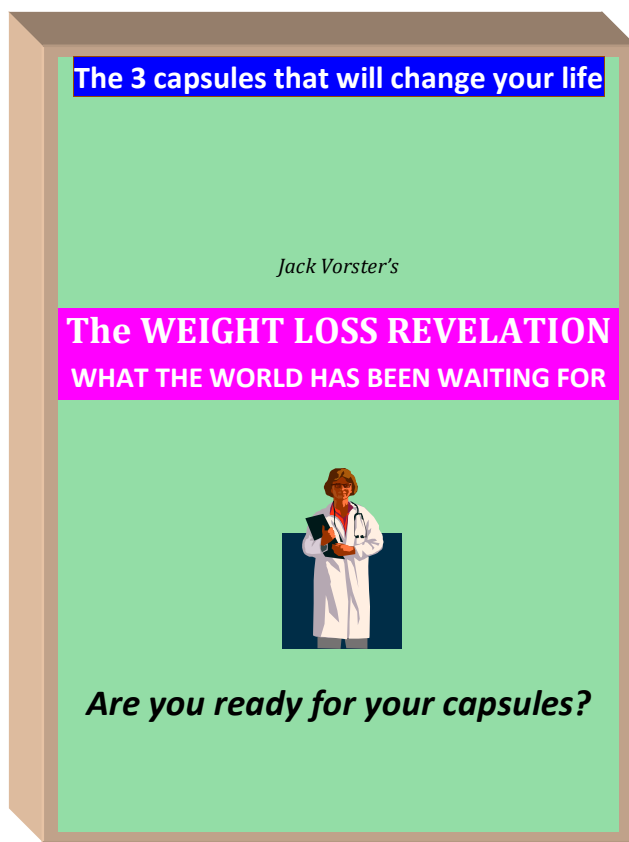


Here it is...

There are 3 capsules in this box contained in an e-book.

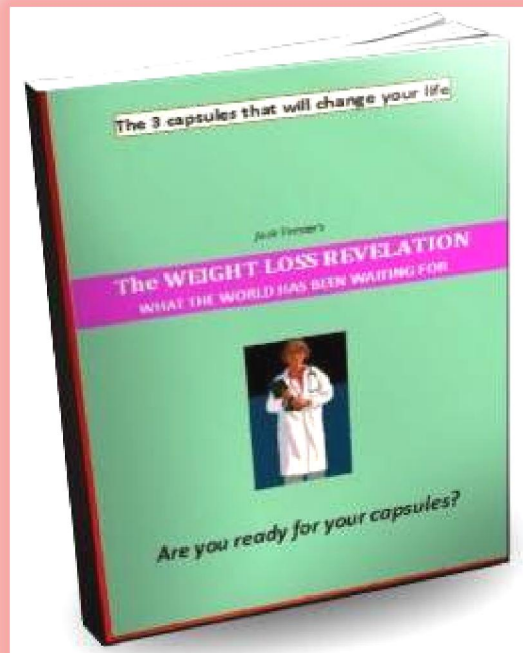


The next page opens the book and one by one the capsules will be handed to you for intake and absorption right down into your inner being

where they will go to work.

These capsules are all you'll need to change your thinking, your waistline - and your life.

Get ready for a revelation.



Congratulations!

You are in possession of this e-book for one or more of the following reasons:

- ✚ You are simply curious
- ✚ You are overweight
- ✚ You are vastly overweight
- ✚ You don't want to start putting on weight
- ✚ You can't resist the temptation of overeating when it comes to your favourite foods
- ✚ You successfully followed a weight loss programme, but lack self-discipline
- ✚ You have a medical condition and you need healing

These are seven reasons. I have three **capsules** to take care of them all – and all of them will be very easy to swallow. The only thing you need to do is to digest them. And there is not going to be long drawn-out instructions on how to take these **capsules**. You will receive the facts – short and sweet. All the deliberations and decisions will be left in your court.

You are about to enter into a dimension of reality from which you cannot escape. In fact, you are already there, but you probably did not know it simply because no-one has ever brought it to your attention. So, actually, there is no need for you to enter into it if you are already there, but it is necessary for you know that you are there and what it means for you to be there. And this is not going to be a rude awakening – it's going to be the most exhilarating surprise of your life.

The First Capsule.....pg 4

The Second Capsule.....pg 14

The Third Capsule.....pg 22

Every line of text in this document carries significance. Please read, absorb, think - and you will be rewarded.



this is your first capsule

This capsule is for your BODY

The real dimension of your life!

Before Adam received the breath of life from God his body was lifeless – his blood was not circulating, his inner organs were not functioning and he had no sense of consciousness or any awareness of his existence as an individual life-form. He might as well have been a tree stump lying on the ground.

Adam's physical body was formed from the soil. The elements within the soil were manipulated by a divine Hand to bring forth the substance and shape of this purpose-designed, very first, God-like creature. Eve's body was "extracted" from Adam, which meant that she was an extension of the soil-sourced body of Adam.

Then came the moment. In order for Adam to become a living soul, he had to be "plugged in" to *life*. The only way for this to be accomplished was for Adam to receive a connection from LIFE itself. And that LIFE was God Himself. In fact, this LIFE was a spirit – and Adam was about to receive a part of God, that is, *spirit-life*.

This Spirit-God of Life completed this creation process by “extending” His Spirit-life to Adam, but also “inserting” a personality and individuality unique only to Adam, the first human being.

Suddenly, life-consciousness became a reality for

Adam. He was “born” an adult. The power of the spirit within him energized every fibre in his body – and it began to function. His brain was now ignited. A surge of electrical impulses started up this powerhouse engine room. Adam’s spirit was now in charge of a physical body which, by means of his brain, would animate every spiritual act taking place within. In other words, Adam’s body was to be an outer reflection of the spiritual being within. More specific, His brain was a lightning-quick responder to instantaneously channel the motion, emotions, thoughts and speech of this spirit-creature within to the various parts of the body, such as limbs, facial expression and speech organs.

Childhood memories did not exist for Adam and Eve.

They were ready-made adults complete with adult (spiritual) intelligence, wisdom and ability. It had to be so. They were the first. And they would raise their offspring to benefit from their God-set standards and experiences.

The purpose for their existence was made clear.

They were to be God’s representatives on the Earth, taking complete control of everything and being responsible to God for it. They were fully equipped to do so, for they had the necessary creative power – like that of God – to apply to earthly circumstances. Any threats, onslaughts or attempts to wrest their God-given dominion

over the Earth from their hands by other spiritual sources were to be thwarted by means of their own spiritual power.

They were given one single law to keep – that of obedience. Failure to keep this command would serve to plunge them into a state of spiritual death, meaning spiritual separation from God.

They were told to eat. God instructed them to eat of all the fruit and herbs (grain and other vegetable products) for obvious reasons. Their soil-sourced (“dust of the ground”) physical bodies would need to be rejuvenated, revitalized, energized and sustained from the very elements within the ground from which they were put together - through soil-sourced plants containing all the necessary minerals, vitamins and other vital elements. It was only much later that God added meat - another soil-sourced creation sustained by soil-sourced plants - to man’s diet.

Can you imagine...opening your eyes for the very first time, not realizing that you were never born; not realizing that you were a fully-grown adult; not realizing that you were a perfect specimen; not realizing that you were naked; not realizing that you did not know the difference between good and evil; not realizing that such things as good or evil even existed; not realizing that you were perfectly innocent - and not realizing that you were going to get hungry for food. Not realizing - until you were told.

THE MOST IMPORTANT ASPECT OF OUR LIVES - THE INNER ESSENCE OF OUR EXISTENCE

The one thing all of us need to know is that every human creature living on this planet is a spirit with an outer covering of physical matter and that the latter possesses no consciousness as a living entity at all. In other words, if it weren't for our spirit, there would be no life in our human bodies whatsoever.

This spirit-life, therefore, is what energizes every fibre of our physical covering. That means that every organ within our physical body "lives" as a result of the spirit life-force within. Our brain is the machine room, "fused", so to speak, to the spirit, receiving instructions from the spirit for the purpose of instantaneously animating the body in accordance with the movement and thoughts of the spirit-creature within. It is also the spirit that "programmes" the brain to take care of bodily functions such as performance, healing and craving for particular nutritional food substances needed by the body.

Our brain has no ability whatsoever to conjure up thoughts or store memory, even although it might feel like it's all happening up there. We even have the tendency to point to our heads when conveying the idea to others that we are busy thinking and making up our minds about something. There is no mind up there. The mind belongs to the spirit and probably is located in the area of the brain for no other reason than proximity to this vital organ, which is why we tend to attribute our intelligence and thoughts to our brain.

The heart of our spirit-life is where all of our memories are stored, our emotions are generated and our intellectual processes take place. Only our spirit – and its consciousness as a living entity - has the capacity to hold and handle such a vast volume of memory storage, intellectual ability and individuality. The heart of our spirit is, therefore, the very core of our spirit-life.

There is a mechanism for the expression of the thoughts and intent of the heart to the surrounding world of fellow creatures. It is the *mind* of the spirit that performs this duty. It takes from the heart, deliberates, and then instructs the brain to deliver by means of speech and action. However, the mind can be a deceitful component of the spirit, perhaps manipulating the true feelings of the heart to portray a different picture to the world, hence the expression, “my mind says yes, but my heart says no”.

An infant spirit grows and develops in line with its physical environment, upbringing, education and general experiences, which determines the nature of the spirit’s character and personality. All of it is expressed through the physical body in word and deed.

A child locked up in a room for many years by callous, sadistic parents will have experienced the confines of four walls for all those years and will have knowledge and experience of very little else and will, therefore, be little more than a vegetable spirit. This means that the human brain of such a spirit will not have expanded in activity in order to convey and express the knowledge base (in this case virtually zero) of the heart of the spirit. The mind of the heart of such a spirit is likely to be more feeble than meek.

God is a spirit and he created many forms of spiritual beings (such as angels) including the spirit of man. The reason for clothing the human spirit with a physical body was to make him stay put on this speck of dust hurtling around the sun – and for him to take care of this planet, with all of its fauna and flora. Of course, there's a whole lot more to it, but the one thing we should remain aware of is the fact that we were created in the image and after the likeness of God. This means that we are very capable as creative spiritual beings when it comes to earthly endeavours and that nothing is impossible for us.

The point of all of this? Being part of the spiritual Life of God, we are locked in to God's spirit and He knows every single thought within our spiritual hearts, including the motives behind those meditations and the words and actions that follow. And not believing in God does not mean that God is shut out from an unbeliever's spirit. So there is no escape for such a person. We are all totally locked in to this fact.

So we really are no more than spiritual beings that have developed into the kind of spiritual beings that try to grab the attention of and impose ourselves on other spiritual beings for personal gain or for good or for evil, resulting in strife, war, destruction and death – not the death of the spirit, but the death of the flesh. The spirit of man never dies – it merely moves to another destination.

*For an in-depth look at the make-up of man (**for later reading**) please go to <http://www.earthboundlife.com> and download a FREE copy of my ebook in Pdf format, "Plight of the Earthbound Spirits", which you may save to your computer.*

KEY POINT NO. 1

What is the difference between humans and angels? Both man and angels are spirit-beings. However, angels do not have a “covering” of a physical body through which they have to function. Therefore, angels are not confined to the Earth, for they have a different purpose.

KEY POINT NO. 2

Man, as a spirit-being, was created for the purpose of occupying the Earth and to function nowhere else but the Earth. For this reason he was “outfitted” with a covering of a physical body through which to apply himself as an earthbound spirit.

KEY POINT NO. 3

Man needed good nutritional food in order to survive. And the Garden of Eden was a place of good healthy food, good healthy food and more good healthy food. But food was only intended for the “upkeep” of man’s physical body so that the spirit-creature within that earthly covering of bone, sinew and flesh could function through a healthy physical body.

CAPSULE ONE - THE BOTTOM LINE

The purpose of the first capsule was to bring to your attention the reality of your earthbound existence – the fact that you are a product of the spirit world and as such, you too, are a spiritual being, a spiritual being placed here as a co-guardian of this planet.

Furthermore, it should be realized that the spirit world is the primary reality. It gave birth to the entire visible Universe, which to us seems to be the only reality. The material world, therefore, exists within the spiritual realm and the latter permeates every part of the physical mass it produced.

True spiritual beings (without the limitations of an added physical body) move freely within the spiritual realm and through any physical substance including our own soil-sourced bodies – as if it didn't exist. Good angels, fallen angels and demon spirits are all around us and can read us like a book, as well as either guide us or misguide us.

Simply imagine a spiritual realm with an array of physical objects placed within it, the Earth being one such object and housing a very special form of spiritual being called man, a creature having a very special place in the heart of God. And this Supreme Being of the Universe decided to create this very special form of spiritual being to be just like Him, but to limit his boundaries to a physical sphere called Earth, where He could have an intimate, love-filled relationship with Adam and his offspring.

Adam and Eve failed to secure this relationship and thereby ushered in a usurping spiritual authority over the Earth. However, this did not bring about a deviation from the fact that we still are spiritual beings with physical bodies needing a constant serving of nutritional substance in the form of something we call food. What this boils down to is that without food our physical bodies will wilt, disintegrate, completely cease to function and return to dust. The real conscious life within that body – our spirit – will then be released back to the spirit realm from which it came.

So, we are here to maintain a healthy body for the sake of our spirit and to remain in total awareness of this fact. The only reason we have become unhealthy, overweight human specimens is because we have lost sight of the fact that we are spiritual beings and that our bodies are merely coverings for the spiritual person within. We are very special spiritual creatures. It is only our physical body that makes us different and what gives us an identity, namely, that of man.

The way we should look at it is that food is for the body - and not the body for food. Gluttony and/or the eating of totally unhealthy food will serve to generate imbalances within, leading to sicknesses and diseases and finally, an early exit from the body for the real person within.

Did you know that you, that is, the real spirit-being you, can actually instruct your body to fall in line with your thinking and to drop the lustful food-craving habit? The mind of your spirit is in charge and it holds sway over the body. Your brain has no control over your eating habits and is there to relay the decisions and whims of the mind of your spirit to the body. So if the mind of your spirit is not renewed or is not jolted for a reality check as to its purpose, your body will go its merry way in line with the weak spiritual mind within. Capsule No. 1 was administered to invoke that reality check.

Pretend that your home is a shelter on a deserted island and that all the places where you can purchase fresh fruit, vegetables and grain products are to be found on that island and that you are forced to eat nothing else. Pastries, candy and processed foods simply do not exist on that island and, therefore, you have no need

of them. Temptations offered by family and friends are merely mirages. Invite family and friends to your island shelter.

THE **CAPSULE** AT WORK

You have absorbed the first capsule – not into your bloodstream, but deep down into the very core of your consciousness as a living being, the **spiritual you**. The **mind of your spirit** is now at work deliberating over the information just received and will soon deliver judgement.

If recognizing the ring of truth, which seems to concur with your built-in, spiritual mechanism, a veil will drop from your spiritual sight and you will awaken with a sigh within which exclaims, “Of course!”

However, if you’ve been swimming downstream with the rest of the world, then the **spirit of the world** will engage you in a struggle against the truth, in which case the **mind of your spirit** will linger before making a decision.

FOCUS ON WHAT YOU REALLY ARE AS A SPIRITUAL BEING AND REMAIN IN AWARENESS OF IT AT ALL TIMES. WHAT THE REST OF THE WORLD THINKS WON’T ALTER THIS TRUTH. MAKE A U-TURN FROM THE DIRECTION A BLINDED WORLD IS GOING AND START SEEING THINGS DIFFERENTLY.

For some valuable information on vitamins & minerals simply type in “vitamins and minerals chart” into your search on the internet

It's time for the next capsule.



this is your second capsule

This capsule is for your SPIRIT

The condition of your spirit!

From the moment you entered this world your spirit started taking a hammering. You were subjected to a sick and perverted world – a world of stress, strife, suffering, sickness, disease, war, destruction and death, interspersed by fleeting moments of joy, satisfaction and happiness. This is the world that became spiritually dead, oblivious to the reality of its existence and purpose. It had been, for thousands of years, functioning as a sense-orientated society, having forsaken the spiritual aspect of its make-up.

Did you know that your spiritual condition determines the wellness of the physical component of your make-up as a human being? Remember, you are primarily a spirit-being. Therefore, fear, stress and depression are spirit-based. The symptoms suffered by you as a spirit-being are mirrored by the physical part of you. In other words, what you experience as a spirit-being affects the health of your physical body.

This may come as a shock to you, but your spirit cannot become sick and cannot develop cancer – and neither can it die, but

it is the breeding ground for sicknesses and diseases in your physical body.

Conversely, your spirit (depending on its condition) can not only prevent your body from contracting diseases, but it can also generate a healing process for your body. So it's a case of "healthy spirit, healthy body". And if your spirit is "healthy", that is, free of negative emotions, your body will not develop metabolic imbalances after food intake and the digestion thereof. But the world is, in effect, a battlefield for the survival of the spirit within all of us. Due to the blindness of man as to his true spiritual nature, he has deteriorated in both spirit and body.

Of course, the fact that we have developed unhealthy eating habits as a result of not knowing that our body exists for the sake of the spirit-being within and that it only needs to take in a certain proportion of nutritional food for energy purposes, has further exacerbated the problem.

During the course of taking the first capsule you imagined standing in the Garden of Eden and pretended that you were Adam in his awakening to the world. You discovered that you were a spirit-being within a covering of physical substance. Now place yourself in front of a mirror and take a look at that covering. What you are looking at is a physical body moulded by a combination of the emotional condition of your spirit and all of your food intake up to this point of your life. Could it have been different and can you do something to bring about an improvement to what you see?

THE SPIRIT OF FEAR WITHIN THE INNER MAN IS UNCOMPROMISING. IT SETS ABOUT PRODUCING THE SUBSTANCE OF WHAT IS FEARED WITHOUT REGARD FOR THE CONSEQUENCES

Our display of frustration, irritation, depression or anger does not emanate from the brain, but from the heart of the spirit, which is the seat of man's consciousness, individuality, mind, intellect, emotion and, of course, the location of the memory archives.

The Bible speaks of a troubled spirit; an anguished spirit; a jealous spirit; a hardened spirit; a sorrowful spirit; a contrite spirit; a broken spirit; a steadfast spirit; a hasty spirit; a provoked spirit; a haughty spirit; a humble spirit; a vexed spirit; a patient spirit; a proud spirit; a heavy spirit and many more expressions to do with emotions. This certainly serves to prove that the spirit part of man forms the conscious, living part of man.

The emotional state of the spirit can hugely influence the health of the physical component of man. Negative emotions feed through from the spirit to the brain, telling the brain to bring the body into line with the spirit's emotional level and to express it to the world of fellow humans. The poor body, a mere attachment to the big "boss" inside, has no option but to oblige, but not without dire consequences to itself. Indigestion problems follow, blood pressure changes take place, sugar levels run amok, etc, etc. It is amazingly ironic that man's spirit itself, through its stressful behaviour, can be responsible for causing destruction to its own physical abode.

Your spirit is the life of your body and the latter simply animates the former. Your spirit (the real you) is in charge of what your body eats or drinks, not because it has any preferences, but because your body has no life without the spirit. Your spirit (the real you) controls the words that flow over your physical tongue. Your spirit (the real you) determines where your body goes when walking or driving. You (your spirit) can talk to your body and tell it to respond in the way you want it respond. It HAS to OBEY you.

And so we find that the emotions of the inner spirit-man have been shaping our lives - both spiritually and physically. Mental disorders (state of the spiritual mind as a result of fearful spiritual emotions) have brought about insanity in some and eating disorders have transformed others into vastly oversized human beings. Of course, most of the latter do not have a “medical condition”. They are directly responsible for their dilemma through not considering the fact that their bodies are there for the sake of their spirits. Their spirits simply allowed the over-indulgence.

KEY POINT

The emotional condition of the human spirit is a major contributing factor to our state of health and the size of our physical bodies.

CAPSULE TWO – THE BOTTOM LINE

This capsule has gone to work on the condition of your spirit, alerting it to the fact that renewal and transformation need to take place within the mind of your spirit. Your spiritual mind is the chief

executive officer of the heart of the spirit and is solely responsible for the direction the spirit seeks to follow.

Every decision you take is a decision of your mind. In effect, you are your mind. And up to this point you (your mind) have been moving through life oblivious to the truths behind your existence and required conduct. A wake-up call indeed.

THE CAPSULE AT WORK

Don't disturb. It's working

YOU'RE NOW STANDING AT A NEW STARTING POINT IN YOUR LIFE. YOU KNOW WHAT YOU ARE, WHY YOU ARE AND YOU KNOW THE REASONS FOR YOUR PRESENT STATE OF SPIRITUAL AND PHYSICAL CONDITION. THE MIND OF YOUR SPIRIT NOW KNOWS IT HAS A NEW DIRECTION TO TAKE AND A SERIOUS JOB TO DO.

A little bit more about the spirit.

As a spiritual being, locked inside a physical cocoon, you cannot experience the spirit world. Your five physical senses form the “windows” for your spirit to the natural world. In other words, as a spirit confined to the earth *within* a body, you are applying yourself, on the earth, *through* your body.

As a young spirit you learned the language of your parents and it took quite a while for you, as a spiritual being, to get your body to form and give sound to those words via your body's vocal chords. When you stand in front of a mirror you will only be able to see the reflection of your physical body, and you can

say to God as per Job 10:11, “You have clothed me (my spirit) with skin and flesh, and have fenced me (my spirit) with bones and sinews.”

What a remarkable description. By command God “locked in” the spirit behind a “fence” of bones and sinews and wrapped “clothing” of skin and flesh around that fence, so that the combination of spiritual and physical components, joined together, culminate in a creature called *man*. The only difference (as spiritual beings) between us and Angels is the fact that we have this covering of a structure made up of flesh and bone.

And if the physical body is merely a cladding for the spiritual being within, then it (the physical part) can have no intellectual and emotional abilities or mind of its own. Your mind – the “brain” of your spirit, you could say – forms part of your spirit body. It is this spirit-mind that uses the physical brain as a “conduit”, by means of chemical activity and electrical impulses (generated by the spirit in the first place) to instruct the physical body to enact the movement and sound of the spirit. The process is instantaneous, as if you had no physical body.

In other words, the spirit within gives animation to the physical body via the nervous system. And the latter is empowered by that spiritual life force within, not unlike the plugging in of power to a computer to make it perform. The Bible makes it absolutely clear that “as the body without the spirit is dead, so faith without works is dead also.” (James 2:26)

Therefore, your physical body is merely an outer covering (in the likeness of your biological heritage) for you as an individual spirit in which your consciousness as a living entity is seated. Two people in conversation are really two spirits having a chat. The one spirit may have a very attractive physical appearance and the other not so attractive. But it is not what you look like that matters. It is what comes out of your spirit that establishes the nature of your character. And what comes from your spirit is known as your *word*.

Your speech and body language is really the speech and body language of you as a spirit- being.

Imagine a dating couple sitting in a restaurant gazing at each other across the table with love-struck eyes. Both are very attractive human specimens. They

are sizing each other up, both in love with what they see. What in effect is happening is that two spirit-beings are excited about the appearance of each other's physical bodies and they cannot wait to unite in wedlock, which they eventually do. Less than a few years later they despise each other and head for the divorce court. The reason? Their relationship was based purely on physical sense-knowledge. They did not realize that two spirit-beings were involved. And neither did they know that, as spirit-beings, they developed inner wickedness under the authorship and orchestration of another unseen spiritual force. (More about this later)

A quick recap before we go to the last capsule

- **You've come to the realization that you are first and foremost, a *spirit-being*. To keep you earthbound and in order for you to fulfil your purpose as a God-like earth creature, you (as a spirit-being) were given an outer physical body, which completed your make-up as a creature to be known as *man*.**
- **Your physical body (through Adam) was formed from the soil of the Earth. The nutrition needed to replenish your body would also sprout forth from the soil of the Earth, with emphasis on the need for quality and not quantity, that is, just enough on a regular basis for the *sole purpose* of providing a healthy body for you, as a spirit-being, to function through. It is a matter of food for the body and not the body for food.**
- **You discovered that in the world we live in there are pressures imposed on your spirit designed to unsettle you emotionally, the effects of which have translated to your**

physical body, causing chemical imbalances, eating disorders and general malfunctioning leading to sickness and disease.

- You have a spiritual mind capable of taking control of both your spiritual and physical conditions and undoing the damage caused by gluttony, harmful food addictions and any fear-related medical condition.

The third and last capsule has several time-release components. Each one will go to work at just the right time and will not wear off.

ARE YOU READY FOR BLAST OFF?



this is your last capsule

This capsule is for your WORD

You are your spirit: you are your mind and you are your word. What's the difference?

The *mind* of your spirit!

This is the place where everything happens. From birth to the present time in your life, your mind - this “commander” of your life - has been orchestrating every decision and action ever taken, leaving you with a personal history and reputation everyone looks at.

The HEART of your spirit is the very core of your spirit-being. Your consciousness as a living creature is seated right here. This is where memory is stored; emotions stirred up; intellectual processes take place and where the uniqueness of your own personality and character is formed. But your heart is dependent upon its “chief executive officer”, the mind, to take from the heart and to give the command for execution through the body by means of an instruction to the brain. What comes out of your mouth then, is predetermined – or better still, premeditated.

The WORD of your heart represents the sum total of who you are as a spirit-being. This means that everything emanating from your heart is known as your word. So, in effect, your word is what everyone goes by in order to determine what kind of person you really are. This is where your mind comes in. It extracts the word of your heart, but it might deliberate on it before delivering it to the world so that it ends up as the word from your heart and not necessarily the true word of your heart.

Your MIND is totally familiar with the habits, tastes, addictions and fears developed by you as a whole, for it was solely responsible for it in the first place. So, of the three, we can hardly refer to the mind as a loyal and trustworthy team member. We find in Psalm 19:14 just how deceitful the mind can be: *“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”* This makes it clear that the words and the “thinking” might differ somewhat. Somewhere between the heart and the mouth a process of meditation (the work of the mind) takes place before the final product leaves the mouth.

The only difference, therefore, is that your mind might not, at times, play ball with its team mates. This is also reaffirmed in Matthew 22:37. *“Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.”* This further indicates that the mind does not necessarily reflect the true intent of the heart. We sometimes find ourselves in a situation where, orally, we decide to fall in line with everyone else contrary to what we feel in our hearts simply for the

sake of convenience or because we feel too embarrassed to reveal out true feelings.

Your soul is the overall representation of you in spirit, heart, mind, word and body - in other words, it is your consciousness as a living, individual creature. This means that your soul is what makes you “know” that you are alive and exist. Your soul-consciousness is seated within your spirit. You are “counted” as a soul, such as in a census of human population. God counts you as either a saved or lost soul.

YOU HAVE NOTHING TO PRESENT TO THE WORLD EXCEPT YOUR WORD.

The **WORD** of the human spirit comprehensively covers the entire nature of a person as an individual spiritual being. *“For out of the abundance of the heart the mouth speaketh.”* (Matt 12:34) Your word reflects the condition of your heart, which your mind extracts and offers to the world. You are your word. You have nothing else. The world judges you by your word. And so will God.

You and your word are one. What is in you will come out of you – whether in speech, song or dance. Your family, friends and colleagues know you by your word. You are a walking, living word. It is very difficult to hide your true character from the world. However, your mind is capable of shading certain aspects of your word in a desperate attempt fool some people some of the time.

One person might be known as a kind, selfless and loving person. Another person might have a reputation for being selfish, self-opinionated. cold-hearted and aggressive. In both instances it is a display of that person’s word.

Your upbringing, living environment, education and experiences in life will have had a bearing on your word. Your word is an end product and very hard to change. However, you will have God-given, inborn talents which will be honed as you go along.

Your word is a creative force. You can accomplish nothing without your word. Made in the image and after the likeness of God, we are required to emulate God within the boundaries of our terrestrial habitat – planet Earth.

The very first creative activities on the Earth started off with only two words, namely, the word of Adam and the word of Eve. Look how far we have progressed with all the words (people) that followed since Adam and Eve. It took a long time to finally to get to the age of modern technology – all with the creative abilities of the word of man.

Every success or failure in your life can be attributed to only one thing – your word. And if you can understand this, everything that happened in your past remains, that is, your past was created by your word and still exists within your word. Your word is like a container holding within it every detail of the events and experiences of your life. You know exactly what is in that container and the contents are held together by that container, which is your word. Perhaps it seems that I might be doing an overkill on this, but it is vital that you take a tight hold on this. You KNOW what you have created with your word and you KNOW every detail of what took place WITHIN the creation of your word. NOTHING took place within that creation that you did not KNOW about. Likewise, you are going to KNOW about everything taking place WITHIN every future creation by your word. And to reiterate, your word is your book of life.

You are still standing in front of that mirror. What your spirit is looking at is a human figure capable of unleashing the creative force of the word of the heart within. What has your mind been doing with your word up to this point in your life? Has it been unkind to your heart? Has the world been at the receiving end of the true reflection of your heart or has your soul been unhappy with the condition of your heart, allowing your mind to tell it like it is, hence the current reputation of your word and poor condition of your body? Do you wish to make a change but you feel directionless, unable to renew your heart and mind by yourself. "Yourself" is your spirit. Relax! You cannot do it by yourself. There is help at hand.

So far you have...

- 1. Discovered (or perhaps re-discovered) that you are a spirit-being created for a purpose and that your physical body is a covering to be kept in good health for the sake of your spirit. Only good, healthy food can do this and that it is a matter of "food for the body and not the body for food".**
- 2. Come to the realization that your spiritual condition could have been responsible for the state of both your spiritual and physical health resulting in perhaps a "medical condition".**
- 3. Come to understand the power and significance of your word and how your mind has played a huge role in not only portraying your word, but has also attributed greatly to your present circumstances in life. Your mind needs to undergo a renewal.**

You don't need a make-over. It only lasts for as long as it is visible. You need a complete and lasting overhaul of the real you, that is, your inner spiritual being. Only a supernatural process will accomplish this. And we are going to do that by looking at the Word responsible for your word.

The Word Realm

Your entire life from conception to the present has been playing out within the realm of the Word of Creation. What does this mean?

Let's look a simple illustration by using a glass filled with water. Visualise this, or better still, get yourself a glass filled with water. I'll wait for you to do this.....

Got it?

Okay, the water in that glass represents the entire Universe, including Earth and everything in it - including you and every person who has ever lived and still to be born. It is all contained in that container and by that container, which is the glass.

The glass represents the Word of God. *“In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men.”* (John 1:1-4)

Here we see that God identifies Himself with His Word. Why? Because God is His Word. God and His Word are one. God is known by His Word – just like we are known by our word. Reason? We were made in His image and after His likeness.

We also see that everything was created by the Word of God, which is also made clear in Hebrews 3:11, *“Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.”* Were it not for the Word of God, therefore, nothing would be in existence. Keep your eyes on that glass of water. You are in there somewhere.

And if you are in there somewhere, then it means you are contained by the Word of God. So, do you think God does not know about you? Every breath you take; every thought you

think; every word you speak and every move you make – all take place within that Word of God. This also means that your very own word (you and your word are one) exists within that Big Word of Creation – a word within a Word, you could say.

The fact that our existence and movement is confined to and contained by the creative Word of God is beautifully expressed in Acts 17:28, *“For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.”* It is clear that your book of life (your word) has no escape hatch from the Big Word.

It is no wonder then that everything is exposed within the Big Word. *“But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.”* (Matthew 12:36)

WOW!

When you think, when you speak, when you move, when you do good or bad – it is all taking place right there in that Big Word. Now this might sound complicated, but as explained earlier, your very own word acts as a recorder and the contents are known as your book of life. And the Big Word is a recorder of your recorder, for you exist within it.

You need to pause here and meditate on this. Perhaps take an aspirin and drink down the water from that glass in front of you.

Oops! It's recorded. And the Big Word knows it.

Maybe, just maybe, you are beginning to see why the incriminating evidence within your book of life up to this point needs to be covered up permanently and for your book of life to be continued with a whole new perspective. Sorry, it's impossible for you to do it. It has to be done for you.

RELAX! It's already been done for you, but it needs to be appropriated – and that only you can do.

The Benefits

Now you may wonder why you feel this need to get rid of the past “recordings” within your book of life. Well, it is called conviction.

You see, after Adam and Eve failed to obey God they entered a place of no return called spiritual death. Just before this happened, they were told to be fruitful and to multiply. The mathematics of this process brought you right into that multiplication. You were born into spiritual death and the evil part of the knowledge of good and evil became your master, as with every person born into this world.

The sad thing is, spiritual death carried a penalty and still does – that of death and eternal separation from God. Why spiritual death? It is spiritual death for the simple reason that you are primarily a spiritual being. As such man has been living his life through a physical body perpetrating evil on the Earth God had made for him.

You could, of course, elect to pay this penalty in an attempt to redeem yourself, but the problem is you will not be able to return from that place of death in order to redeem yourself. You need to stay right here on Earth and find a substitute to pay that penalty on your behalf – someone who is able to return from that place of death and secure your redemption as if you accomplished it yourself.

The positive results of such an act would mean that your slate would be wiped clean, your book of life up to that point would be rendered powerless as evidence against you – and you would then be able to start afresh without incurring or accruing any further penalties. This means that, as a spiritual being, you will undergo a spiritual rebirth – in other words, you will be totally born again and not accountable for the history of your previous life. This is GOOD NEWS indeed. But wait, there is more.

The “More”

After taking the second capsule you discovered that your spiritual condition was responsible for your present state of health, both spiritually and physically. This might even have been the cause of a damaging medical condition. Your mind played a significant role in systematically plunging you into this cauldron of misery. All of this is KNOWLEDGE. And that KNOWLEDGE is imbedded in your old spirit – or your “old man”. Therefore, you know that you need to get rid of the mindset of your old spirit. You need a new mindset.

Undergoing a spiritual rebirth means that a “new man” will be taking the place of the “old man”, complete with a brand new mindset.

A new mindset means that the word emanating from a renewed mind will carry positive creativity culminating in a healthy spirit and body. This is also known as FAITH. And you are going to have a whole lot of help with this.

Enter The New Heartbeat

We have already established that the Word was in the beginning and that the Word was with God and that the Word was God and that the Word made everything that was made.

In John 1:14 we read, *“And the Word was made flesh, and dwelt among us”*

This Word that was made flesh was given the name of *Jesus*, *“Who is the image of the invisible God, the firstborn of every creature: For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist. And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the pre-eminence.”* (Col 1:15-18)

Here we see that the very Word responsible for the existence of everything became a new heartbeat on Earth. A member of the Triune God was now among us. But the most astonishing thing about this development is the fact that this new human being was the very Word within which everything existed – including you and me. We are in that glass of water and He is the glass. Everything in creation emanates from, exists in, and leads to Jesus Christ. *“For of him, and through him, and to him, are all things:”* (Rom. 11:36)

This was indeed a mystery. *And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ:* (Eph 3:9)

Just pause for a moment and fold this around your mind. The second member of the Triune God, the Word, became a human being with a heartbeat just like any other human creature. And He

was given the name of Jesus. He was referred to as both the Son of God and the Son of Man.

The Son of God

1. He was the Son of God in that God was His biological Father. He had the same Power as God, but He stripped Himself of same in order to live as man and to be dependent on the Father for the anointing of Power through the Holy Spirit, which comes to all men who live in obedience to God.
2. Now here's a mystery. We are told that Jesus was the Word of God made flesh, so how could He (even although He was the biological Son of God) be a mere man and also the Word of God? This would mean that the mind, the thoughts and the words of Jesus would have had to be the very mind, the thoughts and the words of God. In other words, when Jesus spoke, His words would have had to be the very words of God, as if totally synchronized.

To make this easier to understand, imagine for a moment that your own son was a representation of you. That is, he was your word and that wherever he found himself he would speak out your thoughts which are, in effect, unspoken words. Now this would be impossible for us to do, but for God it does not apply.

We are told that, *“God, who at sundry times and in divers manners spake in time past unto the fathers by the prophets, Hath in these times spoken unto us by his Son, whom he hath anointed heir of all things, by whom also he made the worlds; Who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his*

power, when he had by himself purged our sins, sat down on the right hand of the Majesty on high.” (Heb 1:1-3)

This makes it absolutely clear that Jesus was the Word of God and that, being the Word of God, He was ***“upholding all things by the word of his power”***. The entire created Universe and all creatures therein are being held together (held intact) by Jesus Christ. Not a whimper goes unnoticed by Him, ***“For in him we live, and move, and have our being;”*** You and I are totally exposed to Him. We exist within and by His Word. How does that feel? Have you kicked a cat lately?

We are busy recording our own DVD's (books of life) within the Big Book of Life and we need to do something about it in order to obviate the need for it to be played back to us after our final day on Earth.

The Son of Man

As the Son of Man, Jesus was representative of the entire human race, for He was the Word responsible for the creation of man. But more importantly, God needed another human creature on the Earth to replace the very first Adam and to undo what that Adam did.

As dominion over the earth belonged to man, legal entry for the Word of God had to be achieved through the womb of a woman. God, as 'biological' Father, provided the seed and the Holy Spirit brought about the conception. Jesus became the second Adam.

With God as biological Father, the blood of Jesus was untainted by sin. Remember, the entire human race became tainted by sin as a result of Adam's transgression. *"Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:"* (Rom 5:12)

Jesus came to undo what Adam had done and so restore the relationship between God and man. *For as in Adam all die, even so in Christ shall all be made alive.* (1 Cor 15:22)

Man was spiritually dead. The Word, Jesus, came to Earth to restore the Life originally given to man. And the only way He could do that was to execute the final death penalty upon fallen man. *"Now is the judgment of this world: now shall the prince of this world be cast out."* (John 12:31) Yes, man had to die physically so that his spirit could be relocated to an Eternal place called Hell. And Jesus, the Word, was going to bring man right back to Earth again Himself. A total spiritual rebirth was needed. Man had to be born again in order to have a brand new start on Earth.

Wait a minute. I previously made it clear that a return from Eternal Death was not possible for man. This was a Judgement by God upon man and it was final. God was not going to go back on His Word. I also pointed out that a substitute was needed for this purpose, but no man was without sin in order to fill this role.

Here it comes. God could not go back on His Word – unless the Word Himself became that substitute – the very Word in which *"we live, and move, and have our being"* – the very Word that *"was*

made flesh and dwelt among us” – the very Word “in God, who created all things by Jesus Christ:”

And this Word had to be like one of us in order to be that substitute. That’s why He became flesh and He became flesh to tell us the Good News of what was about to happen. He became the Son of Man. Shortly before He went to the Cross to become God’s final sacrifice for us, He said, *“And I, if I be lifted up from the earth, will draw all men unto me.”* (John 12:32) Jesus was talking about the cross to which He would be nailed. If our lives exist and are lived within Him, then we would be lifted up to that cross also. And if He had to die on that cross, then we would have no escape from His death, His descent into Hell, and His resurrection from Hell.

Remember that glass filled with water? It contained everything within it. And when Jesus was lifted up onto that Cross we went with Him, for we are contained within Him – the Word.

The life of every man was upon Him – the Spiritual Death of every man was upon Him - the sin of every man was upon Him – the sicknesses and diseases of every man were upon Him – the penalty of Eternal Death for every man was upon Him - the Word in which *“we live, and move and have our being”* was going to take all upon Himself and take the punishment on our behalf, for only He, Who was without sin, could do it, *“that he by the grace of God should taste death for every man.”* (Hebrews 2:9)

With His final breath on that Cross, Jesus said, *“It is finished.”* It was done! The human creation of the Word was redeemed by the Word.

What happened then? The Spirit of Jesus descended into Hell. He went there in our place. For three days He remained in Hell – in our place. When God was satisfied that man had paid the penalty - through His Son - and that Justice had been served, Jesus was spiritually reborn (the firstborn from the dead) right inside the camp of the enemy. *“And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence.”* (Col 1:18) And we were spiritually reborn together with Him. At that moment He shook off the tormenting attentions of the demonic forces, dispossessed Satan of the keys of Hell and made a mockery of them all. It was as if we, ourselves, were down there and laid it on them. *“Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.”* (Col 2:15)

When Jesus ascended from Hell, we ascended with Him. We were spiritually reborn, through Him, and had shed eternal condemnation. Man, once again, could have spiritual fellowship with God. Our BIRTHRIGHT was restored. Legal dominion over the Earth returned to man.

God no longer sees our unworthiness and guilt. God sees our redemption through His Son, Who was without sin, but became sin for us. We were redeemed, cleansed and sanctified by the Word of God. *“Therefore if any man be in Christ, he is a new creature: old things are passed away: behold, all things are become new.”* (2 Cor 5:17)

Are you a teenager? You’ve been to hell and back.

Are you a housewife? You’ve been to hell and back.

Are you an architect? You've been to hell and back.

Are you a movie star? You've been to hell and back.

You've been to hell and back through the only Man Who could take you there and bring you back – your substitute, the Son of Man, the Word of God, – *Jesus Christ*.

Why am I telling you all of this and what has it got to do with your health?

Nailed to the Cross

Medical science tells us that there are 39 categories of sicknesses and diseases known to man. Apart from being brutally assaulted during His trial, Jesus received 39 lashes before being crucified – one lash for every category of sickness and disease. These lashes on His body are referred to as “stripes”. *“Surely he hath borne our griefs, (sicknesses) and carried our sorrows; (pain) yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed.”* (Isaiah 53:4-5)

We all became prisoners (captives) of darkness as a result Adam's transgression. A curse fell on the world and every living being within it. The penalty for this was death and eternal condemnation for all men. Jesus became our substitute and took all of it upon Himself. He came to set us free. *“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to*

the captives, and recovering of sight to the blind, to set at liberty them that are bruised,” (Luke 4:18)

We were set free from the works of Satan. *“To this end was the Son of God manifested, that he might destroy the works of the devil.”* (1 John 3:8)

We were prisoners of darkness. God, *“who delivered us out of the power of darkness, and translated us into the kingdom of the Son of his love; in whom we have our redemption, the forgiveness of our sins: who is the image of the invisible God, the firstborn of all creation; for in him were all things created, in the heavens and upon the earth, things visible and things invisible, whether thrones or dominions or principalities or powers; all things have been created through him, and unto him;”* (Col 1:13-16)

The laws instituted by God for man to obey in order to avert the curses of affliction and suffering could not be obeyed. Jesus obeyed those laws on our behalf. *“Christ redeemed us from the curse of the law, having become a curse for us; for it is written, Cursed is every one that hangeth on a tree:”* (Gal 3:13)

Fear, strife, anxiety, pain, sickness and disease were all taken care of on the Cross. We were all restored to our original state of faith-filled health, soundness of mind and prosperity. And all we have to do to appropriate it is to believe it in our heart and say it with our mouth. *“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto*

righteousness; and with the mouth confession is made unto salvation.” (Romans 10:9-10)

Why should we confess it with our mouth? We should say it because our word is a creative force and saying it means that we are in agreement with God’s Word – and that is a mighty powerful creative force.

It does not matter who you are or what you have done or what your state of health is. To be saved means to be set free completely. *“For whosoever shall call upon the name of the Lord shall be saved.” (Romans 10:13)*

The moment you come to this point of believing and confessing, the miracle of spiritual rebirth takes place. Don’t ask me how it happens. It just happens! *“Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.” (John 3:3)*

The reason that we should believe? *“That whosoever believeth in him should not perish, but have eternal life. (John 3:15)*

And the reason why God saved us? *“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.” (John 3:16-18)*

As ironic as this may sound, we have to accept the Death Penalty, and die in Christ – in order to live!

So there you have it – the Truth! And it is the only reason you need to make your decision. Do you want to be healed in body, soul and spirit – or do you want to remain a prisoner of darkness? *“If the Son therefore shall make you free, ye shall be free indeed.”* (John 8:36)

There remains only one more thing – and that is the state of your mind. You have that “old man” to take care of.

Bury that “old man”

Being born again means that you believed the Truth of the Good News, confessed your belief with your mouth and received Jesus Christ as your Lord and Saviour. The fact that you were born in sin and therefore lived sinfully because of the sinful nature within you, formed an integral part of your book of life, which is your word. Everything in your book of life (your word) up to the point of Salvation was put aside by God to the extent of being forgiven and forgotten. However, for you, the memory of it is still there – even if you feel completely relieved of it and no longer accountable for it.

Those memories of your word (and its former exploits) are known as your “old man”. And it is going to war against your new spirit. It is going to flood your senses with all kinds of temptations and denials in an attempt to overthrow the new spirit that has taken

charge. You were previously conformed to the spirit of this world and it is going to try and draw you back into it.

Remember, this “old man” of yours went to the Cross. *“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin.”* (Romans 6:6-7) Indeed, can someone who is dead still sin? This is where your mind comes in. It has to be renewed to the fact that you have put on a new man. *“But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new man, which is renewed in knowledge after the image of him that created him: “* (Col 3:8-10)

There you have it. The mind of the spirit of your new man is going to have to ward off those lustful and tempting images that belong to the spirit of this world and of which your old man was a willing partaker. *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”* (Rom. 12:2)

In other words, you have a new spirit. And you are to bring your word into line with your new spirit. Your word has to take on the attributes of your new, God-reconciled spirit. Your birthright has been restored to you. It is up to you to nullify the sense-inspired, former deeds of the body, now no longer under the illegal authority of darkness and depravity. God gave you a new life. That life is now in the hands of your new spirit. And you are to do it by the power

of your recreated spirit, which permeates and controls every part of your body, including your MIND.

Spiritual Rebirth Further Explained

Before we proceed I want to give you absolute clarity about the meaning of Spiritual Rebirth. To be spiritually dead means that you are spiritually separated from God in the sense that God severed His relationship with you, denying you fellowship with Him and favour from Him. It further means that God has relinquished His control over the eternal destiny of your spirit . you are on your own as a condemned human spirit destined for eternity in Hell. And while you still live on this Earth the forces of evil will harass you in every aspect of your unprotected life. Because of man's ignorance about this, he is unwittingly locked into this position.

The moment you received Jesus Christ as your Lord and Saviour, you were born again, basically meaning you received a %fresh start+ in that God renewed His relationship with you, once again affording you protection and favour. Spiritually, you are once again tied to God, having been forgiven for your inborn state of spiritual death as a consequence of the first Adam's transgression. The nature of the second (and last Adam), Jesus Christ, became your nature and He now lives within you . and this is what makes you so special to God.

You have become a new man, having crucified the old man through Christ, but the old man is still lurking around within the precinct of your being, refusing to let go of his former status and applying pressure to your new-found faith. Your mind allowed him power of attorney over your former life. It is with the same mind, which is now renewed in the knowledge of the faith of Jesus Christ that you will *"put off the old man with his deeds"*. Your book of life (your word) starts afresh, leaving behind that old man to flounder around within the former pages now cut off from intrusion into the new chapters of your life. Say good bye forever to that no-good scoundrel. Your new man has chosen Life.

Paul says in 1 Cor. 9:27 the following, *"But I discipline my body and bring it into subjection"*, meaning that he communicates with his body, directing it like a conductor would an orchestra and reminding it that it is now under a new discipline. Paul further instructs, *"That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be*

renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.” (Ephesians 4:22-24)

It is by faith that you are putting on the new man, in understanding of the fact that the word of your new man is now one with the Word of Jesus, now living within you.

Paul emphasizes this union with Christ, *“Let this mind be in you which was also in Christ Jesus.”* (Phil. 2:5). He reminds us in 1 Cor. 2:16. *“But we have the mind of Christ”* and says further, *“...until Christ is formed in you.”* (Gal. 4:19) Therefore, we should renew our minds to the fact that the WORD (Jesus) is now part and parcel of our new spirit and that we should transform our thinking until Christ be formed in us. It is an ongoing process only for as long as it takes for us to *finally* accept this fact and live our lives accordingly.

So, whether or not you have accepted Christ as your Lord and Saviour, the fact remains that provision was made for your Salvation and the rejection of this Act keeps you under condemnation, in which case God’s love for you will remain, regardless, but only until the end of your life on earth, after which separation from God becomes eternal and irrevocable.

Do not let this happen. If the truth of the Good News (the Gospel) has entered the heart of your spirit and you truly believe it, then do not delay one second. Come to God in prayer, confess that you are a sinner and declare that you believe that Jesus Christ died for your sins, and rose again, to set you free. You will be born again and you

will know it. You will still be earthbound, but Eternal Life will be yours.

Not only that, but you will be under God's protection and you may, with full confidence claim healing for your body. No more "medical condition" for you. No more sicknesses and diseases. No more mental anguish. It's over! And you also have a complete understanding of why the world (people) is in the state it is.

You have just completed your course of **Three Capsules** within

The WEIGHT LOSS REVELATION

You have received information and gained knowledge about the human make-up. This places you in a position to start the process of losing.....

that excess
weight from
your **BODY**

that heavy
burden on your
MIND

the load of those
unwanted pages in your
book of life written by
your **WORD**

You now have a new journey ahead and I wish you Bon Voyage!

I leave you with the following Bon Voyage presents:

Disabling our Unbelief in the Ability of our Inherent Faith

Adam was about to embark on course of eternal creative faith. All the %software+ for this purpose was installed within his spirit and ready to go. God was waiting for Adam to turn on his %computer+- an act of picking and eating from the Tree of Life, which action would have been the prompt for God to click the %Enable+ button.

We all know what happened. Adam turned on his computer, but picked the wrong tree. His innocence could not be converted to righteousness followed by eternal life. He now stood apart from God, spiritually separated from God . the connection needed for a faith-filled, creative and abundant life.

By an act of deceit, Adam had the software within him manipulated by Satan, who inserted an %Add-on+, which directed Adam to focus on a life of fear and evil. God's %Enable button had to be put on hold until the *Add-on* intrusion could be deleted.

God instituted interim measures to hold man above water and to preserve his life. These measures took the form of laws incorporating rituals which necessitated ongoing participation for temporary atonement for sin. There were conditions attached. Failure to obey resulted in curses and obedience brought about blessings,

Alas, man was doomed. That Satanic *Add-on* button had a devastating effect on his life. Man's attempt at righteousness was as a filthy rag. He failed miserably in trying to keep God's commandments. Poverty, Sicknesses and diseases, destruction and death, war and strife, were to be the leeches clinging to his very existence.

Four thousand years after Adam's fall, a new Adam was born into this world . namely, Jesus Christ, the Son of God. He was the Tree of Life itself. He came to destroy the works of Satan so that man could be set free and to eat of that Tree. This meant that man would be reconciled to God and once again placed on the path leading to the fruit (bread of life) that would usher in an abundant life of faith and creativity here on Earth . and for eternity.

The second Adam was without sin. He obeyed God and fulfilled the requirements of God's laws. He was God Himself, come in the flesh to suffer the penalty of death on behalf of man.

The day came. Jesus hung on the Cross. Death and hell were upon Him. He was about to set man free. God's finger was hovering over the *Enable* button. Jesus, Saviour of mankind, breathed for the last time. He plunged into hell, taking the sins of man with Him and dumped it at the feet of Satan and crushed the *Add-on* button before the devil's face. Simultaneously, on earth, the curtain to the Holy of Holies tore apart from top to bottom. God's laws were now placed in the hearts of men . through Jesus Christ. Man, once again, had access to his Creator.

On the third day, Jesus ascended from hell and rose from the dead. And then it happened. God's finger came down on the *Enable* button. Man was officially pardoned, set free . and able to live a sin-free, faith-filled, creative life free from poverty, sicknesses and diseases, destruction and death, war and strife . if he wanted to.

Satan was furious. He could now only influence the lives of men if they allowed him to do so. Every creature made in the image of God now had a hedge of protection surrounding them, that is, those who came to know the Truth and received it into their hearts. Unfortunately, millions upon millions, believers and unbelievers alike, are still struggling to surface from the devil's onslaughts. Some, oblivious to the Truth, are in still in total captivity to him, actually enjoying the fares of wickedness imposed upon them.

How about you?

Did you know that you were absolutely set free from the curses of the law, meaning that you are blessed in every aspect of your life? %Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree:” (Gal 3:13)

Did you know that your body is now the Temple of the Holy Spirit, redeemed, cleansed and sanctified by the Blood of Jesus and that the devil has no place in you and no power over you?

Did you know you were healed of every sickness and disease when Jesus died on the Cross? %But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.+(Isaiah 53:5)

Did you know that you now have the faith of God through Jesus Christ and that it should come naturally because of the supernatural presence of the Kingdom of God within you?

Did you know that you can apply your God-given faith without fear, for it is the faith of Jesus working through you and you are simply doing what God's Word says you can do? And he said unto them, Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned. And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.+(Mark 16:15-18)

Did you know that you are a living, walking powerhouse of a creature made in the image and after the likeness of God and that you are also a King and a Priest on earth and that you may have anything you need or even want? If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.+(John 15:7)

You have the righteousness, peace and joy of the Kingdom of God and the love that goes with it, sealed by the Holy Spirit within you. Let your faith-loaded spirit and the words of your mouth bring forth the visible substance of what you need or desire, so that you may please God. But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.+(Heb 11:6)

Move the mountains in your life, lay hands on the sick and cast out demons. You are only doing what you've been told you can do. Do not be deterred by the denial of the faces looking on or the words of those still under the agenda of the enemy. The signs following you will do all the talking. You are merely declaring that the Kingdom is on earth as it is in Heaven. Jesus came to preach the Gospel of the Kingdom and said to John, The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them.+(Matt 11:5)

So you see, you cannot fail . unless you deliberately prefer the ways of the world to abiding in Christ.

The only thing remaining is for you to jump for joy and to praise the Lord . for you have been ENABLED! The world is at your feet and the devil under it.

A SWEET FRAGRANCE

Did you know that you are a sweet fragrance to God regardless of whether or not you have *appropriated* salvation through Christ? Remember, we all died within a single body . that of Christ. When God looks upon you and me, He sees Christ

within us, the One Who paid the penalty for *our* spiritual death. Christ stands clean before God and we enjoy the same status, but only because of Christ.

However, there is a condition attached. Let's look at 2 Cor. 2:15,16. For we are unto God a sweet savour (aroma, fragrance) of Christ, in them that are saved, and in them that perish. To the one (that perishes) we are the savour of death unto death; and to the other (the saved) the savour of life unto life+.

We see here that we are a sweet fragrance to God regardless of whether we are saved or not. That sweet fragrance of Christ reaches to God either from *death unto death*+ or from *life unto life*+. It's a matter of which category we fit into. If you have accepted Christ, then you have passed from spiritual death to spiritual life. You therefore have the *life* necessary to pass from *life unto life*. If you have not accepted Christ - even though you are a sweet fragrance of Christ to God while you are alive - then you remain in spiritual death and will pass from *death unto death* the day you die physically.

That poor beggar on the street is a sweet fragrance to God in Christ. Likewise, that convicted man behind bars is a sweet fragrance to God in Christ. If the beggar is saved then he is a sweet fragrance from LIFE to LIFE. If the prisoner is unsaved then he is a sweet fragrance from DEATH to DEATH. The saved beggar, however, is living in poverty ONLY because he has failed to gain knowledge from the Word of God concerning his status as an Heir of Salvation and the benefits attached thereto. Satan is busy devouring him. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.+(2 Peter 5:8).

Our fellow human beings are not our enemies. But they are sought out to be devoured+ and to be used by Satan. Unwittingly, they become Satan's human agents in this world. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.+(Eph. 6:12)

The big question is, if Satan has been defeated, then why is he still around and allowed freedom to devour, to steal, to kill and to destroy? After all, he is the author of sin and the resultant curse upon the world. Has he stolen and devoured your peace, your well-made plans and your finances lately? Has he destroyed and killed your marriage and the life of a loved one through disease or an unnatural tragedy?

Why must we still be vigilant? Why is he still around?

Imagine the world's most dangerous criminal being brought to trial, convicted, and sentenced in a most unusual way. In laying down the sentence, the judge states: You have been found guilty of the most heinous crimes imaginable, committed all over the world, leaving people of all walks of life devastated by your cruel and heartless actions against them. This day you are being judged once and for all.

Every person in the world can claim victory over you this day. And I decree that insufficient justice will be served by banishing you to jail for life at this point in time. Therefore, you and your gang of thieves, robbers and murderers will remain free to roam the streets of the world where you will be recognized by all and despised by all. This day's judgment will follow you wherever you go. I herewith, by the power of this judgment, grant authority to all the peoples of the world to make war against you and to overcome you when they see you or sense your presence in their midst. You will flee from all those who resist you. Those who innocently, through ignorance, fall prey to you will be given an opportunity to get their revenge. Those who willingly *choose* to side with you will eventually join you to banishment for eternity.+

Are you beginning to get the picture?

Our lives are lived under God's Grace, but while we live we are subject to the influence of spiritual forces at play, which could abruptly end our ability to make a choice. We are told, *For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.+(Eph. 2:8)*. It takes faith to be saved, which, together with Grace, is a gift, and we need to use it in order to pass from *life unto life*, while we still have time.

END – Thank you

The following page is for those who jumped to the last page of this ebook, but you may read it too, of course.

If you are an inquisitive, hasty and impatient kind of person, then perhaps you rushed to the last page to see if you could simply just look at the “bottom line” to capture the whole essence of this ebook. Well here it is, but it does not carry much weight if you do not know what went before.

The Very Bottom Line of Human Existence

You are a spiritual being covered by a body of God-processed clay.

Your body's main function is to be in good health for the purpose of expressing the life of the spiritual person within. To maintain this health the body needs energy generated by the intake of good nutritional food. Furthermore, your body is spirit-powered to carry out vital body maintenance operations by means of all the organs within the body. One of these organs, the brain, oversees these operations. Brain damage (caused by strokes, accidents, disease etc) can bring about malfunctions in the body.

Your spirit has a heart filled with Earth-attained knowledge, emotions and a memory storage bank of everything you have ever experienced including what you have ever thought, said and done. And anchored within your heart, God-instilled talent, individuality and purpose are waiting to be utilised.

Deep within the heart of your spirit you possess a consciousness of the fact that you are a living creature. This is your soul. It is in constant remembrance of what you are and have become as a human creature. Your soul has a perpetual hunger for truth. Depending on your choices in life, your soul can be saved or lost for eternity.

The entire content of the heart of your spirit is known as your word. This is your identity. The world judges you by your word, for you and your word are one. Everything you say or do is based on your knowledge and experiences, your inborn talent and your purpose in life. And depending on the moral condition of your heart, your word can be used for constructive or destructive purposes. Your word is also known as your book of life. You add new chapters to it daily. Once the book is fully written, that is, when your life on Earth comes to an end, the book will undergo the test of fire. What remains (if anything) will determine your eternal destiny.

The chief executive officer of the heart of your spirit is your mind. It takes the word of your heart, deliberates over it and then decides how to deliver it to the world. Your brain is on standby to your mind to move that mouth of yours (no offence)

accordingly. Those little conversations you have with yourself are nothing more than your mind having a %hat+ with your heart. Perhaps something like, %lets see now, should it be revenge through vindictive behaviour or should it be kindness in order to heal the situation and perhaps gain a new friend?+

Every human spirit is a free moral agent. Your choices in life can translate into either good or bad consequences. Once you are familiar with the source of your existence and the fact that your existence serves the purpose of fulfilling God's purpose for your life, then you will have no excuse for using your free will to contradict the rules of engagement with the Supreme and Sovereign Creator and Ruler of the Universe. Your physical body exists for the sake of your spirit and your spirit exists for the pleasure of God. We should take very good care of both.

Everything in existence came into being through faith by the Word of God. We have a good measure of that same faith waiting for our own word to bring it to substance. Fear is the opposite of faith and does not come from God. Fear is just as powerful as faith when it comes to delivering the goods. However, the payment it demands for services rendered is marked by destruction and even death. Once you know that the spirit of fear has been dealt a death blow you will close the lid on its coffin and fly on the wings of faith.

Freedom has come to the spirit of man. The Truth has set us free. There is no need to join all the liberation movements dished up by the spirit of the world. They are all laced with fear and false agendas designed to further prolong the agony of mankind.

The knowledge of Truth and the faith that comes with it serve up spiritual and physical health. Have you aligned yourself with it yet? Know that only once you do will there be total deliverance and lasting freedom. What is more, your book of life will undergo a complete edit . past and future.

FINIS

Here are some websites that are well worth a visit:

<http://www.faithwriters.com> . share your faith with other believers

<http://rightstanding.net> . share your faith with other believers

<http://thechbn.ning.com> . Christian Home Business Network

<http://instantblogsubscribers.com/vip/jacksword> - join and tell the world

This product, *The Weight Loss Revelation*, is not for re-sale