We normally have a nice time, but when that team was there, all of sudden my own boys started to have accidents and each got hurt in some way. It was unusual. The last one seemed the worst. My 8 year old just suddenly fell over the ball he was kicking and landed down with his arm twisted in an odd way. He cried out and said how his arm was hurting as he lay there, unable to get himself up. I went

over, laid my hand on him and commanded complete and instant healing then and there. I knew this was just an attack from the wrong side getting through to my little ones. Then I told him to get up. He did so and was, indeed, completely fine and happy. Praise God. He was the boy some weeks ago when some minor hurt had occurred, who replied to his brother when asked “Does your hand still hurt?” said matter-of-factly: “No, Mommy prayed for it.” He is used to this kind of thing. Prayer gets results and is a matter of fact that it works in practical everyday situations.

Then there is the more “unusual” or seemingly impossible things that take place as well. Like the time some printing came back wrong—the wrong flipside was printed on the back of the pages of four copies of a book we needed to get bound right away. To re do those colour pages would have been double the expense that it was already costing us. We all looked at those done-wrong pages and worked together as a family to set them aside in a pile of the pages that needed reprinting. The next day when I was working on sending the files of the pages to be re-printed to a different printer, at first I was stunned, and then I cried. All the pages that had a colour picture on them—that would be the most costly to be reprinted—were somehow right! All the page numbers were correct... The incorrect fully black and white ones were still incorrect and needed reprinting. But as I looked through the pile of mistaken printing I could remove each one with a colour picture, as for some reason, God only knows, the backs of them had the correct flip side all of a sudden; they had been wrong just the day before. We were amazed. It was a special gift from Heaven. One we won’t understand, but were extremely grateful for. We had put a lot of prayer into the event we were doing where we needed this new book printed.

There were lots of things that seemed to be buffeting us, but that only made us press on, knowing we were doing right and pleasing the Lord, helping to bring a bit of light and joy into people's lives.

God is in control of nature and has His angels poised to aid us. When our back yard was getting thorny, we prayed for it to be like the Garden of Eden (and occasionally weeded out any very pokey pants we found). Then it happened. Our front yard has small thorns, and we can't go bare foot. Our neighbours' grass in their back yard has thorns too and they always have to wear shoes. But our back yard is free of these, and we can safely and comfortably go bare foot.

Or like the time we were out for a picnic in a forest, going mostly to rake up and play in a pile of many leaves. The wind started blowing really strong all of a sudden, and I just had the feeling a large branch or several, would fall on us. I paused midway in my sentence while chatting to my husband and commanded that they be held up and not fall on us. Just after I did, a large heavy branch came crashing down—but it was a couple of meters away from us. Nothing hurt us, and we didn't have the feeling of fear that many more would come and we'd have to end our special time in nature. A feeling of peace and wellbeing was there. We were in God's hands and He would watch over us, and keep us from getting hurt. If He had warned us to leave, we would have obeyed. But that time He wanted the children to have the fun they were having, knowing that God and His angels can protect us from anything, when we are in His will. The wind didn't come like that again, and all was well.

- Make specific lists for things to pray for, and work through the list regularly—things for now, for later, things you will want see have happened several years in the future, people you want to accept salvation, for your children’s specific needs and life’s choices, your ministries for the Lord, and so forth.

Anecdote:

When our third child was born I made a detailed and long list of things I would work through praying for each day—this was a proactive prayer list, for future events that I could foresee that we’d need five or more years down the line. I imagined what our family would need, and what each individual child would be needing at the age they would be in five years. I faithfully prayed that list. And, as long as five years seemed at the time, eventually time passed and we were living in that time that we had sent our prayers on ahead for. It was wonderful to see that each thing that was important to us and was needed, had come to pass! We were living the miracle. Whatever we prayed for and committed to the Lord, was now a positive part of our life. It really worked! God is already in the future and can set things up, while we, still living in the past “let our requests be known unto God” (Philippians 4;6).

- Partaking of Communion regularly, either alone, and/or with your family, and/or with other believers you fellowship with. This is for heart to heart time with you and Jesus, to thank Him for His gift of eternal life and salvation, and to pray for healing, to get your heart right with Him and others—committing all spiritual wounds to Him for

healing, and rejoicing in the freedom of forgiveness (His forgiveness of you, as well as the fact that you are free to forgive others now, since Jesus took all sins on Himself, and God is the righteous Judge who will take care of the learning needs of all offenders. The weight of our past “falling short of the glory of God” [Romans 3:23] as well as others’ wrongs no longer need to be on our shoulders.)

Anecdote:

One day when I was having a time of personal communion, I prayed a general but definite “let them be healed” type of prayer for the health of my children. I found out later that day that an instant and miraculous healing had occurred for one of my boys, at that time. Some skin that had been troublesome for so long cleared immediately, and hasn’t been a problem ever since. We were delighted.

I wrote in my Praise Diary: “It was the third time I had done this special time this week—that of having communion to remember Jesus’ gift of love and life for us. The first time was the morning when my stomach was having pains. I was going to work on a Bible audio project, and these pains started. I wondered if it was due to what I ate for dinner, or what it was. The children said their tummies felt odd too. Usually with stomach troubles, the best remedy for me is to fast, and only drink water and sometimes water with apple cider vinegar added. So I was thinking I needed to fast that day to give myself time to heal. But the thought came to me of making a piece of bread and using some coconut kefir drink (healthy natural, alive drink), and taking communion to pray for healing. So I prepared that. The children and I prayed together and took part of the bread and sipped the drink for the “wine” in the ceremony; we thanked Jesus

for His gift of love and life, and prayed for healing. I wasn't expecting what happened next. I knew healing would come, but the fact that it came so suddenly and fully was a pleasant surprise. My stomach was not only totally fine, but far better! I felt more hungry than I have felt in a long time! I felt naturally hungry and eager for food, and could eat and digest so well, all day! I was better than normal.

- Meditating on the Lord, His Word, or nature while thinking about our Wonderful Creator, relaxing our trouble minds, while filling it with Heavenly thoughts and good things, and praiseful thoughts. Letting the Lord show our minds beautiful pictures, and visions that lift our spirits and “renew our minds” (Romans 12:2) and lifts us up and out of any downward spirals, and lifts the weights off our shoulders.

Anecdote:

I was outside reading a verse in the Bible—the next verse in the chapter I was working through, one verse each time. The sun was shining and it was perfect weather. The children were happily busy, and I was taking my time with the Lord. I read the verse and mediated on it and what it meant. I was letting God's Spirit speak to me about it and teaching me through it, feeding my spirit and training me. Then I saw my husband come out the back door and happily make his way over to me. He handed me a small package that I'd been waiting to receive. I usually try to get senders to specify that all packages be left at the front door, and not require a signature. But for some reason this one required one. Without

a door bell we can seldom tell if someone is at the door—like a postman delivering a package. If we miss the delivery, then we have to make the trip to the post office—yet one more job to fit into our busy day. (Or worse yet, they get sent back to sender!) If my husband is home, he is usually composing and producing music, and will have his headphones on, so he can't hear the knock at the door. And with me often outside with the children, or in the back room working, both places make the door knock unnoticeable. But while I was taking the time with the Lord, reading His letter to us, the Bible, He saw to it that the mail made it safely to me and wasn't "undeliverable". This wasn't the only time this happened. It's been several times while I am having my prayer time and reading the Bible, that my husband hears the door, and is there, and signs for it. One time it happened differently. It was almost unreal. I was outside reading and praying when I suddenly got a thought to go to the front door for something. I stopped what I was doing, walked into the house and to the front door. I opened it just at the right time to see a deliveryman walking up the steps towards me, and he reached out and handed the package to me. The timing was amazing. It was as if it was scripted. The days I have my quiet time, and packages happen to arrive, they are never missed. The Lord takes care of it." (End of diary excerpt.)

- Keep the Heavenly vision, as Hebrews 12 starts off with— knowing that the angels are cheering for us, knowing that our reward is in Heaven; even asking for Jesus to show us a

glimpse of what Heaven is like in a vision or dream, so we can “set our affections on things up above, not things of the Earth” (Colossians 12:2); drawing encouragement from those Christians who have been given glimpses of the Heavenly realm beyond and described it for our benefit.

Anecdote:

Last year I was inspired and empowered to create something very special. With more and more funerals happening, mostly due to the breakdown of health while trying to survive in these modern days, it’s wonderful to be able to have something to give to both the grieving—and anyone really. It’s amazing I’m able to get any projects done at all, with full time care of children, and plenty of needs to be met.—Especially if the project involved audio recording work. For me, the only option for voice recording is to do it in the middle of the night or very early hours of the morning, when the road traffic isn’t heavy, and the birds are still sleeping—and so are the children. Due to the troubling situation that someone was going through, the idea came to make something to comfort people’s hearts when grieving the loss of someone; and also for it to point the way to Heaven. Something available to give to those interested. When the Lord is in a project and wants it done, it’s amazing how it can quickly come together. I, with a little help from a friend, and some free use of some really great Christian music, was able to make five audio CDs worth of material for listening to—telling of peoples Godly and right-on true accounts of their glimpses into Heaven, and getting to meet Jesus, and loved ones, and so on. It’s sure to lift anyone who is open to the truth and beauty and freedom presented in that material. Now I no more have to feel that rather hopeless feeling when someone is dealing with loss. I can hand

them a bit of heart-soothing and inspiration that is sure to change their perspective and enable them to manage things better—and by God’s help, make it to that land of our God of light and love. (1 John 1:5; 4:8,16)

A fun game we played the other day, as a family at mealtime all together, was to answer the following question. “If you had a day in Heaven, what would you like to do, or who you’d like to meet?” Each person gave a special and unique, and truly enjoyable answer to it. It lifted us from the shallow chatter and got our minds on the coming thrilling future yet to be revealed to us. It’s a joy-giver, just thinking about the wonders and delights yet to come, for those that Love the Lord and serve Him heartily and faithfully.

When my oldest was three, I began to type up stories to read to him. I would pray for the Lord to give me a good story that was right for him, then I would start to type. I would have no idea what it was going to be, but as I started writing the first thoughts the Lord put in my mind, and then the next, and that which followed, before too long I had a lovely story. One of the story projects has been to type of stories for children that give a glimpse into what fun it is in Heaven. I had several of these enjoyable and delightful stories that my children liked very much. Then, a few years ago I started to get them illustrated. I went to get the file from my computer so I could sent the stories to the artist and begin to make them in to a book—but the file was nowhere to be found. Not even on my backup hard drives. It was very strange, as it would have existed in few places for sure. I prayed hard and didn’t give up. I knew these stories of giving the “Heavenly Vision” to children were very important—especially when I started experiencing some spiritual, and border-line physical interference, such as the vanished file. At last the Lord made it

somehow appear in the “recycle” box on the laptop, when it hadn’t been there before, and nothing else was there either. Just this one lonely file was there, after fervent and tenacious prayer. Jesus wins again. There were several other challenges along the way, but victory was at last enjoyed. And two little books are completed and available online, with two more in the works. It’s been a particular help to read these with my children over the years, as they have had different health related pain-management issues. Thankfully with a changed diet, and with as little exposure to fumes and chemical smells as we can do, they are able to enjoy a pleasant childhood. And they look forward to Heaven, knowing the great things that are yet to come, that makes any troubles on Earth bearable.

- Realising the spiritual teamwork available for us and the guardian angels and Godly Spiritual helpers from Heaven that God pairs us up with for different situations (See the story in the Book of Daniel how the “watchers” or angels assigned to help the king at the time learn humility are involved.) Being open to the checks or nudges they give us to alerts us of dangers or something the Lord wants us to do or be aware of.

Anecdote:

I have angel stories from my life I could tell, but they’d take up too much space here to describe the whole situation. They are in a book I put together, along with other accounts recorded by my Christian friends. But the most recent and personally encouraging, is this short one I’ll tell here. Sometimes lately the children have seen or sensed a

spiritual, comforting female presence in their room, in the early morning, or at night. They think it's me, their mother standing there, or who is beside them as they go to sleep, or who is walking out of the room with the younger one as he groggily makes his way to the bathroom. But, though I try to be with them as much as I can, and don't often leave them alone in their room when they are awake; at those times that they mentioned seeing this presence in the room, I was not there. I asked them how they felt when seeing this "person". They feel at peace and there is a "motherly" presence emanating, and it makes them feel calm and cared for. I thank God for the many guardian angels that watch over these children of His. One boy described in detail the clothing and height of this womanly angel or helper—much taller than me, wearing a skirt of a certain style and colour (that I don't wear or have in my wardrobe), etc. I prayed with this boy and we asked the Lord about it. The message we got was very interesting. Another boy who saw the being at another night said: "When I was snuggling up with who I thought was mommy beside me, I realised later on that mommy is smaller than the person I saw beside me in the night." I'm sure it helps for angels to be rather tall, to keep a good eye on us.

A few months ago when I was very deeply praying and hearing from the Lord, He told me that there were angels and angelic spirit beings ready and willing to help me, but by my not realising it and ignoring and trying to just do things on my own or with only asking Jesus alone to help, that I was missing out on something God had given me. I was disappointing the plan and not availing of the help granted me. I was to think more in terms of teamwork, not a loner working alone. I was part of the visible team God had given a job to do, their team member on Earth, doing what Earth dwellers can, but they, the invisible angel helpers were just as much busy working on the

projects too, and I needed to stop trying to be a loner, and more of a team member. So I asked for forgiveness and faith, and made the smallest step of faith I could to do as the Lord was instructing me. I felt the presence of someone who was there to help me with a certain educational project and need for the children. He was sent to help me. Later I prayed, that if this was true and real and right, that the Lord would show me a sign to prove it. That night when I went to work, I was given technical skill and ability to do something that I had been needing someone else to help me with for a couple years. All of a sudden I was able to do it, and it was along the lines that this Godly helper of the spirit was commission to help me with. I was encouraged—and so were the children. They were happily surprised in the morning to find out what progress was made, and the ability now available for us to work on what we'd long needed to do.

When I take time to pray and ask the Lord to show me someone or an angel who He has sent to help me, He'll give me a name, like a tag to call them by. God only knows what their real and Heavenly names are, but at least something I can relate to and that reminds me of what they are available to assist with, and sent to help me with. A month or two ago I prayed and asked for the angels, all of them, to just help some progress get made, to “do something; show me you are real and there to help”. I forgot I made that impulsive prayer—until the end of the week, with my head spinning at all the amazing things that had happened, and progress that had been made. “Ah! Of course! Great!” I thought. There is no doubt that working with Jesus in our projects, praying daily, and asking for and working with the angels He gives us is the best way to speedy progress. The Lord can help my mind and heart to be open to the whispers that they can give that give me, and tips and ideas that make things go well. Sometimes it comes in inaudible words, other times just a thought or burden on

my heart, or desire to do this or that. They can move in us and work with us and for us, if we are yielded to the Lord's voice and will, and we can be a tool for helping to perform God's will on Earth.

- Call for specific angels or teams of angels to help with certain needs, by name if we know them, or ask God to reveal who can help us.

Anecdote:

One night my young son was sick with a fever and feeling very nauseous, yet he couldn't reach the point of vomiting it out. It would make him feel so much better if he could. But the unwell feeling just went on and on and was stopping him from sleeping. Though his name isn't in the Bible, I had heard from others who had prayed and asked the Lord about angels of healing, and the angel "Raphael" was confirmed to them as being a real angelic being that God would send to help. So I gave it a try, and prayed for the Lord to send the angel Raphael to help my son feel better and be able to get some good sleep. As soon as I said those words, he vomited up what was needed, and lied down very comfortably. He fell asleep deeply and slept all the way until the morning, when he woke healed and well.

I suppose the Lord even honours those that pray and ask Him to send certain Saints of times gone past to help and minister to us. A few years ago, an unsaved relative wanted to help in whatever way he could to stop the pitiful crying of his nephew. The boy—our son—was distressed about a very small toy that was lost somewhere in the grassy backyard. It seemed nearly impossible for it to be found. But

this man called for St. Anthony to come to our aid. Within minutes the item was found and the boys were very glad. I don't think saints replace the Lord, but I do think that the Lord is very merciful and eager to draw people to Him, and that in answering this man's sincere request, calling for help from a Godly source, it would hopefully show him and others that God is real and cares. Kind of like the "hot and cold" game of finding a hidden item. When the children are getting near to the item to be found the person who hid it says "you are getting warmer"; and if they go farther away, they say "you are getting colder". So when someone who turns even a bit towards the light, the Lord will give them encouragement "you're getting hotter... keep going in that direction."

Also that verse in the Bible comes to me about if you give a glass of water in even the name of a disciple, God would bless them. So perhaps in this case, as they were asking for the help of a follower of Jesus, who is still alive and well in the next life, God let the prayer be answered. Another example comes to me from the New Testament, where the people by the special pool of water were given supernatural healing if they got into the water at the right time when an angel came and stirred the water. God was giving healing through that angel, as a way to help make life a bit more bearable. But when Jesus Christ came to that area, the man who had been waiting for nearly 40 years for his chance of healing in the angel-stirred waters, was able to get a shortcut and not have to wait for a turn. Jesus healed him instantly. Though, Jesus who said, "If ye shall ask anything in My name, I will do it" (John 14:14) and "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full." (John 16:24) is the most direct and powerful way to get answers to prayers. He knows the right angels to send to help us. If he tells us, when we pray, for us to request for a certain angel or Saint (meaning believers that have gone on to their reward) and specify who we'd like God to send to aid us, then we can do so in faith. Jesus could have

called on “legions” of angels to help Him (Matthew 26:23) when He was going to His crucifixion. He said that calling for angels would bring deliverance. However, God’s will for him was to instead send Him an **angel of comfort in the garden as He prayed** (Luke 22:41-44)—and in the wilderness **after His 40 day** fast (Matthew 4:10-11), before starting the main part of His ministry. Sometimes we get angels to deliver us, and other times to help strengthen us and encourage us as we go through the experience and hold on in faith, patiently enduring.

- Rebuke and pray against specific forces of evil that fight us or our loved ones or the world, by name if we know them; or we can ask for God to show us insight so we can be direct and bold in commanding them to be gone. And filling up with His Spirit and His Word so we “give no place to the Devil” (Ephesians 4:27).

Anecdote:

A strange event happened yesterday. We seldom can go to the park nearby, because for some unknown reason it makes us react badly, as if we had breathed in lots of chemicals, and I always can’t breathe well there. Come home I can, but there things start acting up. I saw, as always, something very disturbing there: something that shows the dwellers in a certain the house are going down the very wrong path and putting out some pretty by spiritual rays. I won’t get into details. I realised I needed to pray against that, and pray for God’s true and good spirit to dominate that place that is right near the park. I had never talked to my husband about it in all these years. This time as I

came home all struggling to breathe I said, “Why can’t I breathe at the park? ...and I got grumpy as soon as we got there...” and then added, as an afterthought “I think we need to pray against this certain place there, and what it’s being a drawing power for, the wrong/dark side.” The moment I let those words out of my mouth, something clicked or changed or whatever happened in my chest and I could breathe right again. This had never happened before in this way. I was shocked. Then as I went about cooking, I just kept praying for the Lord’s spirit to come to this area and against what that place was promoting; every time I did, my breathing became more and more clear. If it started to get a bit strained again, I would fight in prayer against the dark side in our neighbourhood and any principality or spirit that might be affecting things, and right away a good deep breath was enjoyed. It was like I hit on one of the next reasons for constriction of health—from a spiritual source. Just like wifi emits bad rays that make many people and children feel unwell, so do some people or buildings or dwelling places do the same, being a kind of transmitter of what shouldn’t be around. But God has power over all and we can command change, and for the dark side to leave. Light chases darkness, you can’t “turn on the dark” it simply won’t take over. Light is the stronger one!

- Fasting and praying, for different lengths of time, for different situations we are burdened about and seeking the Lord to bring help and timely assistance in.

Anecdote:

It was hard for me to NOT be able to fast for several years. I was nursing and/or pregnant nearly constantly, with one child after the next, and simply had to eat. But my heart was so very desperate over the needs of my children. I wanted so desperately to fast and pray to receive God's answers to what the was the cause of their unusual health related problems, since no one could else provide with answers. I did the praying and the crying part, and I know the Lord knew my inner desperation, and He did bring the relief eventually when I learned what changed needed to be made.

When at last there was no one of nursing age, I did fast and pray, out of deep desperation for the spiritual and behavioural needs of my children—one son in particular. When his behaviour was very much in need of the Lord's spirit coming to change him, I would cry and stop eating for a day or so, until I saw some real change, and do lots of praying. He is a different boy today than he was then. Very different. It is so beautiful to see how the Lord has transformed him. He knew I would stop eating when things were going on for too long in the wrong direction with behaviour and words. He changed by the Lord's spirit. He loves the Lord, believes and embraces the truth, is kind hearted, and we are all so very thankful. He showers me with love, even though he's had to get the most stern talks than others. He is the most quick and easily forgiving person of our family, and has taken up the role of being the one to keep up the joy and cheer level of our home. It's rare he gets down. If he ever does, we all reel and are eager to do whatever it takes to encourage him again. We've all come to depend on his being so agreeable, letting others have first choice, doing clown shows to cheer people up, and being stoutly strong in his Christian faith.

- Desperate prayer sessions, individually and with a group, for the Lord's help, or for deliverance in some situation or personal need. Laying on of hands for deliverance spiritually or physically for an individual.

Anecdote:

One night my husband was having a particularly painful attack on his chest and heart. Always the fear comes "Is this it?". But we've been that route and know that medically they say nothing is wrong. He often feels remorse and condemnation about the past. I know the scripture says there is "now no condemnation" in Christ Jesus, and He forgives us; also Satan is the accuser of the saints. So if deep, ongoing, heart painning feelings of self-condemnation are happening, there's only one reason for it. I laid my hand on his heart and felt the authority to rebuke Satan's hold and commanded the condemnation to depart, stating it had no part there. I repeated it several times, meaning it and wouldn't let go until it let go. Then the Lord's heart changing miracle happened. All of a sudden my husband had a beautiful spiritual experience with the Lord, and felt deeply and wonderfully that he was forgiven and loved. And yes, the heart and chest pains stopped then, and a peaceful and pain-free rest of the night was enjoyed.

My sister also wrote me telling of something similar that happened with her and her husband. He had been going through the same heart and chest pains, and again, the doctors said nothing was wrong. But he too always feared he was having a heart attack. So one night when they too were facing a painful and panicky moment, she prayed to

rebuke any demons that might be attacking and causing this. It had been a long time battle with these pains, but that night deliverance came and his pains stopped.

When I was fourteen I'd had enough of the binding fears I'd been suffering from since a child. I couldn't go into any dark room without terrible imagery coming to my mind. I could still remember vivid nightmares I had as a child and hadn't been able to get proper counselling and prayer for them, as I don't think my parents understood how much these bad dreams were affecting and disturbing me, when I'd try to express them. Once when I was thirteen and I was sleeping in a room with many other teen girls, I told the overseer I couldn't go to sleep, as when I tried to close my eyes I remembered a nightmare I had the night before. She brought me a picture of Jesus to look at. I decided I wouldn't shut my eyes and just look at Jesus and lie there, and did so. But when I woke the next morning after a peaceful sleep with good dreams and a pleasant feeling covered me, I realised I did fall asleep, asleep in the arms of Jesus. When I was a year older I was still shy and introverted, and a continued to have a fear of the dark, and so on goes the list. I thought it was high time to outgrow it—but it wasn't going to go away on its own. I met with a few Christian friends and adults for prayer of deliverance. They laid their hands on me and prayed against the fear, and the fear of the dark especially. We claimed Bible verses that told us the power over fear that God's Word and faith in Him gives. And the victory was won! The next time I walked into a room that was dark I simply didn't yield to the restricting fear, and instead marched in, deliberately, singing aloud a song about Jesus, proclaiming His name, as I found the light switch and all was well. I kept up this singing to Jesus in the dark policy and wouldn't let myself shy away from a darkened place. I was free and chose to be not kept in any

kind of bondage, mentally or spiritually. I was so thankful that this had a wonderful effect later on in my life. Now I have three children, who have no fear of the dark either—and I guard very carefully what things they read or watch, so they don't get affected as I was. They love to go on 'night walks' with Daddy, or stargaze, or go outside in the night to play on the trampoline, or without holding back they will jump out of bed to go into the dark yard to collect any toy they forgot, like their beloved teddy bear. I've prayed much for them, in my personal prayers, that they will be filled with faith and light, and of course we read and memorise lots of God's Word each day. This is the best shield against fears. If an unexplainable fear start to come to the mind of one of my boys, he places a Bible verse book under his pillow and a little flashlight, to read it if the need arises. He says this is totally affective and a sure cure and fear deterrent.

- Practice deeply interceding in prayer, and connecting with the Lord in the spirit, getting deep in the spirit and close to the Lord, hearing from Him clearly in your heart and mind.

Anecdote:

My husband and I just completed our first week of having daily 1 hour of prayer and intercession for others, for missionaries, for our family, and more. When you are focused on prayer, it's amazing how fast the time goes past. It's wonderful to pray while also listening to anything the Holy Spirit might bring to your mind to pray for (or against). The after (and during) that special week, my husband repeated several times how much work was miraculously getting done; it was very noticeable. As

we took precious time with the Lord in prayer, He saved our time in other ways, helping longer jobs get done much faster than normal. The weather was unusually pleasant, and the children were very calm and happy and safe without accidents. My computer started working fast and well, and on goes the good list, because we took fervent prayer time each day for the needs of God's Kingdom—mostly missionaries and Christians in the world who are doing their part and serving the Lord.

We are now taking time each day to bring some of the bigger questions of our hearts before the Lord, to get His leading and His guidance. When we are completely open to His Words and instructions, and we totally and only want His will, He has full freedom to speak to us and give us the answers and the solutions we need. Living life brings so many questions, especially if you, like we, are very concerned about living in the way that pleases the Lord, and finding out what His will is. In just an hour's time or so we had clear understanding and leading on big and little things, but all that will impact our daily living, and the success of our missions. Now we can act in faith, because we know, without doubt, that the Lord spoke and we are determined to obediently follow.

We know His blessings follow our obedience. And obedience can only come when we have heard the instructions. The instructions can only be heard if we are ready to listen and open to hearing. We take time to listen because we have faith that the Lord is real and there and cares, and can speak to us, and wants to guide us. We get faith through reading the Word of God and seeing the answers to our prayers, when they are in accordance with His will. We read the Word with a believing

heart and mind, because we are hungry and want to be filled. The hunger is placed there by the God who made us and wants to keep us in contact with Him. Together we are a team. One step towards the God of love leads to the next and the next, until we find great joy and fulfilment in living for and serving Him, with all heart and mind and soul.

- Learning the art and habit and joy of humility. Praying against the sin of pride, and taking steps to actively do and say things that are humbling for you, yet what God’s Spirit nudges you to—for example, asking for prayer from loved ones, giving a hug, admitting a mistake, confessing a fault or weakness so someone can be a support to you, praising and voicing appreciation for someone else for the good they did, rather than hoping to get credit yourself, and praising the Lord for what He did.

Anecdote:

One quotation I heard really stuck with me “Pride hurts; humility doesn’t feel anything.” I thought long and hard about that. I greatly disliked the feeling of being embarrassed, humiliated, self conscious and all that. Was that the key to all my uncomfortable ill feelings? If I just embraced humility all the way, would I feel better? Now, years later, and many prayers later against pride, as well as having children that I care about more than my own feelings of pride and image, I think that quote rung true. When I keep making it a habit to push myself to do something that the Lord is nudging me to do, then it gets easier. The more I wish to please Jesus, the less I care about what

others think—especially when what they are thinking isn't in line with the Lord's ideas. I am so, so thankful that the Lord has answered my heart's prayer and given me His Holy Spirit that removes much of those bad feelings when trying to do what is good and right. I know longer get into depths of hurt feelings and analysing of people's possible thoughts and feelings and opinions of me. There's only one thing I wake and live for—to please Jesus and do the utmost best for my children. Doing what is truly best for children takes a whole host of humility, and you get hourly practice at it. I never felt “in” and “cool” and hardly had a friend, much less a fan club. But the Lord's given me children that love me, and they love that I put them and their needs as top priority. I don't look sideways for the expressions on people's faces to gauge if I should do what is best for a child. I am thankful for the children's daily vocal appreciation for me, often coupled with hugs, or songs and rhymes or lines chanted to spontaneously express their gratitude. Humility gained me what pride couldn't.

Perhaps humility and my actions not being contingent on the approval of others, helps me with children when we go out too. Something happened yesterday at the park. A group of ladies and friends were sitting and chatting, mean while one of their children started to climb up somewhere and couldn't get down. They were hanging by their hands and were terrified about falling. The truth was, the ground was just a few inches from their feet. But they didn't know that. It's a good thing for a child not to just drop when they don't know if there is something to land on properly. The feeling of fear is what needed to be relieved. I waited, and no one was coming to her aid. So I dropped my bag, leapt off the higher rim of the playground, and ran to help her down. She was happy and was able

to keep playing. I didn't care what the group of people staring were thinking. A child's feelings was the priority.

Later on a smart well dressed older boy was climbing and started to bother—in a dangerous way—my youngest son, who happened to be in a very precarious place, up as high as one could go. I waited to see if he would stop his invented game on his own, but no, he kept bothering and grabbing my son's feet. So then I had to be who I wish I didn't have to appear like. I sternly got the boy's attention and told him to stop it. He did, and all was fine. I didn't want to embarrass that boy who I never met, and I didn't like the image of me that was placed in his mind—the only time we met in life, I was a stern, commanding lady, but my son was depending on his parents to keep him safe. I had to play the role.

Another time when my family was at a river to swim I noticed some young children in danger. One young child playfully was putting a rope around another child's neck and pulling them under the water. Hmm, that didn't look good. I scanned the area to see where the parents were, wondering why no one had taken notice. No one was batting an eye or taking any responsibility. I went and told in clear terms that it was dangerous and to please give me the rope. I got an ugly scowl, but the rope was given over and things were safe again. As I walked back over to the shade a woman—the one responsible for the children—who had absolutely no visibility of the young children in the water, asked what had happened. I told her, and suggested she watch over them for their safety. I wasn't thanked, but received some sort of retort back; and unmoved she continued to read or text or something. I replied nothing, and continued sitting in the shade closer to the water, watching over my children swimming with my husband, as well as her children now, too. It didn't affect me to be called

names. If children needed a helping hand to protect, help, and even to spare life, that's one of my God-given missions, if no one else is there to do it.

- Checking in with Jesus about each decision or action or activity; or asking Him why a certain thing happened, so that you can follow as close in step with Him as possible. He gives special blessings and joy to those who ask Him about both the big and little things that face them each day, and as they go about their life. Using the gift of prophecy to guide and bring you to the best places. "He shall guide them continually." (Isaiah 58:11)

Anecdote:

The people I can best relax around are those that are in frequent communication with the Lord. They won't be easily offended if you happen to mistakenly say something that hits them the wrong way or bothers them. They can be buoyant, as they are getting their thoughts from above, and don't let people's words and actions anchor them in a choppy bay of inner emotions. They just hoist the sail of prayer and praise and prophecy and move on.

If I know someone most wants to please the Lord, and has given Him full sway on their life and their actions—where they go, what they do, who they help and how, I feel so much safer around them. I know if we please Jesus and do what He wants, and are sure to ask Him, then He can give us greater protection. We'll have deeper fulfillment in life, as we won't be a target for the enemy's

condemnation of what we aren't getting done or the things we missed out on, because we can say "I asked the Lord, and He told me to do this, so I know it was and will be best." But people who strongly wish to only do as their feelings and own ideas lead them, are hard to make a wise united decision with. You want to go God's way, and they want to go their way, and if the ways happen to be different, then you can't reach a peaceable solution. The person blames you for not being kind and doing the things they are pulling on you to do; but you don't feel safe or right just "man pleasing" but want to please the Lord. "It is better to trust in the Lord than to put confidence in man." (Proverbs 16:7; Psalm 118:8)

I remember, before I had children of my own, I was helping a lady take care of two children. The mother and father were working, and we were to take care of the children for the whole afternoon. It was a huge task to me, as these children were particularly challenging to be with, and keep safe, and not have them hit or kick the caretakers, or getting into long and loud screaming sessions, or strong defiance and refuse to come home with us when it was the time, or something. I cried many tears praying for these children, as they had seen movies and cartoons from the time they were young, and the rough actions and bad behaviour that so called "children's cartoons" showed, was being lived out in their life. I also suspected they weren't offered enough water, as dehydration that has a big affect on children's moods and tolerance. Most care takers or parents I notice aren't aware of the amount needed, and how it would vastly change things for them if they were to improve things in that way and up the water intake. I so wished these children could have had a better start to life. But anyway, here I was helping out, doing at least what I could, and wanted it to go well. I wanted the children to be happy and challenged—as happy children are usually well-behaved

children. I desperately knew I needed the Lord's help, or any number of things could go wrong.

I knew from experience what worked: to ask Jesus, the Good Shepherd, to show us the key to what would be fun for the children, and where it would even be safe to take them. For some reason, whenever I did this in the past, things would go heavenly well. The other challenge for me that day was the other caretaker I was teaming up with. She was tough for anyone to get along with. Just about no one did. She had physical pain she had to deal with in health problems, as well as deep sorrows of heart, coupled with her nationality and personality, whew! I suggested to her that we spend a moment to pray and ask for the Lord's thoughts and advice to make our time go well. The suggestion was briskly pushed away, with a kind of "We just need to do the job; what is there to ask the Lord about?" She obviously hadn't learned the load-lightening benefits of getting Jesus to help bear the weight. She was a very hard worker, unmarried still, and lonely, and just focused on work. Well, there was little to do but get on with it. Things went okay that afternoon—and the many other times I helped out. But the spark and joy, and inspiration that could have been there for both us and for the children, were missing; as well as the friendship and camaraderie of people that are on the same page or wavelength—the Lord's—working together in teamwork with Jesus, asking for His plans, doing them, and rejoicing at the surprisingly wonderful results.

- We can pray for the gifts of the Spirit that are needed for our ministry, to be given or enhanced—visions, discernment, gift of healing, prophecy, speaking with other languages or tongues, etc., and doing what we need to do to practice and use them; stepping out in faith. God wants His job done, and is more than happy to fully equip His workers, aid them, and give them their protective gear.

Anecdote:

I love the visions the Lord gives me, of how to do this or that, or make this or that. His solutions transmitted in picture form are a great inspiration. A picture is worth a thousand words! Or sometimes they come in dreams. Either way, I know it's from above. Often times I put my heart's request or question to the Lord as I go to sleep, asking for an answer in the morning. Nearly every time I do that, I awake with a clear answer in my mind, thrilled and inspired. It's always right on.

Like Paul the Apostle says, it's a very good tool to have the gift of prophecy, as it helps us in witnessing situations. I first received it when I was about 12 years old. I remember sitting on my bed with my notebook and pencil for a time of prayer and seeing if I could hear the Lord's words. My family had other times, of course, when I was younger, praying and asking the Lord to tell us things—like when my brother was in the hospital and at the point of death for a couple weeks, we got encouragement and verses from the Lord, and so forth. But this time was the next step up. I was just alone with the Lord and asking Him to tell me anything He wanted to. I wrote down what came. I've kept up that, and have now many filled, hand-written notebooks—and files typed on computer—of what He's wanted to tell me. He truly is my “wonderful counsellor”.

One time a couple had just lost their son, a young adult son. It was a deep grief for them. They were donors of fresh food to a missionary family, nearly weekly. The missionary wife asked if I could pray and receive something from the Lord for them, to encourage them. It makes someone be very desperate in prayer in such a delicate situation. I was currently being housed by this missionary family, so I did feel compelled to help in any way I could. So I got down to serious prayer, and received what God wanted them to hear. They were deeply encouraged. Something in it must have been just what their heart needed. God knew. I was thankful for the way the Lord has made available to us, as Christians, to bring a bit of Heaven's love and healing to hearts on Earth. Just a touch of Heaven makes everything seem so much brighter.

Having insight and being alerted in the spirit about something that is a danger before it happens, is a help and protective measure the Lord can give through His Spirit—the gift of discernment. Then if we use prayer and the other gifts of help that the Lord offers, He can take away, or keep us safe from, whatever the problem was. One time I was walking down a nature path pushing my baby in the stroller, when all of a sudden I was alerted. I and the baby were being watched, like a prey is stocked. However, no one was insight, and it was a lovely sunny day on a beautiful pathway. But I prayed in my heart whole heartedly for protection, turning those thoughts into an immediate prayer, not just feeling fear. I prayed for the Lord to reveal whatever or whoever it was. Then within a moment I saw this man nearby that had been out of sight, on a parallel pathway. The spirit he carried was not light and good. My discernment sensor of the spirit told me the Lord had answered my prayer and revealed the trouble. And no trouble came, as he was making a hasty exit. Whatever God had done to get him on his way and keep me and the

baby safe, happened right when I prayed. I was so thankful to have someone all knowing and all powerful, and always there with me to call on. “Kept by the power of God” (1 Peter 1:5).

The times I don’t heed, I really regret and learn the hard way. One day I was outside in our back yard pushing my little boy on the swing. I did have a dinner that needed cooking, so I soon I left to go to the kitchen. The window of the kitchen faces the yard anyway. I didn’t have a direct view of the swing from standing at the sink. But almost as soon as I started work in the kitchen I got this feeling to go back outside to see if all was well. I didn’t go. I was under pressure to cook, and besides, my mind told me all was well. Sure enough, a moment later there was crying. I ran out to see what happened. For some strange reason, the little boy had fallen in an odd way off the low swing and hurt himself. “Why didn’t you come?... I was calling... and finally I fell and got real hurt...” he sobbed and asked. For some reason I didn’t hear him—but the Lord did, and had told me to go. I didn’t obey the voice of His Spirit and the nudge of the angels. I learned the hard way, it’s best to obey, no matter what your mind tells you.

Years ago when on oversees mission work, I and my children, along with another lady who was caring for the children of my friends, took all the children to the park. It wasn’t easy to get there, as part of the time we had to walk on side roads without sidewalks. But it was the only playground around, and we were granted special permission to use it—though it was part of a hotel property. Then a dangerous situation came up. A few meters from where we were, at the other side of the metal link fence, some men were standing, and there was a bit of tension. I saw, disturbingly, that at least one of them was armed. The children and we were in a vulnerable

situation. We couldn't make a hasty exit if that thing was to go off suddenly. I prayed a fervent prayer that the dad of the other children who had a vehicle he could use, would suddenly know to drive and pick us up; that the Lord through His Spirit would alert him to the danger, and he would break step and come. Well, we made a move to get the children on their way, as quickly as several little ones can move, walking and with strollers, and so forth. No one came to pick us up, but the Lord protected us. It was as always, a bit difficult to walk back to the apartment building where we all stayed. It was a slow and tiresome walk, and when trying to distance ourselves from danger, seemed to be a very slow pace. We prayed, trusted the Lord, and thankfully made it. Later we found out, that the dad had received the message from the Lord in the spirit. He was doing his workout and got a feeling or thought "perhaps I should go and pick them up and drive them home" but then thought he was just being overly cautious, and pushed it aside. I was glad to see at least that the Lord answered my prayer and did pass on the message, and that the recipient was open to hearing the nudges of God's Spirit. But the last step is up to us. We can either stop to pray and ask the Lord "I feel I should do this... is this Your will, or just a silly thought?" or we can just push things aside and talk ourselves out of it, using our natural mind. It's good to pray about and follow through on the things the Lord shows.

- Speaking in tongues and getting filled afresh with the power of God's Holy Spirit to do His work in His way. Singing in tongues as Paul the Apostle talked about. Taking time daily for this before embarking on your days work or

ministering to others gives your spirit a boost of God's Spirit. Speak and pray in tongues while praising or praying in your heart, calling for the Lord's anointing and help, and for anything of the dark side to be washed away from your life, your home, and the day ahead of you.

Anecdote:

I listened to a seminar that was recorded, given by a faith healer. He lifts up the Lord and trains others in Godly ways. One thing I noted that he said was the power that can come for the day's work ahead, when the day is started off by getting a good dose of the Holy Spirit. He found that taking time to speak in tongues and pray this way, opened up his spirit to receive the Holy Spirit's anointing for the day, and all that he would be faced with. The more of God's Spirit that is around and working through someone, the more life there would be—more healing, more miracles, more joy, more guidance, more faith, and so forth. I decided to try it. I certainly needed more of God's Spirit. It was truly amazing, and notable what kind of a day I had.

Perhaps I wrote down what happened in my diary, as it stood out to me. But today, the specifics are faded from my mind. All I remember is that great things did happen, in a noticeable way that is imbedded in mind as "wow, what a day it was!" Changes in the children's lives and behaviour, health victories, joy, extra energy, and on went the list. It was such a great day with remarkable happenings, in the ways that were particularly meaningful to me, I knew having the Holy Spirit empowering me, as much as possible, makes all the difference in the world. I don't have to be a faith healer travelling around, I don't have to be a preacher, I can still

have wonderful days with victories, even when just a stay-at-home-mother caring for and training her children.

- Asking Jesus to give us the Keys of the Kingdom, to “bind on Earth” and “loose on Earth” (Matthew 16:19) that which He knows is best, and it is done for us in Heaven. Asking for the specific ‘key’ that is needed for our situation or challenge we face—whether it is protection or healing, peace, etc. “All power is given unto Me” (Matthew 28:18) and “whatsoever ye ask, believing, ye shall receive” (Matthew 21:22) Jesus said. We can simply ask in prayer to Jesus, “I call on the Keys of joy and inspiration for today, Jesus. I know Your joy dear Lord will be my strength” etc. Our faith in His unlimited power and His awareness of even our smallest need brings His power to help us perform His will unhindered. Truly all things are possible with God.

Anecdote:

The more of God’s spirit we allow within us, and the less of the world’s ideas, images and trash, and warped, fearful ways of looking at things we keep away from us, the greater the power we’ll have in prayer. Our thoughts will be more aligned with what the Lord is thinking, and thus He will back up our words and initiatives with supernatural and wonderful, out-of-this-world answers to prayer. Jesus gives extra special gifts from Heaven to those that have embraced the Spirit of God freely; have forsaken the ways and ideas of the world; and those that wish to be close to Jesus, receiving Him as their Saviour, King, and love of their life, willing to do whatever it

takes to bring Him joy. One of the gifts He gives is access to great power when praying, and special, seemingly impossible things can happen. When you have faith that Jesus can do absolutely anything, and please Him by showing your faith, it's mind blowing at what He can do for you and through you and with you. The "Keys of the Kingdom" are a gift that He offers to those who love Him dearly and wish to be closely at His side, and wish to only perform His will, and have humility of heart and spirit—doing all for the Glory of God. When you say the words "I call on the Keys of the Kingdom" or ask for a specific key like "I claim the keys of humility", and do so in faith knowing that you have just entered the code words that give you access to extra power, it's marvellous what can happen. Jesus loves prayers that are definite in faith, and that command action. For those that meet the spiritual requirements, He is pleased as can be, to rush to you what you have just requested. It's like an online company that has special offers for its signed up and loyal members. When you sign in with your password and type in the special offer code when making an order, you get special deals and the needed item is sent to you right away.

The first time I dared to utter those words, those "special access" words in prayer, was truly remarkable. It simply worked. God hears every prayer, but it was something He was requiring of me; a new step in my walk with Him that He was calling me to take. Indeed it was a step of faith. But that time, and countless times ever since, there has been shown to me His remarkable actions that declare me, in flashing lights, I'm on the right path. I pray with all my heart now that I will continue to meet the "club member requirements" and stay clean from the ways and words and filth of the world, and keep my heart and mind filled with God's Word, His thoughts, and shun all that would take the place in me that He alone should have.

I'll tell you the story now, of what happened. It's a humbling one, but that's good. And it shows how humble and practical the Lord is. It's just like Him to be there for us when we have a human need. I was sharing a two bedroom apartment with a couple, for a few months. There was one bathroom only, and its toilet didn't have a perfect track record of working. One of the worst things for me is to find that a toilet won't flush—it's not only embarrassing, but it's just an important need to have one that functions. So, from time to time we were faced with it being blocked. It's not like we could just be calling a plumber every other day. Who could afford to anyway? We had to deal with it ourselves most of the time.

One day I was there trying everything I could to get it going, all the tricks I'd heard. Nothing was budging, and what I tried only made matters worse. Then, as time was ticking and I had work to do, I was desperate. At last I remembered what I'd read not too long before in a Christian devotional about "The Keys of the Kingdom". So out of desperation, and feeling rather silly, I stood there, not doing anything but praying, and said to the Lord, "I call on the Keys.." That's about as far as I got, because before my eyes, without anything more being done, the full and jammed toilet just all of a sudden flushed itself! I was speechless. I was stunned. "Oh my God! It's real! The special power from Heaven is real! And can do the impossible right before our eyes!" I was never the same since, and I can't express how grateful I am for this special gift from Heaven, that is available for us believers. It makes all the difference in the world, when you are caring for young ones, and having to do some of the most challenging things. —Like having a sprained ankle that you can't even stand on, but it's the day you have to carry your baby and walk, and travel all day in various vehicles, toting bags and all—because if you don't, your visa will run out and you'll be in big trouble! Then soon after prayer to

be totally free of pain and walking out of the house for the long and tiring journey. There are so many tight spots we made it through, glory to the Lord and the increased power available as we give Him our all, in every way, loving Him to the utmost, and yielding and obeying all He gently bids us to do. I could fill many books telling of all that Jesus has granted, and done for us and our children, because I chose to reach out in faith and accept and use the power of Keys of the Kingdom that He offers.

It's wonderful to see and hear the miracles my children are privileged to, when they too request special assistance from Heaven. Earlier in the year we were travelling, and stayed a few nights at a friend's house that is also an airBNB. We had a nice time there. But at that time they were taking care of their grown son's dog. He was a lively boxer, that wasn't always nice for the children to be around. He would jump up and put his paws on the chest and shoulders of one of our sons. He was brave about it, but it wasn't enjoyable, and would nearly knock him over with this rough behaviour. I would protect them from this when I was around, but if they wanted to go to a part of the yard when I wasn't there, the children would have to deal with whatever happened. One time this son told me the amazing thing that happened. He had gone out to get something, when boxer comes along and lunges up on him. Just that moment this boy said in prayer to Jesus, "I call on the keys of protection". The dog still jumped up and attempted, repeatedly to bang his paws on to my boy, but this time it was as if an invisible wall was around the boy. The dog's paws hit against something, stopping them from actually touching my boy. They would hit a couple inches away from the boy's chest, in seemingly mid-air. The dog tried it a few more times, but to no avail. The boy was under Heaven's protection and the dog couldn't touch him.

Yesterday my youngest and I were having a wonderful time at a very lovely place, with perfect weather and lighting for taking photos. The colourful autumn trees added rich beauty for our photography trip. We had stopped for a picnic with the rest of our family, when my boy saw yet another perfect picture to be taken immediately. A swan was gliding on the lake right near an orange-red tree growing on the bank. Quickly he pulled out his camera and went to zoom in, but for some reason it stopped working. He said he'd been having trouble with it lately. Every second was precious or the photo would be missed. He then blurted out loud in desperation to Jesus, "I claim the keys of working!" my heart joined in his prayer, "Lord—please do it!" Just then the camera turned off on its own, and when he turned it quickly on again, all was fine and working well. The picture was taken, and a happy boy resumed his lunch knowing that Heavenly help is just a prayer away, when what is being requested is good and right, and in accordance with God's will.

- Committing many scriptures to memory, and reviewing plenty of Bible verses daily, so when we need the Holy Spirit to answer a question, or counsel us on something, or give us guidance, a verse can be brought to our memory for fast answers from the Lord.

Anecdote:

One of the first chapters of the Bible that I remember learning as a family when I was a child was John 15, followed soon after with several psalms, and other chapters or portions. When I was 12 years old I was given a book of Bible verses organised by main topics to

know as a Christian. I found it a joy, and felt so “grown up” to wake early in the morning and walk out in the yard to work on my memory verse project. When I was in my late teens I made it a project to gather into a folder all the verses and chapters, and good quotes, hymns, heart-strengthening poems, and such that I had memorised at some point in my life. I made a schedule for myself of what days of the week (or weeks of the month) that I would review these things put to memory. If I had nearly forgotten some chapter, I made it a project to relearn it, so as not to lose any ground. Now with my children, I give them memory projects to work on, and prizes too, when something big has been completed. I found out from my own life, that those psalms and chapters and verses learned when I was young, I could remember better as an adult. Those ones that I learned when 14 years old and older, were much more easily forgotten and harder to keep. So, the more I help them learn the scriptures now, while their mind is fresh, the more they will have the word hidden in their heart. I was simply amazed at how well and fast they could learn things—and remember them too! It’s a gift the Lord has given them, and I pray I don’t miss the chance while they are young, to give enough importance to this part of their education. We are working through learning a book of lots of verses on 30 different topics that I put together, as well as one chapter (or a portion, or more than one chapter in some cases) from each book of the Bible. So we can “quote the Bible”—a bit of each book. Each boy chooses a different book and chapter from it, so between us all we can do it. It’s a big project, but they’ve completed learning chapters from half a dozen books—just 60 more to go! I feel that I’m helping them learn what is truly most important in life: God’s Word.

The Bible verses that my husband and I know by heart, and all we've read helps greatly in our parenting, and the many decisions we have to make each day on what to allow, what not to, what is right, what is wrong. Without that strong foundation for me "that from a child thou hast known the holy scriptures that are able to make thee wise" (2 Timothy 3:15), I don't know how on Earth I would know what to say and do and how to train the children. It's challenging enough as is, when having the good foundation, the 'final say' on the matter—knowing God's Word. They know we base the decisions we make on what the Bible says, and what the Lord shows us in prayer. It's not our will against theirs, but we are working with God and trying to lead them in the happiest life, that God's Word leads us all to. "These things have I spoken unto you that My joy might remain in you, and that your joy might be full." John 15:11. The ultimate purpose of hearing and doing God's Words and instructions is for us, His children, to have joy and live life to the full. (Deuteronomy 30:11-16)

- Realising the love bond that Christ wishes to have with His Bride, the Body of Believers, can be thought of a similar to the deep love of a couple that is married and wishes to do whatever they can to please, and love, and help each other. We can look forward to the day, in Heaven, when we will hear and see in person, Jesus proclaiming His vows of devotion to each of us, how He will 'never leave us nor forsake us' (Hebrews 13:5) and will be with us for eternity, because He loves each of us so much. While on Earth we can speak words of love to Jesus, saying how special He is

to us and how dependant we are on His loving care; and we can wait in quietness to hear what He wants to tell us, as He soothes and warms our troubled nerves and broken hearts. We can pray for our hearts to be good ground for the seeds of His Word to take root—as in the parable of the sower—and pray that the affect of His Word growing in us and changing us for the better, we'll be enabled to “bear fruit unto God” (Romans 7:4), and help bring others into the Kingdom of God, as His saved children.

Anecdote:

Excerpt from my Praise Diary: I was thinking, the day before yesterday, that I'd like to have some special time, with just Jesus and me, partaking of communion. So I made a piece of flat bread, and got little glass of kefir, and went to a room alone; a room that has a large and lovely picture of Jesus. I sat before Him and thanked Him for His gift of love to me, giving His life. I prayed for my family, for myself, for our health, for the strength to do all He wants us to do. I prayed for the Holy Spirit to fill me for my day and what I needed to do. I told Him of my love for Him. I was quiet and listened to what He had to say. He didn't want me to just work for Him, but to be Him for my family. To be His hands to help them, to be filled with His love in the way I acted and spoke. This was just as important to Him as other “works” I wished to accomplish. I didn't get much work done, but some. However, I knew I was doing what pleased Him as I cheerful washed lots of dishes to make the kitchen nicer, and cooked the meals. I was pleasing Him as I read stories to the children, or just as I was around them as they played. I was making Him happy as I hugged and prayed with my husband and listened to whatever was on his

heart. There are countless things I didn't do, yet I was happy, because I was fulfilling Jesus' heart's wish, or trying to at least.

When I was a young lady and very eager to find a lifelong partner, someone who loved me greatly, I would have utterly crumbled those many years of waiting, if I hadn't embraced Jesus as my mate. I read and held on to all those passages in the Bible about the Lord being our husband and mate, and other half. It's the only thing that got me through fine and sane and thriving for it. With Him I could make it, with or without someone else. The heart breaks and crushing blows of disappointments in those I loved and hoped would be for me, though it knocked me down flat, with Jesus the best One of all, extending His hand of love to me, I was able to peel myself up again and keep going in service to Him, year after year.

Here are the devotional thoughts that came to me the other day when reading Isaiah 53 verse 8, on the topic of the "bridal theology" that is referred to many times in the Bible. This verse has a rather heart touching concept. It says:

Isaiah 53:8 He was taken from prison and from judgment: and who shall declare his generation? for he was cut off out of the land of the living: for the transgression of my people was he stricken.

Jesus was unable to "generate" and have a family; and having earthly generations and descendents honouring and remembering Him. He was cut off. A family with children, and a wife to love Him, wasn't able to happen for Him while in His Earthly life. He felt all the same things we do, and that means He would have had the same longings and desires for fulfilment in this way. But because He gave this up and gave up His

life for us all, now we can be married to Him, as the Bride of Christ, and yield children to God—new souls saved for the Big Family of God.

Being collectively married to Christ—the Church as His Bride— isn't something plainly and clearly understood; it's a deep parable or symbol. But God talks in ways we can fathom. Our own carnal minds think in fleshly ways, but God in ways so high up we can't grasp it. However, the dedication of a devoted husband to a much loved wife, to support her, provide for her and help her raise a family is something humans can understand. We can't understand God, but this feeling is known worldwide, and if we realise that the love and devotion and willingness to protect and save, help and enjoy life along with someone we love is part of the nature of Jesus Christ our Saviour, then it help us to be able to accept Him and see more what He is like.

Just one of us—as small and infinitesimal as we are—even if we loved God with all our heart and soul and mind, to think that that's enough love for the huge and all powerful God of the universe is not realistic. He craves and needs—for His personal happiness—not only all of our own personal love we can give Him as the first and foremost focus of our affection, but that full love coming from each of the ones He created and longs to feel love Him back. He wants and desires EVERYONE's love.

Is it enough to have one friend love you? And if the whole world treated you with indifference, insult, and spitefully, will you be filled with the most joy and peace you'd ever desire—because at least you have the love of one friend? And what if you happen to deeply care about each one around, but only one person showed love back to you? If a human heart can manage, enjoy and crave for the love, respect, kindness, and devotion of each friend and family member and those they know, how much more does the heart of God long for it—for He made everyone and loves all.

He wants to enter into a contract or vow with those who have given to God their heart and love—a promise that they know will never ever be broken. That He will always care for us, love us, and protect us, from now until forever.

On Earth the closest thing we have is the union of a man and his wife who say vows that they wish to stay together always, and to be together for the reason of helping each other, because they truly care if the other one survives and is happy. And they feel they will never be happy on Earth unless they are together. It means the world to them.

There are many examples in God’s Word, that try to express in Earthly human terms what God—the Trinity—feels for us, those He has made, and what He desires and wishes from us in return. Here are some:

- A father with his children
- A mother and her young ones
- Bread and water for the hungry and thirsty soul
- A brother
- A shepherd with his sheep
- A grieved parent receiving a lost son home again
- Lost treasures being found
- A boss overseeing stewards of his wealth
- A friend
- A Bridegroom united with the one he dearly loves—a lifelong mate and partner
- A counsellor and spirit of wisdom, a guide for life’s journey
- Strong arms to uphold those that fall and are being troubled by their enemies
- A righteous judge, righting the wrongs, helping to defend and give out the punishment and reproof to those trying to harm you.

- All powerful; All knowing; Everywhere
- The Creator and maker of our life, as clay and a potter

Maybe you can remember more examples in the Bible.

Which ones do you find most comfort knowing God is for you? Perhaps different people, and at different times in their life, relate to different feelings and needs and mental images of God.

Even if we embrace and realised all those ideas and concepts of what and who God is and what relationship we can hold with Him, still there is a vast, unfathomable universe of knowledge yet to be understood about the complete being that has introduced himself to mankind as ‘God’ — and who has chosen to make us in His image.

The more we understand about God, the more about ourselves we will likewise understand. We are all in some way, like our Heavenly Father. And since He understands everything about us, He can guide us to learn more how to behave in Godly ways and bring out the good qualities He has baked into us when making us.

So, as part of the ‘compensation’ prize for Jesus, God’s Son, for coming to Earth and saving us all—and not being able to even experience the love and closeness of a wife and that fulfilment of a family and future generations to carry on His name, in the Earthly way, God has granted His Son free pick at who He wants His mate for eternity to be. Thankfully He said “all of them that believe on Me” will He vow to love and cherish and live with forever, and always be called by His name, and inherit all He wants to give us. It’s different, vastly different, than what we know as marriage on Earth, but it’s the tiniest peek or hint, into what this bond of

union forever is. One day we'll understand and be truly, deeply, and eternally happy.

Perhaps it's a bit like trying to describe what honey is like to a person that has lived in the farthest north possible, many years ago; only seeing snow and ice and a few types of animals all their life. They've never tasted anything but fish and some sea creatures; in fact never even saw a tree or heard of one. Perhaps you'd have to start with saying...

"Honey... hmm... it's a bit like fish, you can eat it... but it moves like liquid..."

[What's that? It moves when you try to scoop it? Still alive? yuck]...

Umm it's golden and clear, like, well ice that is a bit clear... but it's really sweet...

[What's that? If I put my tongue on ice it will harm it and get stuck]

Umm, you'll like it, I know. Only a few drops or a small spoonful of honey and it's already very pleasing, enough to satisfy...

[What you can only eat a small bit? That would never satisfy me...]

You'll see, one day, it will be just amazing. It's made by these little flying creatures, they have stingers, but they can make the best thing...

[Made by hurtful creatures?—surely this substance isn't good].

Ah, just wait and see. I promise you. You don't understand it now, but one tastes of it, and you'll be amazed at how good it is.

[Okay, if you say so. I'll wait then for the honey—I'll taste and see if it is good.] (Psalm 34:8)

- We can take praising Jesus and thanking Him to an advanced level, where we do more than notice the good He has done, and remember to thank Him for it, but that no matter what happens, good or bad, happy or sad, we still say, “Thank You Lord for it! You know how to make the best of everything. Thank you for what You will teach me through this, and how You are trusting me to go through it. I have total faith and confidence in You and Your unfailing care and providence.” And things as such. Then no matter what the enemy brings, we still turn to the Lord in praise and don’t get too down about it, then it’s a win for the Lord and us. And oops, what the enemy thought would knock us down, instead gave us a new reason to praise the Lord, makes that evil squirt the loser he is. Because praising the Lord brings power and victory.

Anecdote:

I think it takes wisdom to know when to say what, when things aren’t as they should be. I have learned and try to train my children in the art of thinking and speaking positively in the face of disappointment and loss. I force myself, as often as I can remember, to verbally or at least mentally praise the Lord no matter what has just happened. I know the feelings of our children will plummet in noisy ways at times, so I have to be quick with a good word. Our youngest now often helps pipe in or initiate the “at least” when something suddenly saddens us or goes wrong, like something breaks or didn’t work out. “At least it’s not.... or that such and such didn’t happen”, etc. Playing the “at least it’s not” game is a good habit. Then to take it a step further brings

even greater benefits, to say, “Thank you Lord for allowing this situation—we know good will come of it” or whatever.

It’s good for someone to train their own mind and speech habits to always utter the good, or a prayer or a praise, and not let foul or angry words come out. However, when someone is telling us of a difficult thing that they are expressing for the purpose of getting help and advice or comfort—something they are really stuck about and can’t see through—it might not always be the right time to correct them for their lack of expressing praise. Maybe it’s true that they need to change their perspective, and that will greatly help them on the road to victory, but if there is a way for the listener to listen and show care about the difficult and emotional situation they are expressing and offer helpful advice while showing a positive it-will-get-better attitude themselves, this might work better.

One time I was greatly disturbed about a problem—it was inflated to nearly a life and death matter to my mind. My little baby couldn’t get fed, as I had cracked and bleeding nipples, and though the milk was coming out, the bit of blood was upsetting his stomach and he would vomit it up again. He was so very sensitive in stomach that store-bought formula wasn’t an option. He had to have the real thing. When your baby can’t eat, it’s a super crisis! –Especially to a new mother. I told of the problem to an older Christian woman, through my semi freaked out tears, hoping for some prayer or advice—but instead got an admonition to be praiseful in words. Thankfully, a mother of two children walked past and heard what was going on, and gave me some understanding and words that calmed me and showed care, and prayer. Things worked out and I healed, and the trauma past. I did remember that I should have been praiseful in “all things” (1 Thessalonians 5:18) and that might have helped me keep

my cool better, but I also learned that it's better to demonstrate praiseful words to others, rather than telling them what they should say or not say when in the thick of the trouble. (Like Jesus in the boat with his disciples—first He stopped the storm, then told them they should have had more faith—as a tip for next time.)

In that situation with me, it might have been more helpful for the lady to say, “That must be so upsetting. It’s something that needs urgent prayer, so your baby can be well-fed. Let’s pray right now.” And then start off the prayer with words of praise, such as, “Thank You Lord that You love and care for each baby, and are all powerful to provide all that is needed. Your Word says that the young lions go hungry, but not Your children, ‘They that seek the Lord shall not want (lack) any good thing.’ (Psalm 34:10) Thank you for this situation in this new mother’s life that causes her to learn that faith in You, no matter what difficulty, will bring good results. Please give her the peace and faith she needs now, and the quick healing she needs. Your Word says, ‘Let it rather be healed’ (Hebrews 12:13) so we claim that promise and trust You to do it. Thank You, Jesus, that You know the solution and what to do. Please lead her to find the right advice or action to take now, that will bring the best and fastest results.” A prayer like that, when someone is overwhelmed (and praise is the last thing on their mind), will both calm them and right their spirit in a gentle way to have faith and praise—and most of all bring the healing or help or whatever is need to fix the problem.

- Decide that we will prefer others to ourselves, and do all we can to make others feel and know that they are loved, by us and by the Lord. Choose to put up a shield against

critical thoughts and envy and negativity towards our brothers and sisters in the Lord's big Heavenly family. We help however and whenever we can, showing deep Christian love as "the Love of Christ constrains us" (2 Corinthians 5:14). We go out of our way to make acting in love of utmost importance, rather than our own personal set goals being accomplished. We realised there are basically only two core rules: love God, and show His love to others. We choose to do what is right in His eyes, to live this according to how His spirit leads us—giving things up, sharing, embracing and accepting, shouldering the load, and so forth. We say no to gossip to our ears or out of our mouths. Only what is "good to the use of edifying" (Ephesians 4:29; 1Corinthians 14:26).

Anecdote:

We have a family rule of kindness and caring for each other—well backed up with what scripture teaches. And it's across the board for all. I won't even let the birds visiting our backyard squawk angrily and scuffle unkindly to each other, but shoo them away. If they are acting pleasant they get seeds and nuts to eat. One time a bird did something kind for my son—or what to them was very kind. They found a tasty bug to eat, and instead of eating it, walked over to where my young boy was sitting and dropped the bug for him! He came quickly and told me how it was a birdy act of kindness. Of course the bird could later enjoy his gift, as the bug was still there on the ground. All that to say, that we like the very atmosphere in our house and yard to reflect the love of God's Spirit. When we are short on tempers everything stops and action is taken until ruffled nerves are calmed, apologies and forgiveness is had, and whatever needs to

happen to make amends on all sides takes place. Many times this indicates a need, and as the parents we make sure the needs are met—whether it’s for fresh air and exercise or water to drink (which is usually the need).

A lot of the credit for a calm and loving atmosphere goes to my kind and easy-going, yet hard working, humble, noble husband. He’s soft spoken, polite, and respectful of the feelings and needs of each member of the family. He doesn’t get uptight or impatient or easily offended with his wife (me), but just takes it all in stride. He chooses to focus on the good and what he likes and loves and appreciates, and often expresses these things in words. It’s one of the best ways to “teach” children care and kindness, by living it ourselves. When sharp words come back to me by our growing boys, then I know I need to think about what I’ve been dishing out, and pray to demonstrate what I’d like pitched back to me.

- We realise the incredible impact that full-of-faith on-target prayer has, and we use it daily, hourly, and fervently, as our first reaction. We don’t let the enemy in with doubts, despair, despondency, and discouragement in words or indulging in downward feelings or listening for long to others speaking this deflating way. Instead we suggest and offer prayers aloud and together with those needing to be upheld, and in the quiet secret place of our mind. Where there is life there is always hope. Before and during group activities we ensure and suggest prayer for the Lord’s safe keeping and blessing. If someone tells us some sad or bad news about others, we stop then to pray for the situation

with the one talking about it, turning it for good through our thoughts agreed and sent Heaven-ward.

Anecdote:

The other day the two older boys went with their daddy on a bike ride. The boys had long wished to explore a certain pathway, but years passed (thankfully) and when they got to it at last on that day, they saw it was more than they bargained for. It was much more difficult and had challenging and dangerous points in the journey. When the oldest got home he was sure to give me a long and detailed report of the seven times that he was spared a bad accident, or life loss, miraculously—or others were spared from him. But while they were gone, at specific times I was getting thoughts coming to me to pray for their protection, and that they were in danger—especially the eldest. Every time the reminder to pray came to me I did so. I then was able to hear, recited to me the specific answers to those prayers, and the prayers of the children and their dad as well.

If someone starts to tell you about someone else, or is expressing their feelings about a negative encounter, or a problem that is discouraging, it's wonderful to use the conversation spicer of prayer. You can stop then and there to offer a prayer for the person being thought about or spoken about. This helps conversations reach a higher good, and also curbs and puts a kind damper on any possible gossip or "back biting" (Psalm 15:3; Proverbs 25:23; 1 Peter 4:15; James 3:5,18)) that God's Word clearly warns us not to do. If one of the children say that a grumpy adult wasn't acting nicely towards them, I can help them not get on a downward spiral of negativity and

critical words by saying how that adult need prayer, and we pray for them, then and there. They can learn the buoyancy tip of turning thoughts into prayers and to pray for people rather than getting too down about the words or actions of others. With words of prayer and praise we can turn every situation and thought into something beneficial for us and others.

- Christ’s mind we want to have in us, learning to be “rewired” in our mental thought patterns so that they are according to God’s Word; decidedly turning our thoughts Heaven-ward. Asking for the Lord to show us how He thinks and feels about things, and reflecting that in our behaviour, words, and thought patterns; giving no place to thoughts put there by the enemy “casting down imaginations... bringing into captivity every thought to the obedience of Christ” (2 Corinthians 10:5). When facing a time of particular mental barrage by the wrong side, we fill our ears and mouth with God’s Word, faith inspiring songs, and quoting the verses we have memorised and adding more to our collection.

Anecdote:

I remember going on a rare outing one day to the movies with a few friends. I could hardly enjoy the time as my mind was filled with painful and regretful memories and thoughts. I was troubled by things that I was having a hard time moving on from or forgiving. At that moment I felt flooded mentally, and saw no way out. Everything was in my head—how could I get it out anyway? But I

took the step of faith and prayed for right then and there the Lord to give me forgetfulness of all that was then piling in on my mind. I didn't really think it was possible, but it was worth a try. And then it happened, within moments, before the show even started, I couldn't remember what it was that I had been thinking about and had bothered me for a long time. Poof! It all had vanished from my memory and thoughts, and never came back.

Some of the hardest years mentally and emotionally for me was from 16-18 years old. Besides having an extreme cause of high and low emotions, I will as plagued daily, hourly, with the most bizarre and troublesome mental images that would just pop in out of the blue. I was kept in prayer all day long for deliverance from this attack of the enemy. Since they were so vivid, it seemed they would be stuck with me for life, and would keep coming. The way I chose to fight was to keep a card with me at all times with chosen Bible verses, or the words to a powerful hymn, written on it and to be nearly always memorizing—filling my mind with God's thoughts. Another way that really worked, though it annihilated my pride, which is a good thing as well, was as soon as the attack would start up I would phone up my Christian counsellor, asking for prayer. I determined I would do this as often and as many times a day as it took. I was not going to give place to this kind of treatment from the enemy. This made the mental attacks much less frequent. Then at last I remember the beautiful moment, sometime when I was 18, when it was simply lifted. At last I could be at peace. I could relax and enjoy things, without constant spiritual harassment. Most imagery erased—just a touch to remind me “from whence I came” and what the Lord delivered me from. Praise God!

It wasn't long after this that I lost interest in watching movies, for the most part—even though I only would to see about 3-4 per month. Even that faded. Later on in life I realised that if I did see a film, it seemed to take over my thoughts and dominate them the next day. My mind wasn't my own. I couldn't concentrate, create, read the Word without distractions, focus on the children's needs, and so forth. So I stayed away from them. A week or two ago I went out to see one, a Bible movie being shown—it had been 10 years since I went to a theatre! I have no pulling interest to rush there again. It's definitely out of my healthily living 'comfort' zone. I'd rather have my mind free for the Lord to give me His thoughts day and night, His visions and ideas that bring solutions to the needs and situations I face, and in my ministry for Him. I see the same with the children.

Being on Heaven's wave-length—both partners in a marriage—helps greatly. There are so many times when we don't have to use words to speak, but just a look, or signal or indication in some way, and the other of us know just what is being communicated. I remember the day or two before our wedding, a relative that we were visiting said, half joking, "Can you please stop reading each other's mind?" I hadn't really noticed it, but it was true. When you are both linked up to the Lord's mind, and partnered with Him, staying in prayer, and both pulling in the same direction in life, and both have had plenty of Bible study time in life, it's easier to express a concern, with hardly an eyebrow raising, and your partner picks up on it. The children are much the same way too, and are very sensitive to my thoughts and feelings, and will take the slightest indication of a request and act on it to please me and be kindly obedient. This comes in handy when you are at an occasion where you can't talk—

like at a show or something. They are on the same Heavenly wave length and want to do what is right and kind, and can read my thoughts or feelings quite often. Sometimes I will be thinking something and right then one of the children will voice that idea or thought at that time, as if they pulled it out of thin air—or maybe I was picking up on their thoughts right before they said it? It often happens—and it's never anything to do with what is going on at the moment, but something abstract to the situation.

- Giving God our full submission, and letting God's Spirit have full possession of our being by belonging fully to Him, and letting Him work through us. Knowing that we can do anything through Christ which strengthens us (Philippians 4:13). We don't limit Him; we let Him fill us to the limit. It doesn't matter who we are or what we have been or have not been capable of before, with God in us, empowering us, we can be capable of doing whatever He wants us to. We can change any bad habits and ways of reacting and take on the personality of Christ "Christ in you, the hope of Glory" (Colossians 1:27). If we hold nothing back from the Lord, and don't say "I can't or won't", and yield our all to Jesus, then He can give us the full dose of His empowering by the Holy Spirit. We can pray for God's Spirit to take over our life, our thoughts, our actions, teach us all things, change us, empower us, fill our being from head to toe. We don't have to fear about losing control of our life and personal ambitions, because if we follow Jesus' plans all the way, and have Him living and working through us—as we

listen to Him and do what He says—He'll make us shine like a light on this world, and do greater things with us than we dreamed was possible. "Greater is He that is in you than He that is in the World" (1 John 4:4). If there are things we are afraid He might ask us to give up, and hold on to them tightly, we can't enjoy the full beauty and joy of a surrendered life, and the full blessings of God that will come with it. "I have kept back nothing" (Acts 20:20) as Paul said, no matter what it cost him. To find God's will, we need to want it much more than we want our own ideas to become a reality. Faith that God's plan for our life and what He calls us to do might be far better than our own ideas—and one day we'll see and understand that indeed it was. We give Jesus—not people—the full say of what we do. When we do this—giving full place in our heart and mind and Spirit for Jesus to come in and fill us, and we forsake and shun the ways and thoughts of the world, then wonderful miracles can happen. We can partake more of the Lord's thoughts—Heavenly Thought Power can be experienced. What we think will be more in accordance with what's on God's mind, then as we pray for His will in a situation, or immediate need, there is nothing that is impossible. If God thinks it and wills it, and we pray for it to come to pass, God's will can be done swiftly and remarkably through us and around and for us—all for the glory of God. We must remain very humble to let God's Spirit work through us and use us in marvellous ways.

Anecdote:

I think one way this gift of God’s Spirit has been granted to me is through an enhanced gift of discernment, and insight into what people are feeling, what they are needing, if they are conduits of God’s light, or instead are walking still in the darkness. I can tell what wavelength people—especially members of my family—are on, and thus can know when it is the right time or not to do this or that, or speak of this or that.

I have the “Heavenly Thought Power” gift of God’s Spirit telling me very specific and details things to help me in practical matters. For example, I have to cook all the meals each day for my children and their special healthy diet needs. There is no cookbook that uses the particular foods, and only those, that we need—and even if there was, it’s not practical or workable for me to have on hand the long list of those ingredients usually called for. But I can just pray, and recipes will come to my mind, daily. I just start cooking, and the thoughts will come to me how to make this or that—new things that others haven’t done before. And they always work, when I get them from the Lord.

If I have a blank typing page and an idea of what I want to write, I can type nearly nothing at all. I’m not a writer really. But with tapping into Heaven and praying for the Lord to work through me, I can type fast and flowing, page after page—even doing a whole book of character building inspirational and imaginative stories, in a few days. I don’t have to know what to say or what the story line is going to be. I let my mind and fingers be used by the Lord, and with a couple of shelves now filled with just some of the printed books that the Lord has given me and made through me, it shows how this gift is wonderful for doing our ministry for Him of “feeding His sheep”.

Some of the people in eastern lands used the power of evil to do things to impress crowds and turn them away from the Lord—like moving objects or changing their forms or hovering above the ground and other useless displays that help no one. But we who know and love Jesus and have His power can expect even more supernatural assistance from our many unseen angels that help us, when the time is right and it's best. I haven't needed to hover yet, or change form, but there were times when objects did need to move, and I couldn't do anything about it, and there was no one to help. I did what I could and God did the rest. Like the time I was nursing my baby to sleep, and noise was coming in through the open bedroom door. I kept walking him up, so he couldn't get deeply to sleep. If I rose to close it this would have cause him to be wide awake and very grumpy for a long time. I prayed for the Lord to shut the door, and then watched as it slowly moved on its own and shut gently. I was very touched by the Lord's love and care. Another time, but perhaps less mysterious sounding happened last year when I was needing to move a piece of furniture. It needed to be done right then, and it was a job for two. Even if my husband had been there, he couldn't have helped, as his back is usually troublesome. So I—and the Lord—are the ones to do the heavy jobs. But somehow Jesus always helps. I said to the Lord, "I'll take this end, and you take the other..." I lifted my end up and started to move, and before I knew it the furniture was out of the room, and done without strain or difficulty. It could have only been done with some lift offered on the other end. I know Jesus was answering the need.

I always think it's amazing when two people can all of a sudden think the very same thing. I was meeting up again with a sweet Christian

girl who I used to take care of when she was real little. She had been trained plenty in the Lord's ways and words, and had the gift of prophecy too. I sat down on the couch to chat with her, and I knew little about what she was up to at that time. But after a moment, we both looked at each other and squealed. I read her mind loud and clear, and she knew in that instant that I was thinking the same thing as she was. I never would have guessed that was on her mind. It was the furthest from my mind. It was cool! It made for easier communication. Since I already knew what her deepest thought was, that would have been uncomfortable to just say out, we could just flow into personal communication.

Keeping a "praise diary" note book, or typing up the things the Lord has done and is doing for us is a great encouragement to me. As frequently as we can, daily if possible, we should write down and think about the good in our life that we are thankful for. We ask the Lord for so many things—have we praised and thanked Him just as much, or more? When we feel the depression and weight, or feel like we are swimming in problems, or are barraged with bad memories, or just generally are feeling very out of sorts, upset, and discouraged, we need to start praising the Lord and thinking about the good. Write up the little remembrances of Jesus' love, the answers to prayer, the things you noticed that didn't go wrong, a deed of kindness someone did for you, and so on. Even just a short jotted note will keep you on the up and up. If you are getting plenty of negative or critical thoughts about someone, and you are dwelling on all the ways they haven't been making things easy for you, turn that into a prayer for them—and then write a list, even a short one, of the things they did do right, and the good choices you know they made, and the things you appreciate. Remember, even choosing to live another day and go on is worth a pat on the back and loving appreciation. Life for

everyone, every single person—man, woman and child—is difficult in many ways. So if your “difficult” things seem to be glaring at you far more than the “worth it’s”, get praising the Lord and stepping back to get a bigger and better picture of things—and writing down the good things—can help pull you up and out and get you happily on your way again.

C.) Service (As He leads and shows you that you are to tend to) (see other file)

- 7.) Your family
- 8.) Your area of service
- 9.) Overseas support and help

The last—or rather the first 3 steps, of the 12, are:

- 10.) Be (and know) you are saved, eternally (Received Jesus as your personal Saviour and know you are forgiven and loved, and adopted by God Your Heavenly Father, to be His forever, as His child.)
- 11.) Be cleansed spiritually and physically of corrupters (eg. Addictions, bitterness, confess sins and ask for forgiveness, rebuke the bad spirits and evil influences, forsake any ungodly media and materials—books, music, videos, games, activities, that “corrupt good manners” as the Bible says, and that are an inroad for the Enemy’s thoughts, temptations, and ways.)

- 12.) Be filled with the Holy Spirit—receive the “washing and regeneration” and baptism of the Holy Ghost, for a fresh start.

Some sample focused times of spiritual strengthening, cleansing, and renewing:

(These include many of the strengtheners from the More Advanced Strengthening for mature Christians)

Strengthening Day One:

- While reading a verse or passage in the Bible, ponder it and pray and hear from the Lord about it, seeing what He might want you to notice in that and learn from it. Write down what He shows, and look up additional and related Bible passages on it.
- Read specific Bible verses on a topic you want to learn more about—like an area of advanced spiritual strengthening. Read true stories of those who have “been there done that” and can teach you in the art of spiritual combat with all the power of Heaven on your side, and additional messages from Jesus given through others on the topic for deepening your understanding. Ask the Lord to tell you any tips He has for putting this strength and spiritual skill into practice.

Strengthening Day Two:

- Lift hands in verbal praise to the Lord; say, sing, speak in tongues; sing songs of worship and love. Praise and thank the Lord for anything and everything you can think of. No requests made, just gratitude.
- Wait in quietness for His thoughts, answers, leading and counsel, and words of love to you.

Strengthening Day Three:

- Have a special communion ceremony—either alone with the Lord or together with your family. (See the ideas listed later in “A Special Communion Ceremony”. But each time can be different, and interesting, spirit filled, and effective.)

Strengthening Day Four:

- Review the Bible chapters and verses you have committed to memory. If you have many things memorised, create a plan or schedule for a week or month, so all passages can be regularly reviewed. Choose what you will work on memorizing next. Read over it and ensure you understand it, as the Holy Spirit leads your thoughts as you pause to prayerfully ponder.
- Ask the Lord to help you work more with and appreciate the angelic help He offers. Pray for your angels. If you have an advanced gift of prophecy or the faith and openness, you can ask the Lord to tell you the names and duties of some of your helpers of the Spirit, so you can be encouraged, and be open

to hearing their whispers more as they do their God given job of teaching and leading and protecting you. This will make their job so much easier, and bring amazing happenings and answers to prayer—as you team up more, with the physical and spiritual teams uniting to do your work for God.

Strengthening Day Five:

- Take a special prayer and intercession time either alone or with your family. Cleanse your heart, rebuke the enemy, praise the Lord and be filled with His Spirit, then let God’s Spirit lead you in what to and who to pray for.
- Have a list of personal things you each also want prayer for and against, enlisting the power of Heaven, and laying hands on each other, as the scripture suggests, when it is time for pray for that individual. Family members can pray for them, and they can say a prayer then from their heart too. See if the Lord wants to give a message for that person receiving prayer, and whoever hears the call of the Spirit and the words of prophecy or verses that are coming to mind, speaks it out loud, one at a time. Enjoy a love and hug feast at the end, giving the embraces to each other that Jesus would love to be giving, so thankful for each one’s humility in asking for prayer, and their willingness to do whatever it takes to keep on going for the Lord. Hugs from everyone is important to the one who has bared his heart and shown his weakness in humility; it gives the spring up again, like a jump start of a battery, to carry on in life.

Strengthening Day Six:

- Start reading through and/or listening to the Bible being read, from cover to cover, working through it in as short a time as possible. When you do this, your mind puts new and interesting pieces together; things you might not have noticed if a lot of time was left between the reading of the next chapters and books of the Bible, or if it was only read in parts and bits here and there in no specific order. Deeper understand, and the big picture coming into clearer focus occurs with this type of Bible reading, and if the Bible is gone through a few times a year. Every time, every single time you read or listen through the Bible, you will notice new things.
- (Both listening through the Bible in audio and reading it for yourself has its benefits and causes your mind to notice different things also. It's good to do both. Perhaps one time you listen through the whole Bible as a project, and then the next time you read through it all. If you want to discover that reading and audio comprehension brings to light different things, try listening to a passage, then read it for yourself. Did you notice something you missed when you heard it? And visa versa? Probably.)

Strengthening Day Seven:

- Listen to Heaven-sent music. Relax and rest in the Lord. Imagine yourself in the presence of the Lord. Think about the glories that await. "Daydream" and imagine about Heaven which "eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for

them that love Him. But God hath revealed them unto us by His Spirit: for the Spirit searcheth all things, yea, the deep things of God.” (1 Corinthians 2:9-10)

- Be in that ‘secret place’ that Psalm 91 speaks of, as the hymn says “near to the heart of God”. Tell Him your secrets, and let Him let you in on some of His. Or just rest there, in complete faith in His supporting care.

A Prayer...

My health is up to You Lord, my part and promise will remain, for the rest of my life, to:

- Surrender to Your will and ask You to reveal it to me.
- Stay stirred up in spirit to combat the enemy in whatever ways I know.
- Take care of my body as the Temple of God, where Your spirit dwells.
- Serve You, letting “Thy Kingdom come, Thy will be done on Earth as it is in Heaven”, forsaking taking charge of my own life and tempting goals, and “Pressing for the mark for the High calling of God in Christ Jesus.”

James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

1 Corinthians 3:16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

Philippians 3:13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

Philippians 3:14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

Matthew 6:9-13 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

A Special Communion Ceremony

(Alone, or with your family, or in small teams of 2 or 3)

Prepare:

- Gluten-free flat bread, and a naturally cultured drink
- Some raw healthy oil, and raw honey
- A glass of water, and piece of fruit
- A Bible
- A song/hymn of praise and devotion to sing or listen to

As you take some of the bread and “wine” (naturally cultured fruit or veggie drink, or apple cider vinegar in some water) for a personal time of communion and gratitude, remember and thank Him for His love and sacrifice for you. Read something from the Bible, as the “bread of life” that you need.

As you partake of the bread you can dedicate your body to Him, claiming health from head to toe, so you can serve Him as long as you live.

As you take the drink, ask for cleansing of spirit, and to be forgiven, and to forgive others. Pray a prayer of cleansing, for your heart and spirit. Also muse on the glories of Heaven awaiting, as we will one day drink the ‘fruit of the vine’ with Jesus in His Heavenly Kingdom (Matthew 26:29; Mark 14:25), as He told His disciples. You can even read something written up by someone who has had the privilege to meet Jesus in a special experience, or had a vivid vision of Him, or seen what it might be like in Heaven.

Dip some of the bread in the oil and eat, and ask for the anointing of the spirit, the oil that will help our lamps or “light” to burn bright and shine. The oil of God’s Spirit to make everything about you—body, mind and spirit—work smoothly without glitches, like a well-oiled piece of equipment. Pray for a renewal of the Holy Spirit!

Put honey on some of the bread (with some oil too, if you like) and eat while you muse on the loving kindness of the Lord—how “God is Love”; the love of the Father of each of His children. Then pray for this love to be in you so you can love others with God’s love, and be encouraged in His full and unconditional love for you. Let all the sour things go; “Taste and see that the Lord is good.” (Psalm 34:8) All things will work together for good to those that love God, and are

called according to His purpose. (Romans 8:28) His love will change everything and make it all right again. Let go of any bitterness and enjoy the freedom He gives because all problems—all stings—He will fix and mend, as well as and reprimand and judge righteously those who have harmed you and others. Enjoy God’s sweetness and let things go.

Also, you can praise the fact that He is the Creator that made all things work well in creation—like the busy bees, to keep all people having what they need. The Forgiving Father gave His own Son to Earth to give His life, and when Jesus God’s Son arose, and appeared to His disciples He ate honey with them; the honey can remind us of the resurrection—goodness of God with the “sting of death” removed, as St. Paul said. You can thank God for the loved ones you know that are in Heaven with Him, though you miss them, they will live forever. And those that you aren’t sure if they received salvation before passing away, you can trust that the God of love will keep working towards the goal of “bringing all men to repentance”, and they too will know, in some way that God is love and real and cares about them. He made them and will keep working with their spirits to come close to Him.)

Eat some fruit and ask for the fruits of the Spirit to be made manifest in your life; and ask for Jesus to help you bear fruit for Him; pray for the success of the ministry and projects and children He’s given you; and pray against what hinders the fruits of the Spirit, and good fruit in your life, or what might be fighting or buffeting your family’s ministry or mission for the Lord. Thank Him for all the good fruit and progress in your love and service for the Lord that He has given you.

Drink a small glass of water (to clean your mouth and refresh you).

You can also listen to an inspiring song, or sing one, to Jesus about His love.

The water can remind us: (and you can look up and find verses about these if you wish)

- To thank God for His Word and the “living waters”; like many Bible verses relate the Word or voice of God to water.
- Pray for a thirst for the pure water of His Word. Those that “hunger and thirst after righteousness will be filled.”
- Just as water seeks to fill the lowest places, so is the Lord nigh to the humble.
- Moses and the water that God cleansed for the people to drink, was to teach a lesson to desire God’s Words and instructions, then we’d have good health and He’d “bless our bread and our water”.
- Pray for the dew of Heaven to revive. “The Lord shall revive you.” There are verses about rain of refreshing being like His Word.

Closing thoughts:

Remember when Jesus healed the man and said, “Go and sin no more” (John 5:14). The healing came through God’s supernatural power, but there are still things God is expecting us to obey in, to keep in good health and please the Lord. Faith and works go hand in

hand. It's not just about eating and drinking or thinking right, but using the power of God to bring the miracles in our life that are needed daily to keep us going strong. But also, He has baked into His creation rules for happy and healthy living—with consequences for disobeying those rules—and He expects us to obey them. We need to find out what they are, and determine to live His way to the best of our ability. (The Bible teach us this. The guidelines given to the children of Israel tells God's health rules that still work for us to day. Make it a project to read through the Bible and list and mark everything that tells of a key to healthy living that you and your family can make sure to follow.)

It was God's will for James Hudson Taylor to dress in a certain way and eat the foods of the natives he was trying to reach. If it's God's will for me and my family to change and eat a certain way, or wear certain clothes (healthier), or any other clean and strong lifestyle things, God has the right to ask it of me. And we have the duty to obey. If when fighting in the spirit, Jesus shows me what I am to do in the physical to get healing, or leads me to know what needs to change, then I need to do the "work" part of my faith and obey. How can I have faith for God to bless me and my children with healing, if I'm determined to hold on to the old or more "comfortable" choices.

"Whatsoever He saith unto you, do it!" (John 2:5) —When that was followed through on, the miracle took place bringing joy and supply to those there. Nearly all healings required two things: faith in God, and taking action in the physical in whatever He says to do, no matter how unorthodox as it seems to the uninformed, or to those who aren't being called to do it.

"What is that to thee? Follow thou Me" (John 21:21-22) Jesus says.

2 Corinthians 6:16-18; 7:1 ...Ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you. And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

Serving the Lord Wholeheartedly

3) Service (As He leads and shows you what you are to do)

- Your family
- Your area of service
- Overseas support and help

What are you here for, and what are you using your life and strength for?

Everyone is here to learn, to love God and others, and to help pray down “Thy Kingdom come, Thy will be done, on Earth as it is in Heaven”—and then put feet and hands to that prayer, taking part in the action and playing their role in the program.

Finding out what God wants you to do with your life in active service can be one of the happiest moments of your life, yet also require the utmost giving of yourself and surrendering—mostly of some cherished ambitions.

“Whosoever he be of you that forsaketh not all that He hath, he cannot be My disciple” (Luke 14:33) Jesus said. But to those who did just that, He promised they would “receive one hundredfold” back in return. It will pay off big in the long run. And remember, this life isn’t the end, but the beginning. There is so much more to come, so much more to enjoy, and to learn. So, let’s learn our lessons patiently, running our course here on Earth, and afterwards be receive to glory.

Ideally, God wants as many of those He has created, to come back to Him and to live with Him in Heaven forever. We who know Him and have discovered the reality of a life lived with Him, can be the best ones to pass on the messages that God wants His creations, to know—through word of mouth, through actions of kindness, through books and media, and various other ways. (Mark 16:15)

To do so, and do it well, there usually is a pulling away from the flow of the world's system. For God's ways are not our own ways (Isaiah 55:7-9), and in order to do His highest will, and in His way, it usually requires change, and change in our "modus operandi"—the way we do things—and being open to new thoughts and ideas; and not being dependent on being well-thought of all the time by peers and society. We're aiming for higher approval, and the loudest claps of all, by the many angels that are watching over us and all creation, and are cheering us on through our struggles.

"Come out from among them" the Bible says, "and be ye separate" (2 Corinthians 6:17) so that God will be pleased and He can work wonderful things through you, things that you can't even dream are possible—and wouldn't be, if you were weighted down by the pull of the masses and all that the media declares is right-side-up. What God say is true is true, and that's all there is to it. We can't "invent" or "reinvent" God or His Word. It's settled in Heaven (Psalm 119:89), and will remain true down throughout all ages, regardless of what any human being past or present has said or done.

What you will feel called to do, or are capable of doing, will vary from me or the next family, or a friend across the world. And that's good, as there are so many bases to cover. If you happen to find another person that is going the very same path as you, and you can teamwork in your mission for the Lord, great! But if not, "what is that

to thee, follow thou Me” (John 21:21-22) Jesus said, when mentioning that the paths and missions His own disciples were to take might vary in experience and even privileges. But they all were given the same call to follow Him wherever they personally were to go.

I can’t tell you what you’ll be called on to do, but let’s take a brief peek into these three areas that may or may not need your attention, as the Lord leads. A bit of time taken for pondering, prayer, and reflection—reflection that leads to action.

These three areas—family, the area you live in, and overseas missions—sometimes vie for attention and action, and it can be a decent juggling act to tend to each of the possible opportunities for service in them. Once you are fully available for God, and have His blessing on your calling or ministry, there is no end of things that His Spirit gets excited to show you and lead you to do.

One thing you won’t be is twiddling and fiddling your time away, wondering what to do next, or waiting for someone else to make the song and dance happen. With God’s Spirit filling you, the energy will enable you to strike up the band in other’s lives and get their feet moving to the rhythm of God’s music, and singing Heavenly melodies in their hearts.

Have fun exploring what is best for you, for yours, and for the realm around you. Teamwork with those who your life affects, so you can help each other reach each of your God-given goals.

We saved believers are travelling one-way track, headed for the streets of gold in the Paradise of God. Let’s get as many as possible to

hop aboard and coming along with us. Everyone will make a difference in the big scheme of things.

Your family

(Thoughts to ponder for self-evaluation)

Do you take time daily to pray with and for your family and close relations?

Are you reading from the Bible and other good materials that teach you how to be the best parent, grandparent, caretaker, partner, brother, sister, friend, or family member you can be?

Do you realise that each of your children also have come to Earth with a mission given to them by God?—Seek the Lord to help you help them along their way, aiding and supporting them so they can live God’s dreams too, which will make them the happiest too.

Are you guarding judiciously the hearts and minds and spiritual input of your close family members, to the best of your ability, so no inroads of compromise comes in unchecked; no untruths are swallowed as truth; so that no fear or indifference takes root?

Are you taking time to talk and to listen to the heart cries and feelings of your children and loved ones, so you can be the best help to them in their time of need, and guide them to God’s answers for their questions and inner pains?

Are you giving those, who depend on you doing so, the chance to learn and gain experience in doing the things that will help them to fulfil God’s call for them in the future—if not also in the present?

Do you teach, and show an example of tithing and giving a percentage of whatever you can—be it funds, or time, or items—to help further the work of God in other places, making this part of your family’s tradition?

When was the last time you met with your family, either individually, or as a group, to discuss, talk about, present thoughts, and pray about what your next family initiatives will be, that will bring glory to the Lord and bring others to know Him better?

Are you open to new ideas, things that you hadn’t thought of or perhaps aren’t really your style, but might be a burden on someone’s heart, something that the Holy Spirit might be leading them in, and being willing to give it a go and assist the project or initiative or idea, if it’s a good and right move?

Are you daily seeking the assistance of the Holy Spirit in all you do, so that your little decisions, as well as your big actions all point and move in the right direction, and don’t pull away or counter God’s great plans and the ways He is moving?

Do you know the Bible well, and are you helping to open the scriptures to others, sharing things you have noticed and learned, and showing your thrill and wonder at the Word of God, inspiring a hunger for it in your children and partner and friends and other relations?

When was the last time you met with your family, or possibly other families as well, just to talk about how the Lord is moving in your life, the great things He has done, and praise Him for how He is an active and alive God, never still, and ever present?

When did you meet for honest and heart-cleansing prayer—to give and receive prayer from a loved one, a partner, or your family? – Prayer that will give you the boost to carry on and keep on going God’s way, as He gives the grace and assistance.

Your area/community/city/country of service

“When the Enemy comes in like a flood, the Spirit of the Lord will lift up a standard against him” (Isaiah 59:19) If your city and area, or country in general, is getting swept along with the lies that are flooding the world these days, what are you doing to stand your ground and point people to what is true, right and good? You’ll need a good dose of the Spirit of God to know how and when and what; and most of all to give you the authority and boldness to speak up and speak out what needs to be said.

It’s a misconception in some circles of the Body of Believers, and other cultures to restrict certain members—namely women—from preaching and teaching the Good News as we all are ordained and commanded to do. The Lord Himself started with giving a woman the commission to be the first one to tell a group of men and woman the good news of Christ’s resurrection. (And when they didn’t take her word for it, they received a reprimand of the Lord. (John 20:15-19; Mark 16:10-11,14) “There is neither male nor female; for ye are all one in Christ Jesus” (Galatians 3:28) and “what I say to you I say to all” (Mark 13:37) Jesus says. And also, “The harvest truly is plenteous and the labours are few.” (Matthew 9:36-38) God needs every available sets of hands, pairs of feet, hearts devoted to Him, and

mouths that can tell the good news and to “teach others also others” (2 Timothy 2:2). “Where the Spirit of the Lord is there is liberty” (2 Corinthians 3:17) and in Joel 2:28-29 and Acts 2:16-18 it’s very clear that in these last days God’s Spirit will be “poured out on all flesh” and lists that both sons and daughters, servants and handmaidens, and so forth would be empowered to speak God’s Words in God’s way, as God’s prophets, to the end that people will be brought to salvation. So, the “great commission” (Matthew 28:18-20; Mark 16:15) to preach and spread the Gospel News is for any one; no one—male or female—can side step and say they are exempt, or forbid another that the Lord has called.

It’s easy to talk despairingly of how the system that is set up to serve the good of a nation is breaking down and enslaving and corrupting its citizens; but since we are to be God’s lights in this world, helping to shed light on others’ paths, our mouths should be filled with hope in God’s rescue plan, and of His ever-present help in trouble. We should talk of the sureness of His promises being fulfilled; and helping to lead others to know God’s solutions that could be enjoyed, if only we all were to desire His ways, believe His Word, and be willing to forsake the things that go contrary to His plan. Let’s inform others of God’s plan that is for the betterment of all mankind.

Refuse to fall prey to the enemy’s device that says when something bad happens, that it is always and only “God’s judgements” falling on the wicked, and letting people voice anger about “How could God do this to them/us?” Instead uncover the plot. The “prince of the power of the air” (Ephesians 2:2), God’s enemy, wreaks an awful lot of

trouble in the world, including playing a part in many so called “natural disasters”. Sure, if people have been living ungodly lives this certainly does increase the risk of bad coming to them, as living a life without God in your thoughts and as your protector does render you rather vulnerable to all kinds of evils—even things like fires, floods, and earthquakes. If the enemy thinks he can turn people away from God, painting an image of Him as being the cause of violent deaths and wretched poverty, it’s a win for the Enemy. But God is good and righteous and longsuffering (Numbers 4:18; Psalm 78:38); Psalm 86:15; Psalm 111:4), and God says “I have no pleasure in the death of him that dieth” (Ezekiel 18:31,32; 33:11) or “in the death of the wicked” His Word says. He wants all to have a chance to learn about Him.

It’s a race of life and death, daily. God creates life and seeks to sustain it as much as we humans will call on His power and know He is strong enough to save. But the enemy goes lurking around causing mischief—though for now, allowed by God to do so—and then he whispers to the gullible that it was the God of love who did the bad and destructive, death causing deed. I have come to realise that sometimes the terrible disasters that occur, happen in the places where some people have been suffering injustice for years at the hands of man; this brings a halt the sad run of things and causes foreign aid and missionaries to come in and help out. Good comes in the end—better than if the flood or earthquake or whatever hadn’t occurred.

The Bible says God teaches and trains us, His own children, and things can happen in our lives to strengthen us and keep us going on the right path—or find it. But many of the troubles that happen are the

result of people's choices and actions, the enemy's anger and wrathful behaviour knowing he has little time left to wreak havoc (Revelation 12:12) . Also, some unnecessary troubles happen due to the fact that many Christians aren't aware of or trained in calling on the full power of Heaven to put the enemy in check and resist him—not just his mental and spiritual attacks, but the things that he does in the physical: accidents, terminal sickness, praying away tornadoes, praying for the ending of droughts, and such. "All power is given unto Me, in Heaven and in Earth" (Matthew 28:18) Jesus said. "Ask Me of things to come concerning My sons, and concerning the works of My hands, command yet Me" (Isaiah 45:11) God Word instructs us. "Nothing shall by any means hurt you" (Luke 10:19) Jesus said, when telling His disciples to call on and use the power of Heaven to aid them in their mission. Bringing God's help that is available to us today, into reality, in the world around us and into the lives of individuals is a big part of our responsibility as Christ's followers.

If you know what the Bible says about the future, about the saved and unsaved, and also the God of love who wishes salvation for all, it's a very sobering thought. Consider this: that neighbour, that friend, that shopkeeper, that relation, anyone you see often or know of; if they haven't given their heart to Jesus yet—and worse yet, you have it on your conscience that you haven't attempted to encourage them along their journey to know the truth and be set free—if they were to die tomorrow, it could very well be that you won't be seeing them for at least 1,000 years. They won't be in Heaven, they won't be on the Earth, and they won't be in the Millennial rule of Christ on the Earth. They will await, wherever God knows is best, until the "Great White Throne of Judgement" (Revelation 20:11-12; 1 Corinthians

5:10), and a final decision is made on them. We can get so used to seeing Mr. and Mrs. So-and-so around, but unless you've done something to nudge them on and brought the truth to their attention, they could likely not be in your Heavenly Neighbourhood, nor seen again for a very, very long time.

A related thought to ponder: If there are people now on Earth that will live to see the second coming of Christ but have not received Jesus as their Saviour, and they know you, and you also live to rise up into the clouds to meet the Lord in the air—what will you answer them when they see that you got to go up and have full access to Heaven and all its pleasures and joys, and you get your new body and all its new powers, and you come down to “rule and reign with Christ for one thousand years” (Revelation 20-4-6) and they look to you and say, “Why didn't you tell me? I would have loved to have all you now can enjoy.” ?

Overseas support and help

If you are aware of places that the message has a hard time getting out, and the gospel is squelched in some way, you can pray more knowledgably and focus your requests to God before His throne for victories and freedom that the “word of God be not bound” (2 Timothy 2:9).

A mission team working out on the field needs prayers, fervent and desperate, as well as supplies to give them the means. Sometimes these two ways giving our help to God's work, are the best that we who live in these more comfortable countries and political situations

can do. If we aren't called to serve abroad, at least we can uphold them, and make the work and ministry of others possible.

Reading good autobiographies of people who have given their all to Jesus and to serve Him in reaching the lost is a way to stir up your own heart to pray and to see what, if anything, you too are meant to do to bring in the harvest of souls that await us.

Using the internet to supply good information, stories of answers to pray, and to promote a certain mission team so that others can join in and give to them of their time and funds or items, can be a way to reach the worldwide missionfield.

King David said he wouldn't give "unto the Lord my God of that which cost me nothing" (2 Samuel 24:24). It's a good reminder that life and service for the Lord is going to cost us something, not just in dollars and cents, but in time and effort, putting down of our pride, and in giving up some petty but cherished plans perhaps. Jesus said we were to first count the cost before saying we will follow Him (Luke 14:27-33). Then He went on to say that it was going to cost giving our all. Do we have what it takes? Are we whole-heartedly committed to spreading the Gospel and the truth? Well, even the woman whose all was just two of the tiniest coins around (Mark 12:41-44), was praised for it (. So even if we don't feel we have much to offer—in time or strength, in resources or talent, if we'll give to Him all that we can, He'll say of us "Well done!" (Matthew 25:21)

It can be a mistake to measure our little bit, or what we feel is our little bit, by the "greats" of the past and all the glorious things that have been said about them. It's good to remember that even those "Great Men and Women of God" started out just doing their little bit, just that one thing the Lord show them to do. Then as He led them to

another and another, they just kept saying “yes” and enduring all that it was costing them to do so. When at the end of their life the sum of the good fruits from their step-by-step obedience added up to quite a bit, as it was multiplied through others joining in too, it looked very impressive. But at the start they had no idea, and the tasks they were called on to do, one tiresome day after the next, were hard and unglamorous, even dangerous, and certainly triggered criticisms. They had to give up their loved ones and friends and close family members in many cases, if that is where the path led. Nothing was easy, but the eternal rewards were certainly worth it. And the salvation of souls untied with their Creator-God for eternity proved it worth whatever it cost. With Jesus Christ’s life on Earth as an example for us, it helps us gird up, straighten up, lift up our chin and also walk on bravely.

If a family or individual wants to send their tithe to help God’s work around the world, it’s nice to find those missions that are active in soul winning and heart reaching—rather than a simple “charity” that does little to change people from the inside, and bring about the true solutions. Some of the best ones I like are those that combine charitable work WHILE bring people to Jesus. Then your funds are actively used to help better the physical lives of others and aiding those missionaries to be able to lead the willing to Christ.

If you have been called to work in a steady job, something that isn’t helping others to know Jesus, just to pay the bills, keep in mind that it’s not your “primary job”. If you are a follower of Jesus, and have been given the gift of Salvation, your most important agenda is doing what you can to lead people, somewhere, somehow, in whatever way you can, to the Kingdom of God. This should be first and foremost on your mind, in your heart, and on your to do list. Even if all you can do

is pray for an hour a day while travelling or waiting somewhere for people you know, by name, to receive Jesus as their Saviour. You will be bringing Heaven's power to Earth, and people to Heaven, and that is your commission.

The best you can do is to do the best you can.

PRAYER TIME

Tips for prayer time: (After making a prayer list or prayer request that you know is right and within God's will)

-Praise the Lord for something related to what you are about to pray for, or some other words of praise to Jesus. (Philippians 4:6; Psalm 95:2; Psalm 100:4)

-Ask in faith for Jesus to help in a specific way, in that need or area ("Ask in My name" Jesus said [John 14:13, 14]).

-Quote a Bible verse related, showing you have faith in His Word and your request is according to His will; and expect something to happen as a result. (Numbers 23:19)

-Pause for the Lord to bring anything else to mind to pray for on the topic, or to tell you something. (Habakkuk 2:1)

-When finished making the requests and listening to the Lord, then thank and praise Him again. (Psalm 105:1-5)

Psalm 105:1-5

O give thanks unto the LORD; call upon his name: make known his deeds among the people.

Sing unto him, sing psalms unto him: talk ye of all his wondrous works.

Glory ye in his holy name: let the heart of them rejoice that seek the LORD.

Seek the LORD, and his strength: seek his face evermore.

Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth;

Proactive Prayer Lists: (Can be made anytime—and kept on hand and updated all the time!)

-Think about what you want to be doing or what progress you wish to be made, or the needs of your children and family in a few years from now. List it all specifically, and pray regularly for it. When you get to that point in life, the way will have been paved, and the miracles will be there for you. It works!

--Make detailed prayer list for each of your family members and children/ grandchildren, and work through a part of this master list each day.

-You can write up 30 different prayers for things that are on your heart, from your heart or as God's Spirit leads you to write. Then each day of the month you read/pray the prayer for that day. Be sure to include words of praise to Jesus in the prayer too!

A 7-Day mission prayer plan—one hour of prayer each day, individually or as a family or team:

Write out a list of 12 topics you want to uphold in prayer, that will further the progress of the Kingdom of God.

Under each topic list 7 specifics.

During your daily hour of prayer (7 hours in total for the week), pray for one specific prayer item of each of the 12 topics. (If you pray for each thing for 5 minutes, the hour will be complete, and by the end of the week everything on the list will have been brought before the Lord.)

For example on Day One of the week, you would pray for point 1 of each of the 12 topics. And as the week comes to an end, on day 7 you would be on the 7th point of each of the 12 topics to pray for.

Topic suggestions:

1. Seven of your family's main goals or concerns, or project in the works
2. Seven children/grandchildren/ partner in your family/ parents/ or close relation
3. Seven other people that are close to your heart to pray for
4. Seven Christian mission organizations in the world, as well as for your own neighbourhood, or country
5. Seven individuals and their families that you know that are fulltime missionaries, or on a mission trip
6. Seven places in the world that the Christians are suffering and enduring persecution
7. Seven specific ministries that others are doing (such as healing ministries, youth missions, Bible translation, good videos being made, etc)

8. Seven places or people types that are enduring refugee situations; for them to find the Lord
9. Seven false beliefs or false religions to be exposed and changed to the right, or for specific people types in the world to know the truth, and to be told it to them—for openness to the truth and what is right.
10. Seven countries you have a heart for, to be won for the Lord and to be open to the Gospel, or for their rulers to be God-guided.
11. Seven specific illnesses in the world to be healed; or specific people that you know that have them to be healed.
12. Seven people’s names offered, that you want the Lord’s blessing on, or that you wish to accept Jesus as their Saviour.

Also: Take time to ask the Lord specific questions about your work and ministry for Him, so you can be sure you are doing your utmost for His highest will.

Testimonies of our week of focused prayer—my husband and I:

The first time we both knelt to pray I felt the angels on guard and strengthened around our house and home and us. Like a hush and nothing would trouble us. They were see to that. “Shhh—they are praying!” It was very respected and a special moment. Indeed, something I’ve been praying would happen for years. It’s been my heart’s desire for us as a couple to do this, and I’m so glad for my husband’s suggestion and commitment to it.

The first day we prayed, an unexpected bit of funds came to us.

The first day after prayer my internet computer worked so fast and well, like it hasn't done for a very long time, and seldom does. It kept up its good fast operation for the two days I spend on research for some of the children's needs. I couldn't have done all that without it working fast and well. And all the rest of the week it continued to work fast and well.

My husband had little time and needed to set up for the recording session, but instead did the remaining half hour of our prayer time for the day. As a result, the recording time went so well with speed and ease when the singer came. The recording of the rest of the vocals went so well and fast, he nearly had that part done in one evening, with just a bit more to do.

One day we only had half an hour, and then he chose to go to the monthly meeting of a Christian group. I finished the prayer list for the day instead with the children. After the meeting ended there was all of a sudden this music playing. No one knew where it was coming from. They looked everywhere and finally found that the CD player in the pulpit (of this rented church room) had turned on, on its own. What instrumental was it playing? "Sweet hour of prayer". A sweet reminder to do our full hour. The next day we made sure we did our full hour. (Even though, I made up for the time on the day it was missed, by praying for the remaining prayer requests with the children before sleep.)

My husband said that as a result of a greater clarity of thought, brought due to prayer, the Lord showed him a faster way to mix the songs for the album he needs to have finished producing soon.

One morning my husband had a long and tricky job, and not much time to do it in before the musician came for recording. But we took

our prayer time, and the job went fast and easy, and was done in time, even with the less time spent on it.

His computer started acting up, but the Lord showed him what to do, and it worked well again.

Amazing, nearly summer-like weather. Good for us, as we aren't ready for the cold to hit—blanket and clothing-wise. Some other years in the past, by this time of year it was cold enough to turn on the heater. But this week its pleasant and balmy, and loads of overdue laundry are finally getting done; and the yard is getting tidy and fixed up. Both a result of the sunshine, and the time to do them that it seemed the Lord afforded us.

My husband pulled a muscle in his back. Usually it takes days of pain until it feels somewhat more manageable. But he's not said much about it, and has been moving normally, even mowing the lawn, etc. He had much more flexibility than I would have expected.

He said when nearing the end of the week, that in the special prayer time—and because of it—that he “got a miraculously large amount of work done this week”! Wonderful! He exclaimed this a few times, as it was supernatural and very noticeable.

31 Ideas to get you Inspired—read and think about one a day for a month. Maybe one is right for you; maybe many are right for you; or maybe God has something completely new and different for you. Find out what it is!

--Starters for serious seekers wishing to serve their Saviour:

Start a “Cherish the Sages” initiative where you are. Those who are elderly now, who have been blessed with long life, have stories and wisdom to share like no one else can. They have lived through and been through so many changes in the world, and had many character-deepening experiences. See if you can talk with them and let them tell you their stories, and the counsel they would like to pass on to the next generation. Find out who has held on to the Lord, and what He has done in their life, how He brought them and their family through all kinds of situations. Offer, if you have more mobility and agility than they, to assist them in some simple tasks that are now hard for them to do. Or offer to read some faith-strengthening and inspirational material to them. Maybe these still mentally-alert elderly folks can’t do all that much in the physical, but they have a lot they can share from their life of experiences. Write it down, record it, and pass it on if it’s sound and good; and then offer to help them with some deed of kindness in return for their time, making something that day for them a bit easier.

Investigate all you can about God’s creation of the world in 6 days, taking place around 6,000 years ago. As the Authorized Bible says it happened, so it is. Pull away the wool that is shrouding the eyes of many with the false theory of Evolution, that has and is bringing so much death and destruction in the world, with warped and aimless minds, hardened and hurting hearts, all craving the love of their God and to know they are valuable and cherished. Find out about true science and history, and fascinating facts about nature and the incredible creatures that inhabit it. There are many scientists and true science-proclaiming intellects that make videos, books, and websites to get us all back to where we got off a century or so ago. We can make better progress scientifically if we all are allowed to explore the truth. It’s a pity that so many get fired from their job, because they

find out truths and tell them to others. When you at last give yourself the freedom to read and be informed of how fascinating nature is, and how it only could have happened in the way the Bible says, it will be like water to a desert that then springs to life and beauty, or a key opening a prison cell and letting you out to enjoy the world around you.

Once you are “in the know”, there are many new ideas that can open up for you to be able to share these truths with others. Some ideas might be: video nights; lending libraries; group discussions; presentations; website posting and online proclaiming and sharing; attending and inviting others to seminars or the presentations and events of other informed believers. You can give away or sell materials; you can offer to give scripture-based science classes to children of families that wish for it; subscribe to creation- and divine design-expressing magazines, and read and share them with others. The ideas are endless of how you can help others know the truth of creation and how accurate the Bible indeed is.

Maybe you are clever with computers and software, and digital technology, and God wants to use this talent for His glory. There are lots of people that wish to get the good news out, but lack the technological skills needed to complete their mission. You can offer your serves free of charge, or for a Christian-sized fee, and give them a hand, knowing that what they are doing is going to help change and revolute and revitalize the spiritual lives of many, or help to teach children in real ways.

Have you found the joy of tithing to missions on the field that are doing the job of reaching those you can't reach, or haven't yet gone to reach? Give to God and He gives to you. There are numerable testimonies of people who started out with nearly no finances at all,

but determined to give at least 10% to God's work and those who were doing the job of witnessing and telling others about Jesus, and to other needy people. As a result of their firm commitment, God blessed them with thriving finances, or at least they could easily make do and help others—rather than being impoverished. When God sees that what He gives you doesn't stop there only, but moves through you in ways that help His Kingdom and His people, He knows He can trust you with more. Pray and ask Him exactly to what and whom He wishes for you to share your gifts and tithes with, so it can be on-target and His best choice at the time.

Start a Bible club, firstly with yourself, then see if another, or possibly yet another or two wish to join you in cracking open the best Book in the world, and seeing for yourself what it actually is saying. Pray and find out what God's means to tell you personally, now, through the words of the Bible. It may be something different than what you've assumed—especially if you delve into and get yourself well-acquainted with the Authorized King James Version.

Find out more about the Bible, from true good sources. Since, in order to gain the right to "copyright" scriptures—something that to me doesn't sound right to do anyway—makers of new Bibles have to be sure that text in the verses are at least 10% different from any other Bible produced. With over 100 different new English types this means all kinds of changes and additions and alterations and subtractions are done. Not because it made the text better, but they were money/legality forced to do so. Coupled with the fact that there lacks today the fear of God that the scribes of old had, where they knew they had to be absolutely accurate and make the text just as it was given by God, one can not trust people today to respect God's Words as judiciously and meticulously they did in the past. Plus the

texts used for most of the modern translations are from the known and exposed non-pure texts that were made for one reason or another. Find out what actually went on. Just one fact for interest, the so called “New King James Version” has chosen to make around 60,000 changes from the original 1611 “King James Version” of the Bible. Let’s get back to having a unified, pure version, for those that read English. “And that ye all speak the same thing” (1 Corinthians 1:10) The fundamental truths that have been altered and watered down and removed for the world today, should make hearty Christians desperate. Look at the fruits of the seeds that have been planted. Is the Church of God today a movement of die-hard, all out for the truth, believing everything God said and proclaiming it day and night to the world, as we are instructed to do? Or has the weakened text led to a weakened body of believers?

Strengthen your faith in the Bible by reading all of *Bill Coper’s* books of evidence and proofs from history and archaeology; a strong testimony to the truth of the Bible, God’s Word. Let your eyes open wide in wonder as you read through, “In Awe of Thy Word” book, with revealing and thrilling facts about God’s Word, and especially the polished jewel of the Authorised King James Version (KJV)—things you never even thought of; facts that will truly amaze you. Find videos and talks online that tell of incredible archaeological discoveries. You hear that amazing things are uncovered and discovered when a Bible believing archaeologist takes, in essence, the Bible in one hand and their shovel in the next. They are led to make huge finds—just as the book led them, and others. Find out how much most of the English speaking countries based their institutions and civil order on the Bible, namely the KJV. We have civil order because of the Bible. And when it has been taken out of countries, out of schools, and out of peoples thoughts, societies are degrading

to near barbarian and violent conditions in many places. Scriptures are the great civilizer. It's been proven time and again. Being strengthened in your faith on a firm foundation will make you able to lift up others too, unto the rock and out of the swarming murky waters of changing opinions and spiritual filth.

The homeless could become homeward bound, rather, and be called to be amazing disciples of Jesus. They have either lost interest in playing the game the socially acceptable way, or aren't given the chance for a "normal" life. However, they don't have to be "normal" to belong to God's strong team of advancing Christians, that put their life into God's hands and let Him take care of them. "You don't have to have a house to make the world a better place." Jesus and His disciples didn't have houses while they travelled those years. If they did, they wouldn't have done the job they needed to do. If it's right for you, more can be done when free from domestic constraints and on the move. We need people to know that Jesus can instantly free them from their addictions, if they are willing to give Him a try, receive Him as their Saviour, and get the filled with the Holy Spirit. They can trade their weakening habits for a Bible instead. If someone were to meet regularly with some of these 'serious seekers of the Saviour' and feed them God's Word over a good meal, and give them the chance for a regular shower and wash of clothes, they could take it from there. If they were just given a chance with a basic set up and basic needs, and had a willing heart that was filled with the truth of God's Word and His love, they could be a powerful team that changes cities for the better. They could start with ministering to their own fellow homeless, making them aware of the radical Saviour who loves them and wants to give them a new life. If someone had a heart to call out and help change not only the homeless problem, but the city that it was affecting, they could do it simply, without it taking much,

but it could be the start of a wave that would make a vast difference—if they taught others to teach others.

(For example:

- 1.) Find just a handful of homeless people that want to find out the truth about Jesus, the Bible, the truth about creation, and know what the end of the world story is going to be with Jesus ruling—and those who help out now with His Kingdom and endure what it costs to be a true Christian, will be in charge with Him later on.
- 2.) When they have received Jesus as their Saviour, and have learned about and received the Holy Spirit, and want to give living for Him a chance, then plan to meet regularly for Bible reading.
- 3.) Have a place you can meet, that preferably has a shower, facilities, and way to serve food. Give them their first bit of funds to cover transport to where the place is, if that is what it takes. Let them know when and where to be. If they are serious about a life change, they will be there. You might need to give them a clock and calendar, if they have lost touch with these things.
- 4.) To the first meeting bring a set of clean clothes for those on your small team—from socks to sweater, hat and whatever they will need, a-z for one full set of clothes. If they need shoes, then get these also. Note their basic sizes, when you are talking with them and they wish to be part of the team. And bring a towel for each of them.
- 5.) When they come, they can each take a full good shower, and pray for the “washing of regeneration and renewing of the Holy Ghost” (Titus 3:5). This can be their water “baptism”.

Give them a little prayer to pray as they shower. Then they can put on their new set of clothes—and get rid of their old stuff.

- 6.) Have a nourishing meal—all good stuff, every bite of it, nothing at all that is poor in nutrients. They need the biggest boost you can give them. While they eat, you can be sharing God’s Word with them, talking, or reading, or listening to audios that are heart feeding and healing.
- 7.) Have time to pray for them and with them—both as a group and individually, (you talk and pray with one person, while the others have quiet study time for reading books that you bring or material for them to read at that class.)
- 8.) When they come next week or in a couple days, or however you plan it, they will be given the same, and more. This time (besides a Bible class/food) you give them some Gospel tracts to give away during the week, and a salvation prayer and some scriptures that they can read and share with others.
- 9.) When they arrive that second time, they get a shower, and also a change of clothes, and funds to put their first set through at a Laundromat, if one is available, or come up with some way for them to wash and try their former set.
- 10.) You give them the funds for transport to the meeting again; and next time—at the third meeting--they will be given their survival kit.
- 11.) When they come the third time, you serve them a meal, and read God’s Word to them and explain things, giving them the information that they need for a life of serving God.
- 12.) They then get a carry-on bag or backpack to hold their clean extra set of clothes, and you fill it with the other needed things: teeth care items, bottle for filling with drinking water,

Bible, note book and pen, and a camping mat/sleeping bag for sleeping. Perhaps even a small swag tent or umbrella or tarp—for those times they need to sleep outside.

- 13.) Pray with them about how they each can be a witness in their situation and what God wants them to do with their life, and where they are to live. If He wants them out and about, or if He wants to provide them with a home to live in.
- 14.) In some of these weekly meetings, or more often, talk about and pray about solutions for difficulties they face. The Lord can and will provide whatever they need.
- 15.) If they need to have a way to raise funds, then pray for ideas on good, world-changing ways to do this, making things better because of their need for funds; doing it in ways that truly help others.
- 16.) The goal is to be 100% available for the Lord, following Him all the way, learning to hear from Jesus and doing what He says. Learning to pray down miracles, learning to pray and see answers to those daily prayers. The joy of finding out that when you choose to belong to God, and receive Jesus as your Saviour, then God calls you His child, and will look out for you, as you stay close to Him.
- 17.) After this team has been strengthen and has completed their basic course of classes, its their turn to bring others to know the same. Each of them are to then find a small handful of people that wish to give Jesus their heart and life, and then together with the Lord, find a way to provide what these people need, and give them the classes that they have just learned.
- 18.) While the first batch of graduates is starting to spread their wings and give out as they have been given to, you can

be available to still meet with them, as you did before, and can now talk about the questions they have while living out their faith and helping bring others into fulltime service for Jesus. You can continue to have Bible studies and prayer.

- 19.) After it's been about six months—3 for basic course training, and 3 months for additional study and prayer while they reach out and teach others, perhaps you can meet for a few days of study and prayer each month, giving them a chance to relax and stay in a rented place for this time of refreshing and spiritual boost. During this time of monthly meeting and refreshing, the team will now be assisting and teaching the ones they have been reaching, to now go and reach others; and having weekly Bible reading with them also. When the ones that you have trained have now trained others that are standing basically on their own feet, doing the Lord's work, then it might be time for a new challenge and change.
- 20.) Perhaps after this year or so of study, and helping others, the original team finds out more clearly what God wants them to do with their life—to stay there, as among the homeless and be an on-the-ground witness; or maybe they feel the call to be an overseas missionary; or move to another city; or move into a shared rented dwelling place. Or maybe a job opens up for them that is going to assist them in their mission, giving them some extra finances for doing their job for the Lord. You can help pray with them as they find God's place for them. If they have learned by this time how to get fed from the Bible, and how to hear from the Lord, and taught them to do this daily, then they are prepared for life. If some of them find out it's God's will for them to move into a rented house together, or rent rooms in other's houses, they can pray

together and discuss how to make this work, while still carrying on their job of reaching others with the truth and love of God.

- 21.) In this rented dwelling place, they can learn then new skills of house care, cooking, cleaning, teamwork, communication, schedule making, demonstrating the fruits of the spirit, conviction to not compromise with corrupters and bad habits and substances, everyone helping with the work, safety and security, house maintenance, etc. They can meet daily for prayer and devotion, morning and night, and uphold each other in prayer in the tough times. If there are basics of these living conditions and skill needs that they need training in, you can teach them, or find materials for them that will instruct them in these skills and traits.

If learning a new skill, or a simple musical instrument would aid you in your ability to reach others with the Gospel, then invest time in doing so. Perhaps you can find someone willing to teach you, or you can find ways to self tutor yourself, so it's not a bit cost on hiring teachers. Then, put it into use as soon as you can. Pray for the Holy Spirit help you learn quickly and have confidence.

Read and discover about those who have found healing and got then their heath back who were doomed for an early death—those that found a new life because of getting back to the Bible, and doing it God's way. The Bible is a manual for healthy and happy living. Tips are baked into it from front to back. In fact the solution for every problem in the world is in there. Some solutions are to be lived out today; some are for the Lord to bring when He comes again to rule the world. Did you know there is a verse that is a promise you can claim

when you are an astronaut and in space, wondering how you are going to get back? –Maybe some people held God to that verse, and that is why Apollo 13 made it back, and those who went to the moon before that. I'll give you a clue, it's in Deuteronomy, towards last part of the book. (And the KJV of the Bible, of course.) God knew there would be space travel!!—And promised His help in advance, in such challenging situations.

Does the Bible talk about the dangers of TV? That modern word isn't in the text, but there is plenty about what to put before your eyes, what to look at, how images lead us astray from the true living God; and in Lamentations, Jeremiah says his eyes affect his heart. So true. Ask the Lord what images and creations of any kind—books, videos, pictures, audios, CDs, albums, radio, other devices and gadgets, TVs, websites, apps, computer programmes, games, toys, clothing, and so on, that you should do away with. What things are affecting your heart and training you in the weakening ways of the world, rather than the strong, exciting ways of God? Do a purge. Get set free! Not just for your visual input, but your physical input too. What are you breathing, inhaling, swallowing, digesting, taking into you in any way at all, that is weakening you physically and morally, and rendering you less able to be the strong disciple Jesus is calling you to be?

Perhaps the Lord has given you a heart for those that are sick and hurting, and wishes for you to receive the gift of healing. If so, pray it down, and gain faith from God's Word. Jesus commanded and commissioned and empowered His disciples to "heal the sick and raise the dead" as part of their ministry, as it would help bring people to know Jesus. If this is your call, get a hearty filling of the Holy Spirit daily, and do what He shows you to 'lay hands on the sick' so they can

recover—and tell them about the way to eternal life in Heaven forever, where there is no sickness or pain.

Perhaps you have the skill of working well with children. There are many struggling families today, struggling to make ends meet financially, and trying to find out how they are best to raise and care for their children, with so much in the media aimed to play the part of parents and direct their young lives. Perhaps with a suitcase filled with only the good and lovely and beautiful learning materials, you can make the rounds to a few families a day or week or month, and spend some time with their children, making learning the right things fun. Giving the parents time to cook, or care for the baby, or come home from work. In return for your help they might offer you a meal, and perhaps a place to stay, if you are farther away from home—or wish not to rent a house. Just have your basics that are needed, a vehicle, and give your life to help other's families. Perhaps once a week you can stay in a rented room in someone's house where you are registered and can receive your mail; and spend time to relax and decompress and plan classes. Or just have a trailer you can travel with, that is very well stocked with all that you need to teach and train children—books, videos, CDs, active games, etc. It can be like a mobile educational facility. It can be your dwelling place to sleep in, cook in, and go to a campsite for relaxation. You can be like a circuit teacher, letting many families share the materials you have—saving them funds, and enriching the training of their children. Perhaps the families can share some funds with you for petrol and living costs. Or you can have a way to raise funds as you go, by having quality learning materials to sell to others or to the families themselves.

If you have a family with children, perhaps your family wishes to minister to others together with shows, or music, or presentations.

The performing talents of a family might be just the cheer and light needed to encourage the faith of others. You could go to churches, or homes for the elderly, or other facilities set up for caring for people and children. Perhaps there are refugees or orphanages that would appreciate a bit of musical and inspirational spark, as well as some heart-feeding too with good true stories and the message about Jesus and His gift of love and life for us.

If you and some others you know are musically inclined, perhaps the Lord wants you to use your skills to bring to life the thoughts and ideas and feelings of Heaven through the songs and music you can play. New songs and pieces of music can be written and composed that proclaim and shine out the messages that God wants to say to people's hearts. Do regular concerts, or travel to do them in various places.

If there is a prison where you live, and you have the option of going in there to teach people and bring them to Jesus, find out what you can do, and how. If you can bring material aid, and literature, or give classes, and do what you can. Jesus said if we visited those in prison, it was like doing it to Him. I heard recently about a minister who was called to work in one of the worst prisons around. He bravely took on the task, and taught the Bible plenty. He showed them that he loved them and prayed for them. The place was transformed—as God's love and learning from the Bible changes things every time. It became as one of the better places around because of this man's on-target reaching and teaching. No other "religion" did that. It takes God's Word, love and power—which is the only real thing—to change things for the better.

If there is a place for sale, or rent, that can be used as a community entertainment place—even just a large shop, it could be bought or

rented in an easy way (see further below), and it could be used for bringing good, Godly, entertainment, fellowship, inspiration, and relaxation to the community.

The place could provide:

--Health food snacks and meals

--A place for older people to meet for chats and games

--A place for young people to work on live stage plays and jam musically

--Shows of some creative sort could be put on most nights of the week, mostly using the talents of those in the area, as well as invited groups to visit and perform

--The place could sell the best types of books, music, videos that change things for the better and tell young people the truth they missed hearing

--Parent-guided educating families could meet for activities together, or one family at a time could come and use the well-stocked place of only the best learning materials.

--It could be a play place and early learning area for mothers to take their young ones, set up with great learning aids (I'm trying to set places up like this around the world)

--It could have a quality library, with only good books that teach and talk of things you want lived out and done in the town.

--It could have good documentaries and shows shown with projector on some nights

--It could have a library for people to come and read there quietly--or buy the book if they want to keep it; warm drinks and a salad buffet could be provided for the lunch hour for people to come read and eat only good healthy food

--seminars could be held, teaching young or old practical living skills

--Music teachers could rent it for their practice

--Classical music, or audio seminars or inspirational talks could be played, while those who like to knit and sew could meet to do so

--Visiting speakers could do talks

--Prayer groups could meet there, or an open time when all are welcome to join in.

--Bible classes and studies

--Exercise groups could rent it for their sessions

--Children could do Christmas and other performances

--Children's parties could be held there, rented by families

--Classes could be given to community members on healthy, chemical-free living that saves funds, as well as items for sale that are better options for health.

--Talks and presentations and skill classes and all could be done there

...and on goes the thrilling possibilities, all able to happen during the week, at some point. It could all be scheduled what happens on which day, and special shows and visiting entertainers could be announced on posters, etc. Those who helped to sponsor the buying of the place

would have free access for those years or perhaps for several after that; and most events for others could just be a small donation for locals keeping it friendly and happening! And if the team of managers ensured that no 'corrupters' of material or shows or anything that lowered morals was allowed to be there, then this would benefit all living there. They would have to ensure it was kept well and clean too, of course.

Do you have a place at your house when you can serve a meal to one or two people? Learn about the best and most healthy meals and snacks you can make, and invite a person or two over to fellowship, pray, read the Bible, or discuss matters of faith that they wonder about. Use the time of eating to be a friend, and also feed hearts.

Perhaps you wish to teach others about healthy ways of living, and they could give a donation for your time and you can give a class each week or two, over a healthy snack or smoothie. This “health club” you host could meet also for weekly exercise, and had have access to a batch of books and videos they take turns borrowing, on the healthy topics you are learning about—books that lead to God’s way of health, and reveal the secrets that the Bible teaches, to happy and healthy living. You could pray for each other’s families and children, and be a moral support for each other in your health commitments.

You could learn and teach others about handy crafts and how to live simply and more cost effectively. A team of you could meet to make rag mats for the needy, or knit scarves for poor overseas, or sew clothes for a struggling family, or create other useful items. While doing this you can be listening to faith feeding audios, the Bible, inspirational music, or seminars that will enhance your walk with the

Lord and your usefulness in His service.

Perhaps you just found out how dangerous the bedding is for babies to sleep on, when it made with chemicals. You wish to reduce the ill health caused by such things. You find the most cost effective material to hand make baby and toddler blankets, mats, and all. And you teach yourself how to make them. When someone is expecting a baby, or you met someone that has one, you let them know you have a gift for them, if they wish for it. Then you pray for that little one, regularly, who you helped with a healthier life, praying for their safe keeping, and most of all that they will come to know the Lord. You pray for the parents and their training of their little one, and the strength and joy they need. Perhaps you make little gift bags with helpful and healthy items, and a book of encouragement to read, and you give them away on Mother's Day, to those who have just given birth and are in the hospital.

If you have the gift of sewing, and have a working machine, and the means to get yourself started with some organic cloth, you can help make a difference in someone's life. Organic clothes are better for health, and most of all they don't promote the chemical-filled cotton growing farms that harm so many. But organic clothing costs so much—due in part to the higher pay given to those sewing them—and most families can't afford it. But if you can create some clothes, and give them away, or sell them for less or only as much as it costs you to buy the cloth, and be like Dorcus (Tabitha) in the Bible, making clothes for struggling families, this will be a loving deed of charity. You can even make the clothes in your own style, and give a brand name on them that is a good message for all who wear the clothes—and make the attached paper tag have a message of joy and salvation.

If you can only stay home most of the time, make sure you have tracts handy at the door, so no one leaves your house without one—whether they are a postman, or delivery man, or plumber, or door-to-door sales man, or charity fund raiser.

Write a book or two, and self publish it, or help your children do the same—if there is something good they want to tell the world, or their friends. All you need is to get a few copies done at a time. It's very doable these days in the world of printing. As you correct and polish the book, you can keep making a few more copies, and get them out to friends and others.

Make a calendar, with a quote or good true story along with a Bible verse. Give it as a gift for your friends and those you wish to inspire on a daily basis. Print it and let them read it each day—and then pass it on to someone else the next year. Make it repeatable by including only the date and month, per day.

Use your Christmas gift time, if you do that, to give things that are heart-feeding and that help missions in some way. It could be a book or CD that is good for them to enjoy. Or it could be something like a card with the words in it, “For my gift to you, I bought a goat for a needy family overseas/ or a warm sweater for a missionary, etc.”

Go busking to raise funds for a missionary project overseas, or that you are doing where you are. Sing songs that bring light and life, love and joy to those around. Sing with a smile and emote. Let your light shine. Have a poster telling what you are doing. Make it a blessing to those who pass you by, and to those you are raising the funds for. Be honest and diligent and pass on all that was given to you to give to others.

A place set up to serve (or self-serve) the best healthy foods; and set up with lovely things for learning for little children (or older ones too, if they just want to read good new books provided at this place). It is organic in food and in what the places has—like household things that promote good health: the cutting edge stuff that most people wish they could have in their house. An air filter helps additionally to keep it fresh, and it could have soft pleasant good music playing gently. The walls and decor is special and inspired by nature. It will feel like they have just stepped into another world for an hour or two. Mothers can come there to bond with their little one, and give them positive input. It's a haven away from it all. A place to let go of stress, and learn about ways to build happier, healthier lives, and see smiles on the little children's faces. It can be stocked with all kinds of educational material for those seeking to be in charge of their children's education. It can serve as a place to teach for variety, away from home—without having to buy all the materials or have it stuffed in their house. A team of mothers that wish to be some of the exclusive members, get access to it. They pay for membership that covers the bills of running such a place, and the basic needs of the manager—you. Perhaps for others it could just be where they buy their lunch and be off—fast food organic/gluten-sugar-dairy free/ top healthy food! Then there could be some people that want to rent a room in it for an hour or so for a playgroup to meet. Or teachers could come there at certain hours of the week to teach children of members something like a musical instrument or dancing, etc.

A thought to ponder: How many people know about Jesus and have received His gift of salvation in the world? Picking a random number, if only one 5th of the world does, and if each one of those believers

spoke with only one person a day for less than a week and told them way to Heaven—the whole world would be evangelised by next weekend.

Of course there are challenges—of travel and language, as well as political barriers. And some people take a long time to realise what the truth really is, even after they are been told and shown it, due to the suffocating, confusing flood of lies worldwide. So God is patient—for the unbelievers to embrace Him as their Lord; but impatiently urging us who know the truth to do our utmost, every day, before it's too late.

Time to get active!