

Back to Eden

True Spiritual Healing
Toxic Bodies and Minds
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Sanctuary Prayer
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How to Cooperate in Healing

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This issue (number 77) is going to be a little different. It will deal with how to become spiritually healthy. I see many parallels between how toxins in our body break down our physical health and the toxin of sin breaks down our spiritual health. But that being said, very few people know how to become really spiritually healthy.

Earlier this month Peter and I were visited by a woman who was having some issues with anxiety. She had a panic attack. As a Christian she knew she needed to give her worries to the Lord, but she didn't know how to do this practically. I explained to her that some sin (like toxins) are easily identified and are on the surface and can be dealt with, but what about those that are hidden to us, buried deep in our subconscious. These need to be cleansed to be healthy.

We all have had experiences in our lives which have affected us. These are stored in our brain as emotions and memories. Supposing someone upsets us, we react and respond in a way that draws from the source of our memories. What we need to do is to look at the roots of these memories, where did they come from. The Bible calls them roots of bitterness (Hebrews 12:15). Once we admit that we have a root of bitterness, we then can confess it and give it to God. He will cleanse it, heal it and bring us back into harmony with Him.

We all have many roots that need to be confessed so they can be spiritually healed. Take your time and work through them. This will be like peeling layers of an onion away. Sometimes it will hurt. But it needs to be done if we want to be restored to spiritual health. Suggested prayers are given to help you.

I have already shared this information with some people. I realize my newsletter goes to many more and it is my desire that more understand this subject. I realize that some who read this do not profess to be Christians. But I do know that it doesn't matter where you go, people are burdened with anxiety, depression, worry, and guilt. These, plus more, are completely gone after spiritual healing.

I believe that this is the only way to true healing. God can cleanse and heal, but we must do it His way. God wants and needs a cleansed, healed people who reflect His power and love to a world.
From Kaye and the Back to Eden team

True Spiritual Healing....

When I started sending out these newsletters nineteen years ago I believed there would be a day when I would stop. Why did I think like this? It wasn't that I was growing older and one day would retire but it was because I believe Bible prophecy. This teaches that just prior to Jesus coming many unsettling events would happen and we would see incredible changes in the world. I believe we are currently on the verge of a crisis. What exactly the crisis is, I cannot accurately say, but I do know unsettling times are ahead.

First we need to see what is happening to push us towards a crisis. Signs are everywhere – confusion, anger, hatred, strange weather patterns, world wildlife reduction, adulteration of our food supply are just a few. Countries are getting further and further into debt. Riots, demonstrations, are evident in many countries. People are getting life threatening diseases, many which were scarcely thought of fifty years ago. Human fertility rates are declining rapidly. All of these point to a looming crisis that threatens our very existence. Yet there are very few voices speaking of these events and often those who are speaking up are being silenced. Yet for most of the people in the world, they do not see the importance of these events. Most people are busy living, eating, planning, trying to exist and get through the day. Very few are alarmed. Yes, they realise that there are problems, but because they listen to the media they rationalize that if something really terrible were to happen we would be told about it.

An extremely important question is who really controls the mainstream media? It is said that whoever controls the Mainstream Media (MSM) actually controls the world. As of 2009, six companies controlled all of the major media outlets. That is a very small number of people controlling all of the information that streams into millions of homes.

Because of the passive, hypnosis-like viewing of television as well as its predominance in

the homes of nearly everyone, the television is one of the most powerful tools used today. Through the television and other forms of media, we are told what to think about, what to worry about, what to smile about, and what to be scared of. They have sold the public on the idea of the newscaster being an extension of the family, a trusted figure who encourages the acceptance of the information being presented as true and accurate.

Major media news networks have been programming people for years. They get us familiar with an idea so that when it happens we expect it and do not react and question. Although most people refer to television programming as the shows that are aired on television, it can also refer to the programming of the people that occurs on a daily basis. Most people believe they are just simply being entertained, but they never realize that their way of life is being shaped for them and their thoughts are actually being given to them. They are being familiarized with ideas, concepts, and fear so they won't question certain interventions in the future. TV gives us what messages must be imprinted in our minds, gives us what button to push in what sequence, and if it's done the right way with the right production and the right propaganda then the public will react and do exactly as they've been programmed to do.

You can be guaranteed that by following the ideas pushed by mainstream media, you will remain in ignorance and darkness. If you want to be healthy, physically, emotionally and spiritually, you have to think outside the box. You have to take back your mind and think for yourself.

How to be healthy spiritually

Revelation chapters 2 and 3 speak of the condition of the churches over the last two thousand years, starting just after Jesus' death, resurrection and ascension continuing right down to our time. There are seven church periods mentioned, the last of these mentioned in chapter 3:14-21, is called Laodicea. This church period parallels from 1844 to our present time. Christ told the Laodiceans He knew their works, that they were a lukewarm church that thought themselves

rich, increased with goods and were in need of nothing. But in actuality were wretched, miserable, poor, blind and naked and needed to repent. Unless they repented He would spew them out of His mouth.

Why do we need to repent and be converted?

God wants a people He can pour His Spirit into. He wants people who reveal His faith and His character to the world. He needs them to turn from their sins before He is able to pour His Holy Spirit into their hearts because He cannot pour His Holy Spirit into unconverted people. At this time in earth's history, I believe one of the greatest sins in God's church is covetousness. We are incredibly selfish with our possessions, time and even our talents. Remember, God know our hearts and if selfishness dwells there, He knows it. He cannot come into our hearts and live there if we love the things of the world.

As Christians, our aim is heaven. But Jesus Himself taught that many who work in His name, even casting out devils are not acknowledged as His. (Matthew 7:23) Can you imagine a greater deception! So obviously, we need to search out our hearts to ask ourselves if our religion is really genuine. The Bible tells us that there is a lot more to true religion than adhering to specific doctrines but it is ministering to the needs of people – visiting widows, helping the homeless, poor, blind and naked.

Who are sinners?

But do people really see themselves as sinners that need repentance? I am sure that there are some people who readily admit what they are and know they are doing the wrong thing. I believe that most people would not see themselves as sinners. Then there are many believers who consider they are good people, live decent lives and don't purposefully go out of their way to hurt people. They don't steal or lie, cheat or gossip. That is not to say they have never done these things in their lives. I am sure if they were honest they would all admit to telling little lies and stealing little things or gossiping just a little. Nothing big. But many believers believe that God is too loving that He will not keep them out of heaven for doing these small things. Is this actually true?

How does God see us?

Trying to be good people will not make us spiritual. Is there a difference between the good man and the spiritual man? Paul says Romans 7:24, "O wretched man that I am! who shall deliver me from the body of this death?" Paul saw himself as he really was, a sinner who needed a Saviour.

Most people are taught the difference between good and bad in their childhood. We were often told to behave ourselves and be good. Some of us may have gotten off the

track and rebelled a little as we have grown older, but most people want to do right and will go to any measure to make themselves feel appreciated and recognized. We do things to make ourselves be liked and accepted by our peers. Now when one becomes a Christian, some use this as an incentive to work harder as a Christian and do good deeds to be acceptable to God. But this model does not actually work when becoming a Christian. No one can become a Christian by trying to be good. So our goodness amounts to nothing in God's eyes.

The most comprehensive definition of sin is found in the Bible in 1 John 3:4 "Whoever commits sin transgresses also the law". God has a fundamental unchangeable law that will never set aside the holy law in any plan to save man. This would destroy the foundation of God's government. And, remember, God's fundamental law is the Ten Commandments as given in Exodus 20.

Is there a more important question man can ask than "What must I do to be saved from sin?" Romans 3:23 says "all have sinned and come short of the glory of God" and "the wages of sin is death" Romans 6:23. This means eternal death. This is the penalty of sin. **Man is totally unable, by any of his works to change himself no more than we can change our skin colour or a leopard change his spots.** Man is like a criminal who has violated the law and is doomed to die. His promises cannot save him and even if he were to live without sin in the future, he still has on him the guilt of all the sins he has committed in the past. He is like a person who has a huge grocery bill. Even if he pays cash from now on this will not pay his back debt. So far as human prospects go, man is hopelessly in debt and hopelessly lost.

Yet Christ came to earth to pay the price of our transgression. "Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His." Desire of Ages 25

This can be illustrated by comparing a sinner to a condemned man standing before a firing squad. Only the slightest touch of a trigger is needed to send him to death. But a messenger suddenly appears and a command is given to lower the guns. Some higher authority has intervened. The condemned man is led away and set free. God has provided for us a way of escape from certain and everlasting death. That way is through Christ.

So the way is opened for forgiveness for all our past sins. He changes us. It is known in the Bible as being "born again". I want to emphasize here that this is a gift. He creates a new person who has a change of heart. They no longer want to do the things they were formerly doing. Now they want to spend as much time as they can learning all about Him.

They love the things He loves. They long to talk to Him and about Him to others. Their life has really changed. He sends His Holy Spirit to dwell in their hearts, strengthens, comforts and keeps them on the new path. He opens heaven to their prayers.

So how do we get rid of our sins?

1. Acknowledge we need help, that we have sinned. Isaiah 45:22
2. Believe in Jesus Christ to be saved, and your house. Acts 16:31
3. Repent and confess all your sins. 1 John 1:9, Luke 13:3, Acts 3:19
4. Be willing to forsake all your sins. Isaiah 55:7
5. Make things right with any person you may have offended. Ezekiel 33:15,16
6. Put scripture promises in our heart. 2 Peter 1:4
7. Let the Holy Spirit guide you and lead you. Romans 8:14
8. Be willing to obey God's law. Proverbs 28:9
9. Be willing to witness for God. Acts 1:8
10. Keep your eyes fixed on Jesus and try to follow His pattern. Hebrews 12:1,2

We may have done things our way, wandered far from God. The miracles of miracles is that God can change us IF we acknowledge, confess and forsake our sins. God will do the work in us, He just wants our permission to do it in us. We also may find it hard to know what sins to repent of – covetousness, unbelief, pride, love of the world, presumption, self-righteousness, fashion, empty conversations – to name a few. (more sins are listed in newsletter on page 7) Remember the works I mentioned earlier, these are now done, not to earn salvation, but **as a love response to a loving Saviour.** We work and reveal His character to others. We minister, we share, we love as He loved. This is our motivation.

Sin affects our spiritual life in a similar way that toxins affect our physical health. Imagine toxins all throughout our body. We know they are making us very sick. First we need to acknowledge we are sick and make choices that will take us on the path of health. We decide we need to stop putting the wrong foods into our body. Then we take some juices, herbs or take just water only to cleanse our organs. So in the spiritual sense we need to get rid of the toxin of sin in our life. If we don't do this, sin will eventually destroy us.

Our record in heaven is not something that is cleansed automatically. The Holy Spirit will convict us of wrong doing and bring memories back to our mind. God wants us to be cleansed of every sin (just like we need to be rid of every toxin). Many of these roots of sins can go back to our childhood. But they all can be removed if we cooperate with Him. He will reveal them to us. As we acknowledge and repent of wrong thoughts, feelings and actions, Jesus will forgive us freely and cover us with His blood and cleanse our minds (hearts)..

Comparing toxic bodies to toxic minds

Our bodies need to be detoxified and cleansed to be healthy. What about our minds? Do they need to be detoxified and cleansed? Did you know there is only one way?

When people talk about body cleanses or detox diets, they talk about the dangers of “toxins.” What exactly are toxins? Toxins are all around us! Your body is filled with toxins that need to be flushed out! They are potentially harmful substances we come into contact with every day — pesticides on your produce, pollutants in the air, unpronounceable ingredients in processed food, or heavy metals like mercury and arsenic in the soil, just to name just a few. But especially in our modern world, many of us are constantly bombarded by toxins in the air, in food, in our cleaning products, everywhere — and those toxins can add up and do accumulate in the body.

Detoxification – How Does it Work? In its simplest terms, detoxification is a process that removes poisonous or harmful substances from your body. Impurities are removed from the liver, which is where the body’s toxins are stored and processed prior to elimination. A good detoxification will also cleanse the intestines, kidneys, lungs, lymph nodes, and skin. Detoxification is important because it effectively removes or greatly eliminates the harmful toxins that can accumulate inside your bodies.

How Disease Happens

Many years ago I read a statement. “Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.” What this means is that people have troubles in the home and because of this worry and concern, it breaks down their life forces. Sometimes it can be as a result of a guilty conscience that weakens the constitution and unbalances the mind.

Did you know that the latest cutting edge medical research is now proving this statement? Science now knows that the thoughts you meditate on long term cause biological manifestation in the form of disease in our bodies. For every thought we think there is a physical reaction in the body, an electrical current travels along the nerves and produces hormones and chemicals that affects our entire body. Scientists now know that 87% of all disease is a result of what we think. So it is true that what we think affects us emotionally, intellectually and physically. There is massive research that points to this, and suggests that in the

future this figure will reach 95%.

If we take a look at how our memories work we see that the brain nerve cells have an axon and dendrites. We can compare this to a tree that has a trunk (axon) and branches (dendrites). As you take in information, the brain processes and stores this information by building stronger connections (branches) on these nerves. The more connections (branches) you have on a particular nerve, the stronger or more intelligent that memory is. We have been given brains that have incredible storage capacity with infinite capacity for learning and performs 400 billion actions per second, of which you are conscious of only about 2000.

The nerve cells with only a few branches are weak or poor memories. So we can liken these cells to a tree that has a few branches, but a lush tree that has many thick branches, will have strong memories.

A part of the brain, the hypothalamus, is very important for learning. It connects every thought you are thinking and converts it into a physical reaction. It is the chemical factory of the brain that determines the type and amount of chemicals that are released into the body in response to every thought and emotion we have. When we have a negative thought (fear, anxiety, worry, unforgiveness, bitterness, anger, rage, self-hatred etc), the hypothalamus responds by producing either insufficient or excessive quantities of certain chemicals which become toxic and harmful on your body. You can build good memories by the same process.

If you sit and study the Bible, electrical currents in your brain are converted into thoughts. If you accept these thoughts, chemicals carrying this information shoot into the cortex of the brain and you begin to build memory (strong branches). If you reject the thought, it will not penetrate the brain any further.

Every single thought will produce different quantities of chemicals. Depending on which type of thought it is (toxic, or positive) it will have a different structure, a different electromagnetic field around it – it looks heavy and dark and looks like a thorn tree. Scientists can now see under a microscope how toxic memories are very

different to healthy memories.

What about your emotions?

The chemicals that carry the information from your thoughts also carry the emotion you experienced with those thoughts, even though these events may have occurred many years earlier. These emotion chemicals are released as you recall the thought. So every time you think a negative thought against someone, eg bitterness, your hypothalamus secretes chemicals that shoot into the part of your brain where all the pre-existing memories are located. When you think about this memory, and dwell on it, the toxic chemicals will make you sick. An emotion such as bitterness will produce a sequence of chemical and hormonal reactions that can lead to breast cancer. Different emotions such as fear and anxiety will release toxic chemicals that that can lead to over 100 incurable diseases such as angina, heart failure, high blood pressure, allergies and asthma. Anger and rage can cause aneurysms, stroke, varicose veins and haemorrhoids. Low self-worth can cause depression, addictions, migraines, autoimmune diseases and weight gain. So these emotions can resurface years later and produce physical sickness and disease.

How to detoxify mind

These memories are stored in a part of the brain called the Amygdala. Amazingly, the God who created us knows how to heal us and has given us a way whereby these memories can be cleansed. The only way we can cleanse these memories and emotions is through the power of the Holy Spirit. These thoughts of unforgiveness, hatred, bitterness, anger etc must to be rejected. Through genuine repentance, releasing and forgiveness you can physically change the structure of those nerve cells that look like thorn trees. If you choose to meditate on good thoughts, chemicals will flow through the brain and remove the thorns in four days, and you can create new healthy memories over them in twenty one days. You can literally detoxify your brain and change its whole neuro-chemical structure through your thought life. The memory will still be there, but it will no longer make you sick or affect you. It is amazing to realize that science is now able to prove that God is able to renew our minds – Rom 12:2; Eph 4:23.

How did these toxins get into our minds? Satan is a master at planting these – he has had centuries of practice and knows well how to program us. The Bible says an enemy planted these in the same way as he sowed weeds among the good seed. Satan planted them, some even as far back as when we were in the womb, sometimes

as babies, children and all throughout our lives. So Satan used someone to plant a bad thought (a bad seed) in us that took root in our minds and we developed an ungodly mindset. We allowed him to train us in our thinking to be anxious, fearful, unforgiving, jealous, envious, to have low self-worth, guilt, condemnation, anger, rage etc. So we can see that disease has a specific "spiritual root" or specific sin behind it. In the medical field it is now known that there are specific toxic thinking habits behind specific diseases.

Each one of us is unique. All of us have passed through life and all of us have had experiences that have shaped us into what we are. What most of us do not realise is that for our whole life, every time we denied or buried our feelings, they did not automatically disappear. Some of us were abused to a greater or lesser degree – physically, verbally, sexually or emotionally. We may have been picked on by an older brother, or been punished by a parent for something we didn't do. No one cared for our feelings, they were not important. We may have been told "just forget it", or "just ignore it", but what happens to these feelings?

These buried feelings are what causes us not just to have emotional problems in our lives, but they also influence what diseases will affect our bodies. Remember, feelings buried alive never die, they are not dead unless they are repented of and resolved. They have to be brought to Christ and healed of, they will surface again when circumstances trigger an emotional response.

Toxins affect our physical health and need to be cleansed if we are to have physical health. In a similar manner, if we want spiritual health and true peace, we need to detox our minds from all the emotional junk that has been put in over the years.

Consider what you would do if you were diagnosed with cancer tumor. Obviously, you need to either get rid of it naturally or get it cut out. God has placed in our bodies a marvellous healing mechanism. If we give our bodies the right conditions, eg get rid of the cancer, cleanse our bodies and provide super nutrition to rebuild and repair the damage, our bodies can heal. Why wouldn't our loving Creator place a healing mechanism in place to heal our mind. We need not suffer with depression, anxiety, and many mental issues. Some even believe that some of the mental disorder eg bipolar respond to healing of the mind.

Remember, God is the Master Physician who knows how our bodies work and knows how we can be rid of all our unwanted, toxic emotional baggage.

Earth's Final Generation

Take a close look at the signs predicted around 2000 years ago and connect them with the events that are now happening around us at a rapid pace. This puts into perspective our need for total spiritual healing - we cannot afford to delay any longer.

Leaving the Temple grounds with His disciples Jesus pointed to the various Temple buildings saying "Behold, your house is left unto you desolate". The disciples were perplexed. He further told them that the Temple will be so completely demolished that not one stone will be left on top of another. The disciples came to Him and asked "when will all this take place? And will there be any sign ahead of time to signal your return and the end of the world?"

Jesus answered them, mingling the description of the imminent destruction of Jerusalem and the end of the world. His words are recorded in Matthew 24, Mark 13, and Luke 21 [*take time to read these chapters*].

In less than forty years after Jesus predicted the destruction of Jerusalem it fell to the armies of Rome. And just as He had predicted, not one stone of the magnificent temple was left upon another. But prior to its fall Jesus told His followers that a sign would be given to let all of Christ's followers who lived in Jerusalem know that the destruction of the Temple was near (Luke 21:20).

In October, A.D. 66, Cestius besieged and surrounded Jerusalem. The Christians in the city recognized this as the sign that was given by Christ. The Romans suddenly withdrew, giving the Christians who heeded the warning a small amount of time to get out of the city. They all fled, not one losing their life. Soon Roman armies led by Titus returned and this time the city and Temple was again surrounded, and in A.D. 70, the city was destroyed. More than a million Jews who remained there were starved, slaughtered and perished.

For the next nearly 250 years the church suffered intense persecution from the Roman government (Matthew 24:21). Christians were given to wild beasts, or smeared with pitch and lashed to poles to serve as torches for the arena. Millions were martyred for their faith in Christ.

Then the Emperor Constantine, realizing that Christianity could not be stamped out, staged a political conversion, and proclaimed Christianity (well mingled with paganism) to be the official religion of the empire. But the long centuries of enforced religion that followed produced even more severe religious intolerance which took the lives of more than 50 million people.

Not until the opening up of the American continent were Christians finally permitted full liberty of conscience without threat of persecution.

With the establishment of the United States of America, the centuries of religious persecution came to an end. The Declaration of Independence, perhaps the most famous freedom document of all time, was signed in 1776, stating that "all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness." America opened her doors to all who sought religious freedom, guaranteeing the right of all to worship according to their own conscience.

Jesus said, "Immediately after the tribulation [*the religious persecution of the Dark Ages*] of those days shall the sun be darkened . . ." The United States had barely been born when on May 19, 1780 it witnessed what has been remembered in history as the great Dark Day. (Matthew 24:29) According to the Boston Gazette, "there was the appearance of midnight at noonday." The darkness began around 10 a.m. Candles were lighted; animals thought it was night. The Connecticut Historical Collections describes the tension in the state legislature where, "a very general opinion prevailed, that the day of judgment was at hand." The poet John Greenleaf Whittier called it "a horror of great darkness."

Jesus went on to say, ". . . And the moon shall not give her light." The Collections of the Massachusetts Historical Society, referring to the Dark Day, contains this record: "The darkness of the following evening was probably as gross as ever has been observed. . . . If every luminous body in the universe had been shrouded in impenetrable shades, or struck out of existence, the darkness could not have been more complete. A sheet of white paper held within a few inches of the eyes was equally invisible with the blackest velvet. . . . This gross darkness held 'till about one o'clock, although the moon had fulfilled but the day before."

The third sign Jesus mentioned was "The stars shall fall from heaven." On November 13, 1833, from 2 a.m. until daylight, the sky all over North America was aflame with meteors. One observer remarked, "It seemed as if the whole starry heavens had congregated at one point near the zenith,

and were simultaneously shooting forth, with the velocity of lightning, to every part of the horizon; and yet they were not exhausted." It was called "the most magnificent meteor shower on record."

One of the most extensively felt earthquakes ever recorded occurred November 1, 1755. (Revelation 6:12, 13) Extending over an area of at least four million square miles, it covered the greater part of Europe, Africa, and America. Seventy thousand people were killed. In Lisbon, Portugal violent shaking lasted for at least six minutes, destroying most of the city. The sea rose fifty feet above its ordinary level. Encyclopaedia Britannica called it "the most famous of all earthquakes." G. A. Eiby, in *About Earthquakes*, referred to it as "the greatest earthquake on record."

History reveals how some of these prophecies Jesus spoke about were fulfilled either during the fall of Jerusalem or in the years after this. But prophecies can have a dual application, meaning that even though some were fulfilled during the fall of Jerusalem, they can also be applicable to the last days of the earth's history. An example of this is that the sign in the sun, moon and stars, as related previously has already actually happened, but it will occur again.

The following is a compiled list of prophecies that I believe will be fulfilled again. The list is by no means complete, but it will give you the idea you need to get. The earth's final generation will comprise those who have seen all the signs Jesus listed in their lifetime. Luke 21:32 says that this generation will not pass away till all the prophecies will be fulfilled.

Jesus tells them, as recorded in Matthew chapter 24

(these verses are paraphrased with sometimes extra explanations added). . . . Don't allow yourselves to be spiritually deceived as many will come in Christ's name and claiming to be sent by Him and others will even claim to take His place. There will be more and more wars and rumours of wars, but these must happen before the end comes. Nation will rise against nation, kingdom against kingdom with much global unrest. 4-6

There will be great famines, pestilences, widespread epidemics, and earthquakes will increase in frequency and will occur in diverse places. Many more horrors will come, these are just the start of them. Christian will be hated, persecuted, betrayed and even killed. Brothers, fathers, children, all family members will betray one another. There will be many false prophets and false teachers will arise and shall deceive many and lead them astray. 7-11

Sin and moral decay will be so prevalent that most people won't even know what love is. Only those who endure to the end will be saved. The full gospel truth will be preached to the entire world for a witness to its truth, then the end will come. 12-14

When Jerusalem is surrounded by armies of the nation that is referred to by Daniel the prophet, flee the city and immediately to the mountains (this is how the Christians escaped the siege of Jerusalem). 14,15 Those days will be very hard on women who are pregnant or still nursing babies. Pray that your escape is not in the winter or on the Sabbath day. 14-20

This event will start a great tribulation or a time of great horror than anything the world has seen or ever will see again. These days will be shortened otherwise the entire human race will be destroyed. Don't believe it when anyone says that Christ has returned to the earth. He will not return this way. 21-23

Because there will be many false Christs and false prophets that will work many miraculous signs and wonders. Don't believe them, they almost deceive even God's chosen ones. If someone says the Messiah is in the desert or in any secret place, don't bother to go and look. When Jesus really comes He will come out of the east, and His coming will be seen in the same way as lightning lights up the sky. 24-27

Immediately after these horrible days [*the centuries of persecution*] the sun will be darkened, the moon shall not give her light, the stars will be shaken, and the powers of heaven or planets will be shaken. Then at last the sign will appear when Jesus Himself will come in the clouds of the heaven and will come in great power and glory. He will send His angels and with a mighty trumpet blast will gather His people together, from one end of the earth to the other. 29-31

There will be wheat and tares (the true believer and the hypocrite) in the church right up until the end. Matthew 13:25-30, 24:38-40

In Luke 21 Luke relates the same talk by Jesus and we note a few additions to the narrative. He says specifically that great earthquakes will come and fearful sights would be seen and miraculous signs would be seen in heaven. You will be persecuted, imprisoned, accused before kings and rulers of being Christ's followers. Don't worry about how you will answer these charges because you will be given the right words and wisdom that none of your opponents will be able to reply. 11-15

God promises to protect you and not a hair on your head will perish. It will be terrible for pregnant women who have to flee during this time. The whole country will be in turmoil because God's protection will be removed. Many will be killed by the sword, and those who survive will be taken as prisoners and scattered among the nations. From that time on, Jerusalem will be trampled on by nations until the times allotted to the Gentiles are fulfilled. 18,23,24

There will be signs in the sun, moon and stars, the nations on the earth will be in turmoil with the sea and waves roaring (tsunamis). Man's heart fail them because of fear of what is happening and the powers of heaven will be shaken. 25, 26

1 Timothy 4:1-3

The Holy Spirit has explicitly told us that in the last days, people will give up their faith and turn away from Christ. They will listen to deceiving spirits and end up following the teachings that come from demons. This predicts a rise in spiritualism which rises from the false doctrine of the immortality of the soul (no one has an immortal soul. This is a deception as only God is immortal, the soul that sins dies). Some will pretend to be loyal to the truth while teaching lies. They pretend to be religious, but their consciences are dead. Others say it is wrong to marry and to eat the good things God created which should be received with gratitude.

2 Timothy 3:1-7 brings more sins which predominate in the last perilous days. People will love themselves and their money and be very materialistic. They will be boastful and proud, scoffing at God, disobedient to their parents, ungrateful and will consider nothing sacred. They have no natural affection, are unloving and unforgiving, they slander others, have no self-control, they are cruel and have no interest in that which is good. They will betray their friends, are reckless, are puffed up with pride and love pleasure rather than love God. Most people are so mesmerized by what the media is feeding into them, their minds are so benumbed to original thinking and natural thought processes that rational reasoning from cause to effect is greatly compromised. They act as if they are religious, but they will reject the power of God that could make them godly. We are strictly instructed to stay away from people like this. They are able to win the confidence of many and lead them astray. People like this are ever following new teachings but are never able to understand the truth.

2 Timothy 4:2-4

People will not listen to Bible truth and no longer adhere to strong doctrine, but will

follow their own desire and look for teachers who will tell them whatever they want to hear. They will reject truth and follow strange myths and fables.

1 Thessalonians 5:2,3

The Lord will come as unexpectedly as a thief in the night. The world will start pushing for peace and when everyone says "We've finally achieved peace and the world is safe" then sudden destruction will hit this world as never before. The end will come as quickly as labour pains come on a pregnant woman and there will be no escape. This is especially relevant to the time we live in as people are calling for peace and safety.

2 Thessalonians 2:1-4

Let me further clarify about the coming of the Lord and the time when we will be gathered to meet Him. Don't be unsettled, alarmed or troubled by those who say the day of the Lord has already begun. Christ will not come again until the great apostasy takes place and the man of sin (the anti-christ) who is leading the global rebellion against God's law is exposed. He will exalt himself by opposing all those who truly worship God. He will set himself in the midst of the church and speak for God as if he were God.

James 5:1-5

Let me say a word to the rich. The time is coming when you will weep and howl because of all the misery that is coming upon you. Your money and property will become worthless. Your hoarded goods will rot and your costly garments will be destroyed by moths. Your gold and silver will tarnish and your rusty coins will witness against you. Your investments will vanish, and your savings account will disappear. Finances will be affected. Your greed will cause your own destruction, and your flesh will be consumed in the fires of the last days. Look, you haven't even paid an honest wage to the people who work for you. Your injustice has caused them to cry out to God for help, and their cry has reached His ears. You've lived in luxury and self-indulgence. You've become fat and lazy as if you were preparing yourselves for slaughter. You've condemned and sentenced to death innocent men just to get them out of the way and no one dared resist you.

2 Peter 2:1-3

There will be many false prophets and teachers among our people who quietly slip in false doctrines denying that Christ needed to die for their sins. By doing this they are quickly bringing destruction on themselves. Many will believe and follow these false teachers. As a result the truth will be brought into disrepute. All these greedy

teachers seem to want is your money. They make up stories to get you to support them. God is aware of what they are doing, and they will reap what they have sown.

Daniel 12:1,4

There will be a time when Jesus finishes His work in heaven and brings an end to all things. He is the Great Prince who protects His people. But before He comes, there will be a time of trouble such as never been since there were first nations, even up to this time. This is when God's people will be delivered, everyone whose name is written in His book.

The words of Daniel were shut up, they were not understood and this prophecy was kept a secret. It will be sealed until the time of the end when the prophecies shall be unsealed and revealed. At this time, many shall run to and fro, and knowledge shall be increased. There has been an explosion of knowledge, pointing to the technology and travel that has led us to have planes, trains and cars. We are definitely running to and fro and have knowledge like no time before us. But this prophecy has another application. During the "dark ages", for over 1000 years, knowledge of Biblical truths was suppressed by the Roman Catholic Church. But since the protestant reformation and breakaway from Rome, God's people have been running to and fro in His Word and knowledge about great Bible truths have been revealed.

Revelation 11:18

The nations are angry because the time has come for the judgment of the dead, to reward those who proclaimed His message and love Him, both small and great. The time has come to destroy those who destroy the earth. Man is now able to destroy the earth through destructive weapons of war, industry, chemicals, oil exploration, depletion of the forests and so on. The rivers and seas are becoming completely polluted, and man is certainly destroying the earth like no other time in history, and God's wrath is about to fall upon them.

Revelation 13:17

It is stated here that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. What needs to happen in order for the "beast system" to stop people from buying and selling if they refuse the mark? We need to have a worldwide financial system whereby everything bought and sold is through electronic means, not cash. This did not happen years ago, but now we are living in a day where this could easily happen. The powers of this world are now trying to make cash obsolete, and are actively pushing pure electronic forms of payment.

Luke 17:28-30

In Lot's days people were caught up in eating and drinking, buying and selling, planting and building houses. All this was going on up to the very day that Lot left Sodom when fire fell from heaven and destroyed them all. This is how it will be when the Son of Man returns. Genesis 6:13 tells us that in Noah's day the "earth was filled with violence." And in Jude 1:7 it says that in Lot's day, Sodom and Gomorrah had given itself over to "fornication and strange flesh". So violence prevailed in Noah's day and sexual immorality (including homosexuality) prevailed in Lot's day. And this would be a sign of the end times before Christ Jesus returns.

Hosea 4:3

Because of their sins, God was letting the land dry up. Everyone was to suffer and many were to die. Even the beasts of the field, the birds of the air and the fish of the sea felt the effects. This one has become a fairly recent phenomenon. During the last few years we have seen fish, birds and other animals die in huge numbers. Since 2010, millions of fish have been turning up dead in lakes, rivers and the sea, with this deadly red tide partly to blame. Also, birds have been dropping out of the sky in huge numbers. And we are seeing other unusual animal deaths all around the world. Including bees and bats dying in their millions. The book of Hosea not only applied to the nation of Israel. It also applies to our day and contains prophecies concerning the state of the world we live in today.

This has been a list of some of the prophecies that have been given in the Bible. There are more. But there are enough here to let you know that almost all of them have been fulfilled or almost fulfilled. When Jesus came as a babe the Jewish nation missed the event, even though it had been prophesied. Only a few shepherds, the wise men from the east and a few faithful were ready for His coming. Could a similar situation occur again at His second coming and many be caught sleeping, unaware that the signs are rapidly fulfilling?

Wrong impulses come from our thoughts and feelings, starting at our conception and can even be passed on through our family line to the third and fourth generation (see Ex. 20:5). These sinful impulses, tendencies and bent to evil are passed on through demons that have been transmitted through our lineage. These can become demonic strongholds in our lives. The demons have access to us through wrong thoughts and feelings, and influence and tempt us through the uncleansed areas of our hearts. These must be revealed by the Holy Spirit, in order to be cleansed and cast out, and then healing occurs. See cleansing and healing prayers on pages 7 & 8

Sanctuary Prayer Outline

This is a suggested way to pray, a model for your prayer life. First, fix your eyes on God; then confess, repent, forsake your sin and be cleansed; then He can fill you with His light, strength, power, He will hear and answer your prayers; then you can be totally healed and have His law written on your hearts.

GATE: You start your prayer with thanksgiving and praise. Heavenly Father, I come before you this morning, thanking you for your watch care over me through the night, and your mercies which are new every morning. Praise God in whatever song, Scripture, or words of personal gratitude and thanksgiving is appropriate for you that day. Focus off self onto Christ.

ALTAR OF SACRIFICE: I humbly come before you, knowing the great sacrifice you have given to us in the death of your Son, Jesus. I also want to die with Him as I give myself to you completely (as in Rom. 12:1, 2; 6:6-14; 1 Cor. 15:31; Lu. 9:23, 24; 1 John 1:9). I give my will to you, and every part of my being - physically, mentally, spiritually, and emotionally (Mark 12:30) Lord, I ask now if there are any barriers (sin) between you and me that would prevent you from pouring out your Holy Spirit upon me in the measure that you see that I need for the day? Stop here - reflect and listen to God, especially about the past 24 hours, or since you prayed last. Ask forgiveness for our defects of characters, neglected duties, any ingratitude to God and coldness towards our brethren. Ask to be rid of every root of bitterness. Work through list here and at Laver. If we repent, He promises to forgive us.

LAVER: Washing of water by the word of God - Eph. 5:26. Look up texts in your Bible that deal with what God is bringing to your mind. Use your concordance - look up words, such as: honesty, strife, faith, love, anger, etc. Confess anything that is brought to your mind (attitudes, words, acts, etc.) that is contrary to the word of God. Ask to be forgiven and cleansed by the blood of Jesus. Make proper restitution with others, if necessary (at an appropriate time). Pray cleansing prayer.

CANDLESTICK: The Holy Spirit. Ask for the outpouring of the Holy Spirit - the seven aspects (Isaiah 11:2-4), the fruit - love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, and gifts of the Spirit as seems appropriate for your needs for the day. Gal 5:22,23; 2 Cor 3:3; 1 Cor 12:4-7; John 8:12

SHEWBREAD: Strength and sustenance. Ask for strength for the day (physically, mentally, emotionally, spiritually), and sustenance for all your needs - financially, socially, etc., - In accordance with God's omniscient will. Claim promises that God gives to you in His word. Live, as Jesus did, on every word that proceeds out of the mouth of God. John 6:47-58,63

ALTAR OF INCENSE: Intercessory prayer for others. This is where you have special prayer for those whom the Lord lays upon your heart. You can follow the sanctuary steps in their behalf if you desire - this seems to be a very effective and powerful way to bring a person before the Lord. Or, you can simply place your requests before the Lord, and claim the promises of the word of God for that person. Ex 25:22; 30:6; Rev 8:3,4; Ps 141:2, Matt 7:3-5

SECOND APARTMENT: Total commitment to God for the day. Example: Father, I ask you to take me into your intimate presence through the blood of Jesus. Seal me in with you for the day. Cover me with the shadow of your wings. Never leave me or forsake me, just as you have promised. Uphold and strengthen me with your righteous right arm. Place upon me your armour, and protect me from the evil one. I abandon myself into your loving arms. Counsel, correct, teach, discipline, and lead me into all truth. Remind me of all that you have told me, so that I will remember to obey you. Whatever you see that is necessary to take me through today for your glory and in service for others, or for my purification, please do it - but cover me with your mercy and protection, and give me your wisdom

Roots of Bitterness - use God's power to cut out all of these by the roots See Hebrews 12:14,15

God wants to cleanse us so we don't have one of these in our lives, but also that we don't react when they are in someone else and they are directed towards us. If there are more roots of bitterness you find, add them to this list. This will just get you started. It will take time to do all this. Some spend an hour with God every day. Remember, it is a process, if done correctly you will see improvement in a short time. But that does not mean we will ever arrive. Our part is to ask God to search our hearts every single day as long as we live, to see if there is more roots there that needs confessing and cleansing. Remember, if a tiny part of a root is left it will reshoot. They need to be completely eliminated.

A need to be always right	Covetousness	Gossiping	Material things	Sexual lust/sins
Accusing	Critical	Greedy/ungenerous	Mean spirited	Sleepiness
Alienation	Defensive	Harsh spirit	Murmuring	Some inheritances
Anger	Discontent	Hatred	Name dropper	Sore loser
Anxiety	Discord	Holds grudges	Neglect duties	Spins the truth
Apathy	Disloyal	Hyper-competitive	Obsessed with appearances	Strife
Appetite	Dismissive	Impatience	Opinionated	Stubborn
Arrogance	Disrespect	Independence	Please ourselves	Suspicious
Bitterness	Dissatisfaction	Indignation	Prejudice	Talebearing
Blackening characters	Dissension	Ingratitude to God	Presumption	Talking about successes
Blaming others	Empty conversations	Insecurity	Pride	Talking of others faults
Boasting	Emulation	Interrupts conversations	Procrastination	Temper
Bossiness	Envy	Jealousies	Quarrelsome	Unbelief
Can't take compliments	Evil speaking	Jesting and joking	Rebellion	Unforgiveness
Can't take any criticism	Evil surmising	Judgmental	Resentful	Unkind thoughts
Childish	Fashion	Justify mistakes	Ridicule others	Unkindness
Clinging to idols	Faultfinding	Laziness	Self defence	Unpredictable
Clingy	Fear	Love of money	Self reliance	Vanity
Coldness	Feeling superior	Love of the world	Self-complacency	Variance
Combatitive spirit	Feeling worthless	Love our own way	Self-esteem	Vindictive
Comparing self to others	Feelings of rejection	Lust	Self-exultation	Wants life of ease
Complaining	Feelings of stupidity	Lying	Selfishness	Wants things done my way
Condemning	Frustration	Magnifying wrongs	Self-pity	Wastes lots of time
Confrontational	Gloating winner	Malice	Self righteous	White lies
Constantly late	Gluttony/overeating	Manipulative	Self-sufficient	Workaholic

Cleansing Prayer Outline

This is a suggestion for a prayer. It may be adapted to your special needs. You do not need to say every word each time you pray. God wants to cleanse and heal from all things that separate us from Him, but He will never force anyone to follow Him or take away your freedom to choose. We have to want this for ourselves.

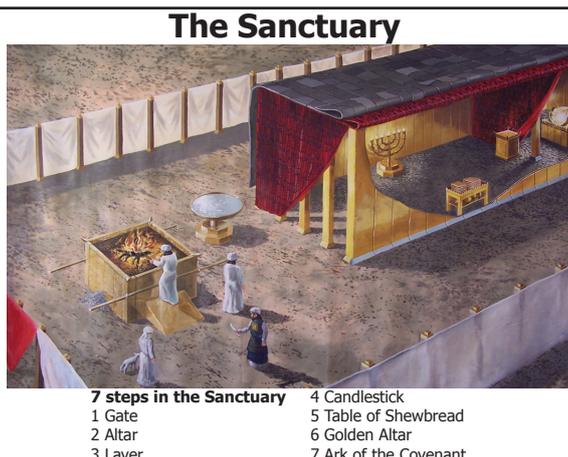
Part I: Cleansing

1. Begin your prayer by praising God, offering thanksgiving to Him by naming specific blessings you have received, especially during the last 24 hours. *Be specific to name even the smallest blessing He has bestowed upon you and your family. This will connect you with His love for you. When you feel depressed and discouraged, keep thanking and praising Him, focusing on His love until you sense His love and acceptance of you personally.* Heb 13:15; Ps 50:23;69:30,32; 71:14-16; 104:34
2. Ask God to reveal anything that has separated you from Him. This may include wrong behavior, negative thoughts, sinful feelings, wrong desires, criticism, resentment and bitterness, or painful memories. *Ask Him to reveal the root of sins (where this sin first took hold of you). Seek the Lord, asking Him to reveal the lies and deceptions of the enemy that you believed, causing you to go down the wrong pathway in the first place. Wait quietly before Him allowing Him to speak to your heart.* Dan 2:22; Ps 139:23,24; Rom 12:1,2
3. Once He has revealed your sin or painful emotions, confess these by claiming His blood to cover the sin and heal your painful emotions. Ps 119:9,11; Eph 5:26; John 15:13; Tit 3:5,6; Rev 1:5; Heb 10:19-22
4. Ask Jesus to cleanse your memories of the sin or painful emotions. *You have most likely fallen into a particular sin or wrong pattern of thinking and feeling repeatedly, and your brain has stored these memories. These must be blotted out by Jesus.*
5. Ask Jesus to cleanse you to the 3rd and 4th generation where the tendency to this sin may have been passed on through your lineage. *Demons take advantage of these sinful tendencies to gain access to your mind. If you give in to the demons, they then gain rights to continue to have access to tempt you in those areas. They place wrong thoughts and feelings in your mind, they influence and tempt you through the uncleansed areas of our heart. Jesus will bring you to the point where there is nothing in you that responds to the overtures of the enemy.*
6. Ask Jesus to cleanse you from sin and remove the painful emotions from your amygdala. *This is the area of your brain where every emotion that you have ever experienced from the moment of conception is stored.*
7. Ask Jesus to cleanse your books in heaven where the sin is recorded and the memory of it.
8. Ask Jesus to cover you with His robe of righteousness, His perfect life. *You may find Scriptures that reveal the way He acted and felt in a similar situation.*
9. Ask Jesus to blot out the sin and put it upon the head of the scapegoat (Satan). *Isaiah 43:25*
10. Conclude by asking Jesus to cast out all demons associated with the sin, sending them to the abyss and binding them there for the Day of Judgment, never to return. *Ask Christ to put a God-given enmity between you and Satan (see Genesis 3:15).*

Part II: Re-creation and Restoration

1. Ask Jesus to re-create you according to the original plan that He had ordained for you to follow when His mind conceived you, and heal the damage that sin has made in your mind and emotions. *You may claim promises. Psalm 139:14-16 Jeremiah 29:11*
2. Ask Jesus to seal you into His truth and write His law upon your heart, claiming specific promises that address your sin or painful emotions. *Claim Hebrews 8:10, 11. It is very important to have God guide you to specific Scripture texts which address the area of your life you have just confessed. The cleansed area now needs to be filled with God's Word.*
3. Ask Jesus to give you the fullness of the Holy Spirit, the Latter Rain. *We are now living in the time of the Latter Rain, which God is ready to pour out upon His people who are emptied of sin. Isaiah 30:221 Revelation 19:6,7*

About 2500 years after Creation, long before the written Bible or printing press, God gave His people a visual textbook where He could teach them the most marvellous object lesson ever conceived. He gave a blueprint of the Sanctuary (Temple) to Moses while he was in the mount with God. This was to be a representation of the heavenly sanctuary. Moses carefully sought to make everything according to the pattern that had been shown him. God then revealed His glory by filling the sanctuary with His presence. This Temple teaches many lessons to us through its symbology - its construction, the furniture, services, offerings etc. It reveals how He saves us, cleanses us and how to approach Him. It illuminates truth and exposes error. When Jesus came, He announced His mission as the Messiah to cleanse our soul temple (our hearts). He gave an example of His work by cleansing the temple in Jerusalem. Since we were created to be a temple for the indwelling of the Creator, we likewise, through carefully following the pattern of the sanctuary, may identify the steps that will lead us back into oneness with God. Thus our soul temple will once again become a temple for God, filled with His presence as was the temple of old.



Products for Sale

- Licorice Root Powder** 200g.....\$12
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns
- Maca Root Powder** 200g.....\$17
A great price for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.
- Blood Cleansing Herbal Tea** 200g.....\$13
Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.
- Barley Leaf Powder** 200g.....\$12; 450g.....\$27; 1kg.....\$55
Loose powder, organic A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life.
- Hawthorn Berry Powder** 200g.....\$14
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.
- Comfrey Root Powder** 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.
- Comfrey Leaf** 100g.....\$9
To use in poulticing or in oils and ointments. A great healing herb. Has lots of uses
- Nettle Leaf Tea** 100g.....\$9
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.
- Afalfa Leaf Tea** 150g.....\$12
Rich in vitamins, minerals and other nutrients that strengthen and maintain health.
- Calendula Flower** 100g.....\$9
Used as a tea for inflammation, or use as a base for ointments and oils
- Cornsilk Tea** 100g.....\$8
A great way to treat bladder infections
- Cayenne Pepper** 200g\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units
- Turmeric Powder** 200g.....\$8
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses
- Activated Charcoal Powder** 250g.....\$25
- Calcium Bentonite Clay** 500g.....\$18 1kg.....\$30
Use internally and externally to detox, heal and draw toxins from your body
- pH papers** \$20
Check your urine or saliva with a roll of pH paper in a dispenser that will measure your saliva and urine from 5.5 to 8.0 A valuable way to check whether your body is acid or alkaline.
- Magnesium Chloride flakes** 250g.....\$7 450g.....\$12 1kg.....\$24
Ideal for baths or making magnesium oil.
- Practical Home Healing by Margaret Wright** \$20
A handbook on simple home treatments and remedies that can be successfully applied at home
- Back to Eden Vegetarian Recipe Book** \$25
Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables. Recipes avoid many ingredients that are harmful to your health.
- Back to Eden Health Training Manual** \$30
This book teaches how to use God's Health Plan, use simple remedies, hydrotherapy and herbs to relieve suffering. Plus other invaluable information for a knowledge of health.. A great tool to use in learning how to become a true medical missionary.
- Entire Set of Back to Eden DVDs - 14 DVDs for \$50 or single DVD \$4 each**
7 sets of recorded DVDs for sale as an entire collection. No colour label or presentation folder. Each disc will be in an individual plastic sleeve. 7 discs cover the demonstration of healthy vegan recipes. The 7 other discs cover home remedies including poultices, simple hydrotherapy treatments, herbs, the Vegetarian advantage and the attack on our health.
- Order by phoning Kaye on 02 6025 5018. Products are packaged in bags (except charcoal).
or order online www.kayesrecipesandremedies.com
- Calculate postage: up to 500g costs \$9 postage; up to 3kg costs \$16 postage; up to 5kg costs \$20

Recipes

Making Coconut Milk

Coconut milk is a wonderful alternative to dairy and nut milk. It can be made a number of ways, this is how to make it from dried shredded or dessicated coconut.

Ingredients:

Light coconut milk:

- 4 cups of water
- 1 cup shredded dried organic coconut

Regular coconut milk:

- 4 cups water
- 2 cups shredded dried organic coconut

Thick coconut milk:

- 4 cups water
- 3 cups shredded dried organic coconut

Coconut cream:

- 4 cups water
- 4 cups shredded dried organic coconut

Blending process:

Place the shredded coconut in a high-powered blender along with the water. Blend for 1-2 minutes or until the coconut has been pulverized. A high-powered blender will accomplish the job much easier. It works better if the water is a little warm. With some blenders you might have to blend for 3-5 minutes.
Do not sweeten or add flavorings until you have strained the milk from the pulp.

Straining the milk:

Strain through a nut bag or muslin cloth. Gather the bag or cloth around the coconut pulp and twist, squeezing out as much milk as possible.
You can freeze or dehydrate the pulp to use in other recipes such as smoothies, crusts, cookies, crackers, cakes or raw breads.

Flavour your milk after the pulp has been removed. That way the pulp remains neutral in flavor for other recipes. Sweeten with a sweetener of your choice. Start with 1 tsp and build up. For a sugar-free option, use honey, maple syrup, liquid stevia, dates. Can use vanilla or any flavor extract or carob powder. You may thicken with lecithin (1 T for every 2-3 c water)

Store the milk in an airtight glass container for 3-5 days in the fridge. Pour the milk into ice cubes trays and freeze. This is great for popping into smoothies.

How to Cooperate in Healing

This whole newsletter has been about connecting the physical and the spiritual if you want total healing. You can't have one without the other. Once we see this we can make sense of the craziness that is happening all around us. We are living in a time when people everywhere are revealing how they have been damaged with toxic wrong thinking. We will never be healed unless we change this.

Earlier in the newsletter it was stated that forgiveness is crucial to our healing. Remember, our brain secretes chemicals that damage our brain as well as our physical health when we show any negative emotion. Toxic thoughts produce toxic "thorns" on the nerve cells that look a little like trees.

The key to this healing is getting rid of what the Bible calls "roots of bitterness". Hebrews 12:14,15 says "Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled." This is a way of saying, "don't allow bitterness to come into your hearts, or it will destroy you" and will affect others as well.

The promise of healing and divine health is yours as a child of God. But with every promise God has a condition. You can't claim His promises without being prepared to meet His conditions. The condition for healing is repentance. After you recognize you need help, repentance involves asking God to forgive you for the specific wrong thought, feelings and emotions (remember the list of the roots of bitterness on page 7). The Bible is very clear about the fact that if you don't forgive others, God will not forgive you. If you are not forgiven you cannot be healed. Your healing hinges on your forgiveness.

Toxic Thoughts

We also need to consider what we think about. What we think about affects us physically and emotionally. There is an epidemic of toxic emotions in people today. The average person has over 30,000 thoughts a day. Through an uncontrolled thought life, we create the conditions for illness and make ourselves sick. Research shows that fear, all on its own, triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones.

God has designed our brains in such a way that we have an amazing ability to renew our minds. When you confront those old thinking patterns and recognize how they affect your life, those toxic thoughts are pushed from the non-conscious

into the conscious mind. This means, when thoughts are in the conscious mind, they can be altered. They can be redesigned and changed or kept the same and reinforced. Even if you don't change the content of the thought, new proteins are made which strengthen the thought. The toxic thoughts can get worse or the good thoughts can get better. It is all under your control.

You can remove those toxic thorn trees and literally detoxify your brain through changing your thinking. The word used for "changing your thinking" in the Bible is "repentance". Biblical repentance is the condition for healing. As you change your thinking (repent), some branches on the nerves are removed (the thorns are removed from the thorn tree), new branches form and the strength of the connections change. Your brain can be reshaped and reformed. It has an incredible capacity to change, rewire and grow.

Did you know that thoughts not only remodel the memories in your brain but your genes as well. You can change the whole neuro-chemical structure of your brain and health of your body through thinking right down to the level of the DNA in your genes. That is truly amazing. It quite brilliantly shows the truth in the scripture, "As a man thinks in his heart so is he" (Proverbs 23 :7)

When you have a disease that is traced back to a toxic thinking pattern, you have a thorn tree in your brain that needs to be dealt with. You also need to build a new memory over it by renewing your mind with the Word of God in that area. This means purposefully setting aside time where you sit and meditate on the right thoughts, on God's Word, praying, repenting, until you have victory in that area.

To have true healing involves detoxification, but we also need to put super nutrition in. This is done by feeding on - by reading, meditating on God's Word. We need our thought patterns rewired. The work is God's, but we must cooperate with Him.

Jesus wants to, and is able to heal us of all our past baggage - all wrong behaviour, thoughts, feelings, motives, inclinations and impulses. Every one of us has been damaged to a greater or lesser degree. He is waiting for every one of us to cooperate in this healing.

How do we know we need this healing?

1. The Holy Spirit brings up past memories (flashbacks), things that we still need to make right with others and sins we have not confessed.
2. Coping mechanisms that we have heretofore relied upon to manage our lives are no longer effective.
3. God reveals to us that our present failings

Back to Eden were to have had a series of public meetings in Lavington with **Barbara O'Neill** this February. Due to unforeseen circumstances, this will be postponed to May 20 -23, 2019. Keep these dates free. See the advertising in the next newsletter for venue, times, etc.

may be directly connected to wrong decisions that we made in childhood and faulty thought patterns of the past.

4. We begin to experience unexplainable periods of depression, anger, anxiety, fear, etc. and may be tempted to bury our emotions by connecting with the media, relationships, or addictions of various kinds in an effort to cope or escape the pain.

5. We may be facing major crises in the family for which there are no answers or solutions without divine intervention. Our lives may seem turned upside down.

6. God may allow severe trials to afflict us through which He chooses to reveal some uncleansed areas in our lives.

7. We may be going through the process of sinning, confessing and repenting the same sins over and over again, and seeking God for answers to our continued failures. This prepares our hearts and minds to be open for God to reveal to us why we keep failing.

8. If we do not deal with our personal issues in our private time with God, God may allow our sins to become public. This is certainly not God's first option but it may take this humiliation for us to be among God's remnant people. This may be God's only option whereby He may save us.

9. Deep distress of spirit which may manifest itself in physical symptoms.

10. Areas that we have previously had the victory now become points of failure again.

Remember, we have a loving God who desires us to be spiritually, emotionally and physically healthy. He created us and knows how to heal us of all our diseases, whether in our body or mind. 3 John 2.

Back to Eden health classes

This term they are to be held at
Kaye's home,
496 Hague Street.
Lavington

Tues 19th Feb at 10am -12 noon
Tues 19th March at 10 am - 12 noon
Cost \$5

Details Phone Kaye 0260255018