

A Guide Trough the Lake of fire
(How to fix your Schizophrenia)

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Preface

Hello, this is a forewarning to whoever think they know the truth, and have knowledge. Because you can't truly know something concrete until you have hit the ledge of what it is you think you know. Then you know you can't go any further to whatever subject you are pursuing, unless you want to go over that ledge and feel the freefall descent where no one has ever came back to tell about it. Or, have a few seconds to write it down on a piece of paper. Whomever found the carcass got his turn to become the messenger of this superb piece of advice that should be shared with the world. Gone are the days that keep people ignorant, or one would hope so. Or that what is aspiring and meaningful is used against people and in terms turned on them by foreseeable forces which no one can control it and in return, gets punished for, with prisons, physical ones and metaphorical ones was well. There's obviously a crisis and an opposition in our world, when we are faced with what God really is in our modern day societies. Theses mystical complexities of the universe, and it is in fact mystical, should be viewed as an advance by mother nature and should be viewed as such, rather

than seeing it as an error for the profit of selling pharmaceuticals. Perhaps there is something within our modern day belief system that we are not getting, which mystify all of us, this notion can easily be basked in awe.

For example how can this surge of general critical thinking and raised awareness by let's say an overt conception that everybody is watching you, how is it that it cannot be our brains trying to adapt to the explosion of the urban lifestyle? How is it that it is not simply how we live, where we don't need our survival instinct, which this instinct is trying to adapt itself or maybe has been caged like an animal and is trying desperately to free itself.

Don't get me wrong the convenience of going to the grocery store has a lot of benefit for time and energy. But how can simply going to the supermarket and picking what we need has any benefit to our human spirit, rather than growing and hunting our food

To know how to defend and to know how to apply is the first line of defense against it. It is true that knowledge is power thus the more you know on how to defend yourself the more strength, knowledge and

intelligence you have. Most people only see what you can't do.

** Now this is the hard one the what-ifs, the do's and don'ts, the tightrope walking, the "what you think that you must do to get into heaven". There is no needle, there is no spoon. It IS heaven it IS hell it IS the earth and the fishes and the fowls all in one. There is no division between everything because it's all intertwined into one. Do you like reality? Well God is completely a part of that! The omnipresence is all into 1. And above all, you resonate, think and feel, therefore he understands and knows you.

But you must be weary because the devil knows his magic and it's evil and powerful and it can give you quite a mental leg sweep when you are not aware, naïve and inattentive.

The divine protection stops (or whatever you want to call it, divine ,etc.) when the fear sets in or the negativity goes in it actually fuel the shielding as well.

Because sometimes what you think is happening is what the demons want to happen (He just projects what he wants you to see, casting on you, and they want it to happen. Like anxiety sometimes the things feel like its happening but it's not). It's all powerful illusions.

As I sat there I couldn't take it anymore, and something came to me and I finally decided to let it go. And as I let go this energy it just wind tunneled into me. And as I saw it I was in the land of the dead, I guess you can call it.

Life isn't supposed to be slavery it's supposed to be freedom! Every societal system that ever existed has always been hierarchical, therefore it is safe to say that every system that dealt with hierarchy is primitive only the advancements on how to utilize this system to further the control the population on which it conduct sad to further program of illusions on the masses to trick them out of the realization that they ARE!

That's also why I like the comparison of this scenario. : " if a fork suddenly get stuck in your leg and I tell you there is no fork, give you medication and also tell you to derive yourself form the fork while trying to heal from the incident, will you truly heal?" I sincerely doubt it! Enjoy the read!

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Now that you are completely out of it, that you are completely out of control of your situation and that the only thing that you can do is hate yourself, now is the time to pause right there and to just sit back, relax, sit on your favorite chair, meditate and let all the worries go as you have done absolutely nothing wrong to be at this point, regardless of what anything or anyone has said or is doing. Whatever it is cannot kill you or hurt you but is trying to have its way with means of fear, hate and confusion upon you. Bask in God.

Realize now that you were in a different part of a world that is unknown to you and to others. You probably feel like a sense of belonging in this world now but it is just for this moment as it is just a way to re-establish how you were and it's a step closer to how it should be. It will feel like a personal manifestation towards the self. But it is important also to think about others as well. But you will learn that in time.

The reason why the voices feel negative, disorganized and insulting is because they are meant to be that way, they are meant to cause you distress and

harm and pain. Most of you will say "obviously" but at least now you can take the "why" out of the equation, or beat yourself down with it and think this is all your fault.

I know that your doctor or mainly all of society will tell you that there is nothing there, or that it doesn't exist, but that is not a way to get people heal and we human must have a value something that we can calculate on in order to have a focus on something to have or to maintain control. You can not cure "nothing".

There is something about what you must also know, and I call this the way of the gladiator. And it is to know how to take the pain, in fact you have to take the pain, you pretty much have no choice, at least for just a little while longer. some might want to think it in a way of accept the suffering, maybe a suffering through Christ, whichever way you want to proceed, it will be most beneficial to you.

Also a need to know is what I call the "impending doom effect" where it seems like the sequence of events that happens in your mind, and I have seen it a good few times where your "theme" seems to be getting worst and worst. Just remember that it is its sole purpose, treat it like a bad horror movie

that just keeps getting worst and worst, I'm telling you this illusion (NOT a delusion) are powerful! Very powerful and can overtake anybody that has its influence on it! Just make a smile. And realize that you are allowed to treat it like any illusion: A LIE! A big stinking lie! And that is your "value", your substance which is your equals sign. That's how you can gain control over yourself with it, there's nothing in which says that you HAVE to believe in what you are being told, and rest assure that is the truth.

NOW FOR THE "THEME": I call the theme the setting in which was the beginning of the manifestation of our wonderful puzzle that has been given to us. I do not choose to call it an illness because an illness is something that would keep us bed ridden, like a broken leg. So I prefer to call it a puzzle because it makes us to problem solve and to wonder and to figure out what it is. Now the themes can be from aliens, monsters, a secret agency, the army, the government, etc... You must put it into the test. 99.9% this can be very tricky as it can sway you back to the original mud hole that you're trying to presently now and trying to get yourself out of. And the "voice" can either become menacing or it can sway away. Be strong and remember the gladiator! The best way to test this is to realize by

yourself, and only yourself as no one else can do it for you. To realize that there is NO alien, NO government, NO CIA or anything like that. And yes I know what you are going to say, I've been there. But the best way to do this and to put this to rest is a simple procedure called the process of elimination. We all have them the dozen or so little correlations that are all interlinked together with our theme. Take each one and finalize them! These stories are built up in order to be concluded.

Most people haven't clued in, (myself included until a few years later.) that when somebody with this affliction, for lack of a better term, that what comes out of their mouths (which appears as non-sense to other people as they are not living in it so therefore cannot relate to this experience.) don't realize that the person is being fed these stories! you yourself if you can remember when they came about that you we're told by the voice or by whatever it was, it just being said to you

Ex:" you: "why am I seeing this?"

Voice: "it's because it's the government"

You probably have a better example; this is just a generalization of what typically goes on. And there is

also the visual- receiving that goes along with it. You must remember that these are all just stories that are built up and the reason really why you cannot pull away from them is because you are being tempted from them. Trust me they are addictive as they should be as they feed your spirit. Just make sure you are the master of them and not the way around. You can always type them out or write them down eventually you will see them for what it is either cool stories or non-sense.

so this process of elimination is a sure way to figure out, "what's behind it" and as the time goes by and by you will eventually hit the conclusion.

*** I want to pause for a minute. I want to tell you that I will help you go through with you this process and I will get to the point and the conclusion of "what is" behind all of this, there is so many little details and procedures that I wish I could fit them all on the first page, but bare with me as I will get into all the juicy details. I find the easing in it is the best way.***

It is also to mention that now is a time to trust yourself. This won't be an easy road or an easy task but now to trust God and trust yourself.

you have to realize also that whatever it is that is haunting you has an intention and its intention is negative and wants to cause hurt and pain, be careful as to what the voices wants you to do. Do not hurt or cause pain as this is the remains of an older and ancient world where, barbaric things were more accepted and was easier to get away with (Also to mention that it is never ok to hurt steal or kill in any circumstances.) In the old days it was more common to kill or steal but it is not how it is and it also does not make it ok for you to do it. Just like the imposed tendencies to tell you that certain things or people are beaming certain things or controlling you through airwaves for example, Because if you can remember back when it all started, you were being told what it was and what was happening and what to do (by them).It wasn't something you drummed up yourself ,you were led on to this. You have to realize that this is a lying manifestation that is producing and creating this paranoia. It creates this illusion upon you then telling you that it's someone else or something else. Those that are the most astute of you are probably figuring what is going on now or start to realize what it

is. If you do not shouldn't be in panic now as you will be let on to what it is and it will be more pleasant as to what it is. Trust God.

The reason why the theme of the government or CIA is used is that it's an easy method for "them" to use this is because they know that it is effective. It is for them, a fail-proof way to ensure that they are seeded and ensnared while you, as a normal human being in this predicament is trying to rationalize and trying to make sense of what is going on and being in the seat of the driver, makes it harder to be grounded and at the same time, being told that none of it exist! An easy approach to establish yourself in this situation is to say that you love the government or the CIA. I'm really sure that you have done nothing absolutely wrong to merit having a secret agency trying to kill you. I'm certain you haven't blown up any buildings or did any other horrific actions. Free speech is free speech and what you say is not in subject of conspiracy. Upon liking the government you will feel the re-establishment within you.

THE TALKING ELECTRONICS

Now for something that is exciting to talk about, is these famous electronic devices which the government is talking us through (which we know now that is NOT true, remember the lie.) The next time you will be in encounter of hearing them talk to you through them. do this exercise : do not simply HEAR them, but listen to it, focus yourself to where it comes from, remember whatever it is, likes to throw its voice a bit, but trust yourself as you will find where it comes from. Listen focus, and localize, here's a tip it's not IN the electronics but it's near and possibly on the ground. Do not be afraid as this will open a new perspective to this whole situation. And once you find it do not be afraid of what happens next. As you shouldn't be afraid of what it is, of who it is, or where it is from, or who it's coming from. You haven't done anything wrong regardless of what just happened. Remember the love and god, and just simply say to yourself "off!" or "goodbye" use your inside voice if there are people around you. Do not fear. Have you found it? It certainly made me think and wonders. Once it's done, be happy congratulate

yourself, as now you know and knowing is half the battle and now you don't have to live with it. If there is any backlash, for the magician's trick has been revealed, do not fear or panic. Just focus on joy or a happy thought.

Sobriety is good

There is something you must know and it's that the only way you can get out of this, I find, is that sobriety is key for you to re-affirm your happiness.

DRUGS: Really an easy way to keep everything out of control for you. I knew a few people that quit marijuana because they "bad trip" due to the harshest panic attack. I know that there are recent studies as it can cure several illnesses but in reality it is the perfect drug to keep you out of grounds and to keep you out of check. There's no way that you can retrieve yourself back without quitting marijuana. There's a lot of people that keeps saying that you seem to "lose" something mind wise, which may feel like it, but it is your mind that is regaining sharpness and it is the fog that is clearing up.

ALCOHOL: May seem like its good for the night, it certainly won't be good for the morning. As an occasional drink here and there might be good from time to time, it's just another way to keep things out of line and out of life. Many would be apt to abuse this have seem myself liking beer a lot for awhile in my 20s. It is clearly due to the fact in studies that hops and barley are the ingredients to reduce anxiety and nervousness, the drink seems to be a replacement to this anxiety brought on by medication. But again it shouldn't be replacing anything. Alcoholism in all obviousness can be lethal over time! I found that drinking grapefruit juice would quench the thirst.

CIGARETTES: DEADLY! PERIOD! It's deadly to your mind, your body and your spirit. You might feel the satisfaction within the moment, or that it's soothing, but if you notice a few minutes later that it will down you and your emotions, it will keep you nervous and anxious until you need another one. The more you practice what it is this book the more you will feel it. Cigarettes always have and always will have the neutral effect, like it doesn't really affect you, but in the end it does. Think about it 80% of people who have schizophrenia smokes. The fact that it hasn't been looked upon even closer by any medical institutions

besides a very few is staggering! If half of the 80% who do smoke would quit, we would see a significant drop of symptoms and would see many more patients possibly have their medication cautiously reduced to minimum. But that is just a hypothesis.

My way to quit smoking at first is to quit gradually give yourself a few months to fight it. Count your cigarettes you smoke in the day and gradually cut them down, after that it's all gradual. Hopefully when you see yourself catching up again on the same amount, you can see how you feel. It might give you incentive to be cigarette free.

COFFEE: The sweet Java. The only thing I can say for this is that part of the reason why your mind is probably racing is the caffeine. I would suggest switching to decaf or half-decaf. Even if it's against the Java protocol to stay away from decaf (nerd-talk) it would be advised to do so. I myself would consider myself a hypocrite in this subject. But the time I did quit coffee the few days following this was due to notice. I found that I slept better and that my mind had a sleep it didn't have in a long time. Over time you will get your energy back. It is something to notice, that, in fact when you drink coffee you will tend to be more tired within a

few hours, but yet have a harder time to sleep when it's time to close those eyes. Don't worry about the blues or headaches for the first few days, they will go away.

Television

Yes it's ok to watch a bit of television. But one must remember a thing called Trumanism, where one is struck with the notion that he is in a television show and everybody is actors playing their part. It's ok to let it swell in the imagination a bit or to think about your favorite show during your lunch break but to spend 20 hours a week in front of the tube and to not enjoy life is something else. I found that a good way to heal is to unplug! Away from the negativity from the current affairs (if you want to keep informed just read the newspaper) or violent shows, which are big detours from your path to happiness. Instead watch something more positive or comedies which will make you laugh and get rid of the emotional garbage which stays stuck. Read more, your brain will thank you.

The Satan factor

THIS IS A HARD ONE TO GRASP, even though we all lived in it one point in our time. Our "manifestation" probably all began by being introduced into this world of magic and myth and wondrousness. Only to be sucked into a world that we cannot control and to be trapped, leaving us paralyzed in fear and confusion, welcome to the Satan factor. A world where we find out that demons exist (and they do), and that all hope has left the building (which is not true, it just feels like it). Just because the majority of people have not seen any demons, does not mean that they do not exist. Now is a time more than ever to trust God. This is a time to know that this has substance and something that you can focus on (God that is). And can finally have control over it. But be warned as this will not be an easy fight, as it can pull all the tricks out of the hat in order to cause you punishment and pain. It's not "the devil" but an evil spirit that has been causing all this pain, and that spirit has a name. Try to figure out what it is. It will try to tell you that he doesn't but that is a lie. He will try to elude you and try to impersonate other people, as you may think back, "How does this person or that person can

talk through me to try to hurt me if he or she is in the physical? It's because of this evil spirit; he'll try to impersonate anybody that it can sense to get the most attention from you. They are very good at impersonating who they want to be. Be aware also as you are thinking back as how "the person" always looked sometimes in a different spectrum like its different graphics (think from 32 bits to 16 bits, for the computer geeks out there) or that it's a variation of what they were before (different shirt, different variation of how they look, or they do not look like exactly like the one before), this would be a good opportunity to discern.* might be another altogether, guides or helpers for the new agers out there* but be very weary with the discernment don't be fooled but forgive yourself if you do. Also to mention that they will also ask you all these trivial questions, just for an attempt to call you out and trying to put you in your place. You don't have to answer these questions, at all. You will not lose. It will make you feel like Christ is evil or a lie or that something that can be scoffed or belittled at, if you find yourself in this position and it happens do not worry as god forgives plenty. It's ok to say sorry. ultimately I can positively say that you do not have to take this in fear, the bible says "do not resist

evil" but planting your 2 feet on the ground and saying "enough!" is not resisting.

I would also warn you that this evil likes to re-invent itself, once you think that you have it all figured out. Watch out as it will try to "one-up" his game to try to keep you entangled in hurt and confusion and pain. He will try to re establish the elusiveness and try to act like there are many, but there is only one. The only thing that they have against you is the concept of hell, which is what is present when it is present. This concept that as soon that you see a demon, that you automatically will go to hell(which is not true), if you can fight this lie off yourself you have the power to defeat this thing. There is nothing in the bible that says you are going to hell just because you see a demon. But don't let this deter you from trusting God.

There's another thing about 'hell" that you must learn is that in the other ancient religions they often referred to it as "the underworld". Obviously it has been written about it from people that were alive and was written by people when they were alive. this case is no different, often when you see the evil, death and hell, the message between the lines of it is "this is hell there is no hope this is the end and there will be death" if you

can grasp the concept of the underworld and it is simply what stems from it, then you realize that you still have life you are still breathing, they haven't "stole your soul" nor destroyed it, but it is a darkness that is in you, a type of negative attachment, which can be vanquished by praying or meditation. You can also counteract this impression of death by saying "the underworld is life" or something like that. And you will see the transformation inside you from it. I know it is very persuading and scary. The illusion of feeling like you are dying or going straight to hell is very strong. Courage is key and essential. Whatever it is cannot kill your soul. To make you believe that it can is a lie. Albeit, a very powerful one, but still a lie, like anything else once you believe a lie you give it power over yourself.

A good point that you will be that you will have the feelings of being constantly "wrong". That is why you have this cornered feeling, along with having this "dire consequences" if you do not abide by this. Just laugh at it or scoff at it, the feeling seems real and powerful but it is not true, It is just a mere accentuation of self-hatred imposed on you. Love is the answer!

If you believe in god and angels, remember that you have every right to do so! If you believe that they

are helping then you have the right to believe it so. No institutions can take it away from you. There are people that get incarcerated in other countries for their beliefs, in democratic countries you have the right to free speech and freedom of religion! Another thing is whatever scenario that is built up in your head that leaves you in defeat, you must remember that you were doomed to begin with so if you get to this point, you can easily let go and move on once you realize it. Everybody in the same boat got built up into a scenario and everybody ended up the same way with the same conclusion, so don't feel like you've been suckered!

Hell does not exist, as it's a mean to coerce you to put yourself in a position of spiritual slavery and it is a creation of evil to put you in a position of bondage and slavery. Just remember that it is.

As with bondage and slavery you don't have to live within the demon's bondage or slavery. Demons are like red ants.

Be very weary again, as these spirits are very good at noticing your original "friends" as they are good at taking another form. Then acting like your "friend" to commit their heinous act as they desire more sinister acts to be carried out. Maybe out of rituals or god, or

simply being more malevolent and it bloodlust. It's a Christ-less world they live in!

Also watch out for how they turn on you if you ever decide to turn to Christ many of you might feel compelled to do so, and there is nothing wrong with that, turning to Christ that is. Just make sure you don't repel in constant fear, just love and be joyous!

One thing that they are especially good at is on how they want to screw with your afterlife, or make you believe that they are! Whatever little things you can say, ether it's getting a new toaster or deciding on something major, they'll try to make you feel like it's an automatic hell sentencing or that they own your soul. You can try to rectify to backtrack to it, but you are causing yourself some strain and pain. The best way is to say in your inner voice "you have no powers over me, you do not have dominion over me, and you do not own me, in the name of God". This should give you back control. Repeat if necessary.

We are all human, we have our strength and our weaknesses, so it's easy to fall prey to what is mentioned previously, as well there's also these paralyzing or paralytic phrases that can jump in your mind that can be a real crutch. "Sell your soul" "kill

yourself" "die!" "Kill someone" "die!" Etc... These can hurt and we all have one who suffers. It's to the point that we could even hear it on TV or radio and it will make us hurt. If you can make fun of the phrase, even repeat it to yourself comically, it will help relieve the pain of it, at least, it worked for me.

Another thing, demons love to act like they are sinless, and will call out on your sins. Don't believe their lies; they are murderers, thieves and liars.

You must recognize what they are for what they are nothing more than evil spirits hurting you. Fear, confusion is their game; the end result is harm and evil. Some new age book will recommend to say : "In the name of Jesus Christ(or God) go away!" is your phrase, it does work!

Language (Voices)

Something very few have seldom thought about. Of all the accounts of people that I have known, directly or indirectly, seemed to have the voices in their heads speak in English. The majority of them anyways. This is something to actually note, the researched statistics of immigrants who are afflicted with schizophrenia is quite

high, especially for those who are well integrated.

Seems like where there would be a conflict where English is a factor. I'm not saying that English is evil or the devil's language, although there is Celtic origins with the English language, but I am digressing here. In reality schizophrenia lives predominantly in English democratic area, and there is simply something to it for it to be noted, my reasoning comes from this experience. One late night, I was in the kitchen, and then I started to hear voices in English. As a French-Canadian, I started to respond in French, then as "the voices" started to talk in French I changed to English again. Doing this a few times the voices started to manifest itself into something else. This "being" if you want to call it that, started to get suspicious and started to ask me what I was doing. It was almost I was deviating from its purpose which was to talk in my head. I can tell you that this "being" wasn't very pretty, and then I just asked it to go away. Needless to say the voice disappeared. Being bilingual put me in an advantage for this, and allowed me to see for what it is. For those who are not bilingual, if you can focus on the voice like it has substance you will also see it for what it is. The best thing is to not fear when you will try this, and to not let it boss you around, it is malicious in nature and his intent is to make you fear and do its bidding. A lot of

bad things could've been avoided, or I should say will be avoided if you can realize for yourself to not let it take control over you and do its bidding, to not let yourself take it personally when it gets insulting. Just laugh it off; you don't owe them anything, also to not let it get to you, Especially if it acts like a "persecuting Christian "Or "fault finding" We are all sinners at some point, nobody is perfect and we shouldn't feel like we have done something so wrong that we need to be "put down in our place". There is no real reason why we, or they, think we deserve pain and suffering. Praying and meditating will help you on this.

It can wait

A lot of times I have noticed that when somebody is talking to you or just when you are ready to enter somewhere or ready to do something that there is this sudden emergency to engage in something, or to tell something to you in confidence or to make you bring somewhere away from everything so to be alone. I can assure you that if it's very important to tell you that it can wait there's no reason that it cannot wait. Be

aware of it, say it in your inside voice that it can wait or just ignore it. Most cases it's just to make you into a fool or act funny in front of people. Remember the action it the wanted result.

A good way to work on this is to focus your attention away of "it" and towards art and creativity with it. Most importantly on love and positivity, the enjoyment of life itself, to enjoy the little things, the joy of being with family and friends, live love laugh.

The goal if you want is try to give it minimal attention, which "it" really turns you away from your goals in life. Don't give it too much attention or energy towards these "negative influences" but rather with god and love, focus on the positive in your life it can always be worst and be happy with what you got. It can be a daunting task due to the nature of our condition, all a person can do is try at the end.

Another way is to find how the evil, if you may, is attached to; it could be something that could be unholy or be conceptually evil. It's different for everybody, for example, video games, and one could be attached with it while another person could have no effects attached to it. Another person it could be

marijuana while another can smoke it with no negative consequences.

The window

We all have this happened to us, something talking to us through the window. When we wake up or when we go to bed it is there speaking through us. I can assure you that it's not through the window but it's the same thing as before except that it's projecting its consciousness through you as a means to communicate with us. It is an older form. In any case to recap it's simply something that's talking to you, more than likely the same thing that's with you all this time talking to you and focusing with you on the window. Out of many, there is one! It could also be trapped negative energy around the window, make sure to burn sage or a lighted candle around the window, this might work. If not try the previous method.

Self-analysis

Negative spirits will accentuate the natural voice within you so you can hear it. They are good at turning you against you. At going sub-levels of sounds. the best thing is to keep positive and continue saying good things about yourself, any instant internal attacks towards your inner compliments are to be seen as nothing more than a brush-off, keep focusing on the joy. Doing self-analysis is sometimes good but to do it all the time is very negative and it leads to perpetual negativity. We all wish that we can get it back and be what we were before all this happened, but the truth is to go only forward with it. Don't worry about the psychiatrist, you don't have to explain every details to him as to how it is in your head, you don't have to help him figure you out what has happened. what is done is done. If he is good he'll be doing his job. Just stay focused on your goals and keeps smiling.

The room

This is a different one! Possibly one of the lesser common theme. Everybody has a room, it might be

some throwback from your past. When you we're young you had "a room". That's why others have a room also. Not to say that they are kids you are talking to, but it is derived from it when you were young. Many people, when doing my research didn't have this with their affliction, but I decided to include this for the sake of it.

The Christ factor

I can tell you that you don't have to blame god for what has happened. Just remember that the #1 thing with god is love. Sometimes good can come out of it, it may help you to become a better person (not saying that you are not). I can assure you that there is a lot about it that seems to be very biblical, my personal belief is that in all honesty that schizophrenia is nothing more than ancient remains to how people were. How some of us seem to instantly know what certain passages in the bible seems to relate to us or our affinity for theology with us. Could it very well be that? Could it simply be a yearning to be spiritual or a yearning for a path to God? What they call schizophrenia is how, through it, that the bible was written. This perception or what the visualization or the receiving upon was put on paper. How would anybody

know what's there without seeing it? And writing about it? Maybe this is all a remains of a long lost world to us as humans. Some may say that our beginnings of it are a road out of many roads that leads to no one else but the devil. Or maybe God, who knows, all I know is that I am stopping to feel bad and looking down on myself about something that nobody still doesn't know anything about, including me. So I will stop fighting myself and correct myself and put myself down just to satisfy a few that are ignorantly skeptic. Everything happens for a reason, whatever that reason is. If something doesn't have a reason to happen, then there is no use for it to happen, therefore will not happen. Something good to think about when you are in darkness: "if I haven't done anything wrong why I am suffering through this? Is there a reason why I am going through this? In these previous question it is good, when realizing I haven't done anything wrong and say that I have enough! I don't want to feel bad so therefore I will stop feeling bad! I do have a right to defend myself from this and I do have a divine right to be respected as a human being! On a side note, if you doubt this try to does a cross sign on your stomach area where most attachments lie in where the center of your emotions is. There you will be able after to determine for yourself. If you wish not to use this, it is fine. It's just how I got out

of it. But be cautious of what I would call "the guilt trip" as Christ is there for salvation and release. This on the other hand does the opposite and will make you feel like you're a "sinner" or condemned. There is no reason to feel like that and there to beat yourself down just because you turned to God, Especially if God is loving and forgiving You have to find out what the demon is attached to you with. For me I do believe it was music.

Although I enjoy music, a musician's life can be an unholy one.sex drugs and rock n' roll.

Another thing is to challenge a bit when you do hear the "voice of God" . This is the perfect time to use some critical thinking and to test where this is actually coming from. I am not telling you to doubt God's existence. In my view, if God wants to talk to anybody he chooses to he can, there is no boundaries with Him. BUT! I am telling you that you must make sure who or what you are talking to! Before you get into something you can't get out of. There is faith and there is blind faith. Truth is a piece of the foundation of God and if it was Him he would have to problem showing you this.

Truth oversees faith at all times! God is way more intelligent than what anybody can fathom. The more you test this, the more godly or ungodly you will find it to be, or more substance it actually has. Trust me, you

have to make sure. It is a natural human tendency to have a grasp with what is going on in our heads, it is a divine right! In our times, it is unfortunate but mandatory to make sure that what we hear see and believe to be the truth, a complete and thorough discernment. Whether it is physical or non-physical.

Atheism?

Many would suggest that atheism would be a path to take during these times in your life, but I found that it would work for a very short time then it would leave you empty. But there is an aspect to atheism that can re-establish you, which is the rational mind To each his own, who knows it might be beneficial to you to be like that. You might see that what you encounter cannot survive without the concept of God. It might make you see deeper into what it is. Who knows the official accounts of what we think is God might be Satan and vice versa. Or that we'll find out that we have God all wrong. If you do take the atheist route just make sure to keep hate out of the picture, there is enough of that going that around.

What government?

We all love a good conspiracy; it is human nature to seek out the truth. But it comes to a point in our lives where it can take over us, and grip us into a deeper fear and accentuate on our anxieties. A good thing to say when thinking that the government is "after you", is to basically side with the government, if you think that they are after you then, say that you love the government. You don't have to explain to them anything you don't feel like you want to. You'd be surprised to find out when it's NOT the government and the transformation when you realize it. It will be your greatest power to defend this and overcome this. It is yet a negative barrier. Some so called spirits will do it out of instant anger rage and spite; it's more animalistic tendencies than anything. It's not just humans that are the "animals", spirits are too. It's another universal trait.

All have a name all have female and male. All have emotions. The process of elimination is also your friend of "determining what it is". Once you eliminate one by one it will be easier to have control of it. The origins was a build-up of a cluster of "stories, or scenario" to keep you out of reach and control. Thus eliminating one by

one will lead to the conclusion. Which most cases will be an evil spirit? More likely than "government controlled trauma based mind programming. Let go of the conspiracies and you will get better control and perspectives on yourself. Being awake and aware of things of current world events is one thing. Being in constant panic mode is another thing all by itself, which leads to something that is nowhere near being informed and awake and make a change in the world.

Computerology

We all heard of karma. This is an issue that a lot of people never realize themselves. Especially when people are being creative with their computers, I for one have stopped downloading illegally. I do believe that if we want to achieve what we want as an artist or musician or other aspect of creativity, there would be nothing worse than to steal the programs that we want to use. I would see it not as superstition but this lingering dishonesty that would counter attack with bad karma. Towards our success, as a consolidation prize older versions of software can be just as effective to

your art as much as the newer ones, but if you want to use newer ones by all means do so, but buy the software. You'll appreciate more what you have and you'll be way more focused and more apt to learn how to use it. And along with this you give less of a chance for evil to have the perfect excuse to stump you along the way. This goes along with downloading music illegally, why would you do this if you're a musician? Even if you would be a non-musician why would you do this to your favorite bands? I know there is the technicality for obscure out of print albums that are hard to come by, and you shouldn't feel obliged to overpay for such a thing, but that's beside the point. Illegal download puts you in a dangerous position of having a little dark side into your heart and it is way more damaging to your soul and heart than you think. Demons love this. It categorizes you into a type of person that you don't want to be. To do against all odds of having to steal with extreme ease in your fingertip, and to decide to do the righteous thing and to buy the album anyway, that my friend speaks volumes in the universe. It is the measure of a man the path in which direction he walks.

Do what you want

"Do what you want" is a mean to feel free and have liberty it is to be applied as an opposition to oppression, that is God has given us and tell us that we have, the instruction that he gives us. God has given us free will. But with this beautiful gives leaves the road open to consequences whether negative or positive. Do what you want but if you plan on creating evil with it you will have what comes along with it, which is darkness. We truly pave and mark our own road. But along with this oppression that we feel inside all of us this wall is undeserving and will lead us to a life of anger, hate and frustration.

Forgiveness

There is nothing wrong with feeling sorry for what you have done in the past, feeling bad about it. That's why you ask forgiveness. Saying you're sorry means that you still having a heart and that you become a real person.

Anxiety

It's really nothing more than having an internal persecution. Just Like the feeling that you are going to jail like an angry dictator is sitting on you. Like an authority of some law. Like a bad teacher or a bad parent. Like you are an animal and he's the abusive owner. You have to take ownership of your feelings as if you do not he will gladly do it for you. There is no jail for you. Nobody is looking down on you while you are in public. This is not Orwell's 1984. This is neither Nazi Germany nor soviet Russia. You are not in "trouble with the law".

Nobody is looking down on you, a good trick is to focus on the anxiety itself and project it outwardly within yourself to other people. Turn this into a shield instead of a sword by your heart.

Conspiracy Theory (Targeted Individual)

Conspiracy theories, while some of it is good for the brain, most of it is bad for the heart. Meaning, that it's nice to be aware of certain things in life and to be active politically, socially, culturally and be concerned with the environment, but this is a question to answer yourself, and this question is: "how am I going to stabilize myself if I am constantly on edge about whether or not that these conspiracies are real or not? and how are they affecting me on a personal level?" If most time when, all of a sudden, you are all alone, you become increasingly paranoid and you're looking out the window, in fear of someone is watching you. Trust me, when you're alone, that is where synchronicity and coincidences will happen more often. How many stories do you hear of something spectacular happening to somebody when they're alone? If they would be after you, you would already "got" you by now. They won't be going after you through what you are seeing or what is manifested towards you. That is just you being taking advantage by yourself through your own fears and paranoia. If you can just say to them that you stop believing in what they feed you, or treat it as good

science fiction, then you will be on your way out. Also, using aluminum for whatever purpose you may intend to use it for is a coward's way out of your situation, it may sound harsh, but you have to realize that it's just another way to keep yourself imprisoned in your own mind. More than likely they already know what you think you know, and using aluminum is just another form of a security blanket. Another thing is the impending doom of having "chips" in you. At this point in time there might be, there might not be, but you don't know for sure unless you would pass a body scan, there is no sense worrying if there is one or not in you, definitely do not try to harm yourself to see either! Like I said before, it might be an evil clever tactic to mutilate yourself.

License plates

Numbers can be a magical thing, with the amount of cars on the road you can have much mathematical deduction with any combination of numbers and it can tell you anything you want to hear and feel especially if it's just a few numbers. The best

trick for this, I find, is to simply pick 1 series of number like “777” for example and to just stick with that one number. And like magic this numbers notion will realign itself more clearly, and with meaning, then all other numbers will cease to have meaning and it will stop you from obsessing constantly over it. It will keep it minimal, and more positive, for yourself and others.

Superstition

This is just added stress into our lives and makes us live into this perpetual formation and ritual of fear. Nothing is going to happen to you if you break a mirror, see a black cat, or if you say a bad word. You have to let go of these ideas. It will be more liberating. So break a mirror, you are free!

The "secret"

In reality the secret works. Like Henry Ford said: “whether you think you can, or you think you can’t you

are both right". If you think they are after you then they are, if you think that they are not then you are correct as well. Sometimes it is the perception or opinion towards a certain subject that determines its outcome. If you obsess on feeling like you failed then that is what you end up with, a negative feeling. If you turn it around and say that I am not a failure, I am a winner then the outcome will be just that. Don't be so hard on yourself.

Self-hatred

We all have it in one form or another. You have to work together with yourself. Sometimes we analyze too much with ourselves and we create a divide. By working together with yourself you can achieve back how you were and function even better than before.

Forgive yourself. Nobody makes the grade, and everybody fails at least once in their life. It's just another lifelong lesson and how you take this lesson. You haven't done anything wrong and don't let anybody tell you that you did. You can try to figure out what you did wrong, but it's just another thing to keep you down. The voices like to find fault in you in order to keep you

in his trap. It is done, it happened and all you can do is keep positive for the future. If others want to put you down, then that's their problem. But do still try your best to love them.

Hade phobia

Hell, the worst place to be ever, it's a million horror movies all in one place! once you can stop thinking about what you are experiencing has to do with hell, then you can start pushing yourself away from this concept and you can start thinking and applying this without thinking that it has any part of darkness whatsoever. It would make sense if you question as to why you're a good person but is being persecuted. We feed what we fear. It might take just a bit of time, everybody is different but you will feel better when you do it, because the definition of hadephobia is a constant fear of hell and it seems like its pretty relative in one shape or form. An important thing you have to remember as well with demons is that they are always trying to screw over your afterlife, that is their main angle and no matter how hard you try they will always

attempt to do so, with whatever little trivial thing, down to a phrase or an idea, or something you see on TV. As long as you remember that God has the finger on the button upon this, no matter what , you have nothing to fear, but be warned as they will try their hardest (and I mean their very hardest) to convince you otherwise. You might feel that they will try to do as I would put it to you a "separation from god" but by doing it on your spirit, by doing it in a way where they are doing it physically, similar to the feeling of "leaving the nest".

On medication

I can't tell you to stop taking your medication. But what I can tell you is that if you follow these tips and work on yourself and be positive, you can then work with your psychiatrist to slowly bring down the amount you are taking. To stop taking your medication, like any other medication will make you relapse and that can be very scary when it happens to you. It won't be a happy situation. These things take time.

What can we do to prevent this, now that we know!

The best thing a person can do is to not befall into temptation. At first glance or first experience it seems to be all "psychic". Or that we can just treat it as you are just the special person of the day. To be grateful of that day, or just as a good experience, but in our day to day society we are not being congratulated or being brought up to be celebrated. Which seems like the first day of this big celebration of self. We must simply say thank you and continue with our journey. With our family and friend, and unfortunately that will be the last day for you to smoke marijuana. Trust me on that one.

But for the falling into temptation of pursuing this, or that you are being led into continuing this be warned it is a trap that will suck you in. just simply say "I don't believe you sorry no thanks." and it should leave you well enough alone. If it doesn't, pray to god or your guardian angel. Also that demons cannot kill you, they can threaten and use their illusions of separation on to you to make you feel this "untimely death" upon you, make you feel like you will die in your sleep (which is just a sleep deprivation tactic), as long as you don't

submit to their evil bidding and pray while going to bed you should be fine and be able to go to sleep eventually.

DO NOT submit to their evil deeds or the evil undertakings they want you to commit. They will not leave if they try to con you into doing these things, towards yourself or to others. Remember the commandments. Watch out how they treat you sometimes they like to point you as the bad guy so they can have their way with you. When you think its demons all the time then its more than likely not but when you stop thinking it's not a demon then he will show up.

Conclusion

JUST REMEMBER THESE TIPS:

1. it's not that they don't exist, they do but they tend to lie and it's the actions from it that counts. Try not to fight with them, if you choose peace and in your heart as well you will be in a better position

2. This is meant to be personal and it's to be kept this way. Nobody will understand what it is your going thru except yourself.

3. Try to keep positive as much as possible. The negative thoughts or the "foreboding consequences of afterlife or future" are not to be fed; even you're tempted to do so.

4. Sobriety is key! Minimize tobacco! Decaf or half-decaf!

5. Meditation, relaxation and sage-burning should be a routine. (Sage burning is only possible if your residency allows it.)

6. Love yourself for who you are. You really must accept who you have become and you must choose peace. It's really easy to choose revenge and to blame everybody, everything and yourself for what has happened. You change and at the end you will become a better person because of it.

7. Do try to tell good things about yourself. You are still you and you are a good person in and out!

8. Sometimes we try to look to perfection through this, where in reality it's like everything else, it's

human and imperfect like everything else. Some of it might stem from the imbalance we get from it. Like everything else in the world when we look for something that isn't there we often find ourselves feeling hopeless. The only thing that is perfect is God.

At the end you have to fend for yourself, you have to be grounded, research grounding techniques. At the end of it all it's a tempting fruit that leaves a bitter taste in your mouth, it keeps you into this perpetual mind void, like almost like a Chinese finger trap or a Rubik's cube, I know, like I seen, it can just keep yourself forever trying to solve it, but I can guarantee you, it is the same thing like the level of a video game that you spent hours trying to finish "but you almost just got". So just let it do its thing and leave it well alone, forgive you and think about Adam and eve. Also, in the end it's you that have the power to listen or not to listen. Trust me when I realized what they were, and how it was harming me which were evil spirits, I myself saw how the whole ballgame changed, in my head, in my perception and in my beliefs. God showed me something to work with, he gave something to defend myself with, it wasn't an easy task, and someday I

wished and prayed that it could just go away in an instant but it made me the person who I am now, more humbled and wiser. That is why I decided to share this with all of you. Be Happy!

FIN

