



## MASS SPIRITUAL REFORMATION PROGRAM



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**This is not a book nor an ordinary document!**

**This ecclesiastical program MUST be strictly  
adhered to for its effectiveness.**

### Program Purpose

This program is key in contributing to the renewing of your mind in order to help you acknowledge and understand what is truly important now and forevermore. Inspired by highly spiritually enlightened individuals, some of whom have passed on, this program intends to spiritually reform the minds of all those who may be saved.

## Promise

Ordained by the Cosmos, it is my pleasure to assure you that the Spiritual Realm will ensure, upon your personal decision to walk this path, your definite and infinite daily blessings whether great or small. No more pain nor suffering. No more illness nor disease. No more sadness nor depression. Only, in its wholeness, complete, uncontrollable, awesome joyfulness beyond belief. *You will surely know when you reach this point on your journey.* You will play a crucial role in this movement. You are very important in its success. As time progresses, you will personally experience the utmost respect, care and joyfulness within this assembly. As a part of God's creation, we are all important. We are one.

## Movement Oath

Without possibility of renouncement, I hereby freely, personally and publicly declare my decision to embark upon this spiritual journey to achieve spiritual enlightenment and cosmic consciousness. I will do this fearlessly and relentlessly while being a beacon of inspiration for all.

### Movement's Motto

Recite this each day: *“At the sound of the trumpet, we shall jump towards the light!”*

Welcome to  
the Joy  
Movement!



### Rules for Each Study Session

- A. Focus on each lesson and pay keen attention to the information being shared
- B. Research anything you are uncertain of
- C. Try to fully understand each lesson
- D. Read and interpret each lesson at your own pace
- E. No consumption of food until after each lesson is complete
- F. Take time to understand the main points of each lesson
- G. Practice what you learn from each lesson every day.



## Lesson 1

*Abracadabra, Triumph!*

*Romans 12: 2- Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is; his good, pleasing and perfect will.*

As individuals of various communities, we often seek acceptance and approval from fabricated systems, society and one another. Most individuals exhibit a constant desire to be normal. They do this in an attempt to fit in certain social circles, often times consequently hiding who they really are and what they truly believe in, while sometimes denying their very core values with the hopes of acceptance by certain groups and individuals.

However, being normal poisons the soul. A normal person is a diseased person. This diseased person then spreads his/her false doctrines to those around while desperately trying to develop ways to be happy amongst certain individuals and within certain groups, consequently denying him/herself along with others of how they truly desire to live their lives. Being normal is for the weak in mind and spirit, which inadvertently weakens the body to some degree. Being normal constrains the mind and spirit. Break free! Do not allow yourself to become a slave of society! Be a non-conformist! Then God will smile and reward you for renewing your mind. Society's very leaders are not normal because if they were, they would not have any distinguishing characteristics separating them from everyone else. It is okay to be different. It is okay to be weird. It is okay to deviate from normalcy as this fosters innovation, inventions and ultimately, an interesting/entertaining world.

**So remember that:** *Breaking free from the norm, will help you to transform.*

## Lesson 2

*Fear Not!*

*Isaiah 41:10- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

Often times, people are afraid to make certain choices in life due to the plethora of possible negative outcomes. Fear is a tool used by the dark forces to control and manipulate entities at their will. The local governments use fear to control and manipulate citizens, so too do certain social affiliations. Once you remove fear from your mind, you will feel a great burden lifted from your mind and body. You will then be able to accomplish more than you would have ever imagined in life. You will understand more about what is going on around you and in your life and you will have a greater control over various factors affecting your life.

**So remember that:** *As cosmic consciousness is unconstrained, your soul remains uncontained.*

## Lesson 3

*Follow the Leader*

*Matthew 16:24-26- Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”*

In order to walk closely with Jesus and receive his infinite blessings, you must lay to rest your known self, your known practices and your regular ways of thinking. This way you will better be able to transform into a more spiritually inclined creation, understanding God’s ways and following the right paths while sharing the Gospel. You must allow yourself to fall into a deep trance with the Lord to be able to be used by him to save souls in his name. Unrighteous things you love and desire as well as negative behaviours and practices in your daily lives, must be put aside before you decide to follow Christ. Only then will you be able to make a certain, secure connection with Him and be able to joyfully and steadily walk towards the light.

**So remember that:** *When you travel to this place only seen by few, here you will find no limit to what you can do.*

## Lesson 4

*Focus on this Path*

*Matthew 6:33 - But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

The achievement of anything is possible with great focus. Even the greatest Magicians have to remain focused at all times when performing illusions because not everything is a trick. Some things are intricately orchestrated with the aim of deceit. This movement requires you to completely submerge yourself in its teachings without going astray, in order to reach your full potential and great spiritual heights. As you focus on the messages conveyed throughout each lesson, you will find yourself experiencing miracles and receiving gifts that of which you had not anticipated. This is the power of being a part of God's true and just family while here in this cruel and unjust world.

**So remember that:** *Great focus, yields great achievements.*

## Lesson 5

*The Importance of the Spiritual Realm*

*Ephesians 6:12- For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.*

The spiritual realm is more important than the physical realm because the physical realm is temporary while the spiritual realm is permanent. Therefore, it is wise to focus on the spiritual realm since you will be experiencing it eternally. You must not worry about earthly things because they do not matter. Focus more on up above than here below. The physical world that you call reality is a cruel, unfair, tainted and blind fabrication by men. Humans have for centuries, explored many mysteries searching for truth and power. Humankind has dabbled in the occult, searching for esoteric truths and contacting spirits for inspiration to create earthly things and to perform miraculous wonders.

Those who find truths and receive inspiration from unholy sources, lead the rest of their fellow brothers and sisters astray. It is easy for these individuals to control the masses because the things and ideas they introduce in society, often times seem new. It is a fact that people like new things, which is why people will always gravitate towards new things even if they are suspicious at first. However, armed by this knowledge, you will not be led astray like the others, for you are now enlightened men and women. We, the Joy Movement, have escaped from the tight grip of the rulers of society and our minds are now free from mental slavery!

**So remember that:** *There is an interconnectedness of all things, for your existence distends beyond your skins.*

## Lesson 6

*Avoid Distractions*

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

Distractions are everywhere. Some are good while others are bad, depending on the outcome. You must call on the spirit of discernment to be able to clearly distinguish between good opportunities and distractions in your daily life. You must avoid all the things you know that would generally distract you from accomplishing your daily tasks. This you will know by your previous experiences. You must find righteous replacements for all those thoughts and activities that would cause you to be distracted from God's word. Allow no one to dissuade you from your Christ like behaviours. Ensure this by any means necessary.

**So remember that:** *When you keep on going, nothing can stop your blessings from flowing.*

## Lesson 7

*Appreciate Nature*

*Colossians 1:16,17 - 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.*

Nature is very important because we are all connected through God's many creations. The components of nature all have energy, some of which you may absorb when at a relaxed state of mind and during focused meditation. You must give God thanks daily for his perfect creation of the plants and animals around you. These plants provide you with oxygen, food, shelter, medicine, comfort and feelings of well-being. The abundant animals of the earth provide you with company, assistance, some of us with food and we even learn from them. For these things, you must be grateful.

**So remember that:** *The more you appreciate and understand nature, the brighter will be your future.*

## Lesson 8

*Love thy Neighbour*

*Leviticus 19:18- Do not seek revenge or bear a grudge against anyone among your people, but love your neighbour as yourself. I am the LORD.*

You must first find peace with and within yourself before you may truly love and forgive others. It is undeniable that technology has in some way or form, isolated us from society and one another. No longer do we know our neighbours, nor the people closest to us. Technology was created to make lives easier but it also unintentionally serves to destroy lives by causing an unhealthy dependence on its various types. This results in a noticeable obsession with technology throughout a vast range of social structures. Laws made by man, many types of careers and promoted social interactions online, fuel this dependence.

As this obsession is fed on a daily basis, time is greatly misused and countless opportunities in real-life are missed. Misused time cannot be regained. In order to miss fewer opportunities, we must therefore spend more time interacting with others in real-life than electronically as well as find time to relax and enjoy the peaceful nature of things. Technology is also associated with invisible signals that transmit information among electronic devices. These signals interfere with our brains' signals, inadvertently suppressing our true mental abilities and potential for explosive spiritual awakenings.

**So remember that:** *It is easier to love, than to hate.*



## Lesson 9

*Be Kind to Others*

*Luke 6:35- But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men.*

You must not hate anyone. You should however, pray for the salvation of all. You must practice the act of willingly giving away things you do not need or no longer might use to those who you think actually need it, including strangers. The more you give, the more abundant your blessings. Willingly share by the kindness of your heart, expecting nothing in return. Sharing every little thing will create big rewards for you in the present, now in this physical realm and then, in the afterlife when you are fully in the spiritual realm.

Whatever you buy, contributes to the increasing demands of certain products and services. This means if everyone decides not to buy a particular item, then there will definitely be less of that item produced for marketing. You 'the people', influence what is produced in and for society.

**So remember that:** *The more you give, the happier you will be.*

## Lesson 10

*Focus on Now*

*First Corinthians 10:13- No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

This present moment is the only time when you have the greatest control over your life and consequently your future. Do not dwell in the past. Do not focus on negative things. Think positive, beautiful thoughts. Everything has its benefits. Ask the spirit of discernment to help you understand the events in your life. Remove all negative thoughts by transforming them into opportunities or signs redirecting you to make positive and pleasing future choices in your lives. Focus on the present and the choices you make now, whether great or small, will directly/indirectly influence your future. You have the power to decide what you want in the future, how you want it and how long you want to have it. Your life is in your hands in this present moment, as you will be able to decide what situations you want to find yourself in at various points in the future based on your current actions and thoughts. Take charge of your life!

**So remember that:** *The most important moment is now.*

## Lesson 11

*The Power of Choice*

*Ephesians 1:12- God has given us the power of choice, but once we have made the choice, it has power over us.*

Each day, you face countless possible choices to make in numerous, specific situations. Each choice you make, immediately determines your future, consequently leading you on a specific path of which you would not be on if you had made different choices. Therefore, each choice you may make will definitely have a different set of consequences, good or bad, associated with them. If deeply thought about, this idea is synonymous to the term 'Alternate Universe'.

With this intricate concept properly understood, you will better be able to control specific situations in your life resulting in greater satisfaction and fewer regrets in life. Remember that anything you choose to do, do it because you want to, do it because you feel content doing so, do it because it makes you happy and not because someone simply told you to.

**So remember that:** *Your innate power of free will is what separates you from the animals and other things.*

## Lesson 12

*Healthy Living*

*First Corinthians 6:19-20- Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies.*

The food we consume greatly affects our health and wellbeing. Eat healthy, organic, moderate amounts of foods from the various food groups to have a balanced diet. You may consume foods such as oranges, bananas, apples, starfruit, papayas, peanuts, oats, other fit/ripe fruits and vegetables. Coconut water is good to drink as it facilitates digestion, reduces blood pressure, boosts hydration and is a good hangover remedy. Orange juice is also good to drink as it boosts your immune system to fight off diseases and infection.

Grow as much of your own food as possible even if it's a lettuce garden on the window sill as this will reduce the stress on farming sectors. Instead of developing a lawn, plant a few fruit trees on your land. Support your local farm markets where you may obtain excellent quality, fresh foods. Avoid fatty, artificial and processed foods. Do not leave your cooked foods exposed to the air for more than 2 hours.

Do not defile your bodies nor allow your bodies to be defiled by anything nor anyone, as that will cause you to become impure and your soul will become corrupt.

**So remember that:** *A healthy lifestyle will bring you infinite wealth.*

## Lesson 13

*The Secret of Moderation*

*Ecclesiastes 3:1-8- To everything there is a season, and a time to every purpose under the heaven.*

The truth is there is no wonder medicine nor miracle drug out there. Once we care our bodies on a daily basis and feed our minds with positive thoughts and aspirations, we will definitely enjoy a sustained well-being and existence. Good exercise should result in sweating and involves exercising most of your body parts, which may be achieved within 30-40 minutes after starting. A healthy diet will ensure that your body is kept safe from harmful foods, which would otherwise damage your internal organs, metabolic processes and body systems. The daily practice of proper personal, home and community hygiene is the most effective way to keep your minds and bodies well. Frequently practice good hand washing techniques, bathe regularly, keep your houses and surroundings clean and tidy, clean utensils before and after eating and cook foods thoroughly. The best diet is a diet largely composed of natural foods but free from meat, foods with preservatives and free from synthetic ingredients.

Avoid medications such as pills, tablets and other pharmaceutical products as they all have negative side effects on your bodies. Natural remedies are the best, such as herbal teas, herbal ointments and treatments, adequate rehydration using clean water and lots of bed rest.

Everything exposed to us can cause negative effects on the mind and body but everything exposed to us may also cause only benefits to the body as long as we apply the principle of moderation. As Paracelsus (1493- 1541), the father of Toxicology stated, “All things are poison and nothing is without poison, only the dosage makes a thing not poison.”

**So remember that:** *Moderation in all things is the best treatment and prevention method.*

## Lesson 14

*The Powers of Thoughts and Intentions*

*Hebrews 4:12- For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

When we think of things, our imaginations are at work. When you imagine doing or saying something, you are creating your future mentally in that very instant. The next step is for you to make it a reality. If you think of something with much desire, it will become a reality. With enough focus and dedication, you may transform your thoughts from abstract to physical and allow them to manifest within the physical world. Do not allow your life to be controlled by men but instead, create your own world in which you may comfortably live.

**So remember that:** *If you intend to do something, think it through and make it happen.*

## Lesson 15

*Let the Spirit take Control!*

*First Peter 5:6-7- Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you.*

Your body is a vessel belonging to the Lord. Do not struggle to keep this body going but instead, allow the Holy Spirit to take control of your mind and body and lead you to the places of the righteous, rewarding you for your good deeds along the way. Allow your spirit to become overpowered by the Holy Spirit and then you will have a first-hand experience of the grace of the Lord.

**So remember that:** *The Lord will always direct your life in the right way.*

## Lesson 16

*Never Look Back!*

*First Peter 5:8-9- Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith.*

This life of change is not for the weak nor for the undisciplined. It is not for those resistant to positive Godly change. You must first deny yourself to become an embodiment of the goodness of the Lord. This movement will disconnect you from all negative forces, both spiritual and human. No longer will you need to associate with people whom have negative influences on your life. No longer will you have to settle with negative situations. This is your escape! You will meet like-minded and spiritually enlightened individuals as time progresses just by your current action of reading this document and you will be able to form new, meaningful, great and pleasing lifelong relationships with these individuals. You will be filled with immense joy each day, so much so that you will smile more, laugh more and never regret being a part of this movement, but instead inspire others to join our beautiful, spiritually enriched new age society.

**So remember that:** *Once you start your spiritual journey, DO NOT look back!*



## Lesson 17

*You are Safe*

*Psalm 121:7-8- The LORD will keep you from all harm, he will watch over your life; the LORD will watch over your coming and going both now and forevermore.*

God and his Angels, who are always ready and waiting on your call to assist you, protects you 24/7 even when you are not thinking of them. So as you go about your daily endeavours, have no fear because the Heavens are watching you. God and his Angels are always looking out for you and they are everywhere and a part of everything. They will ensure that you are always happy and well. So let tomorrow worry about itself. Sing praises unto God!

**So remember that:** *You must not worry about anything because you have the best spiritual and cosmic protection.*

## Lesson 18

*Let your Light so Shine, Inspiratus!*

*Matthew 5:16- In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

Be righteous and Christ like in your daily doings. In everything you do, make it known that, you were given the health and strength by God to achieve each task. All the credit and praises must go to him because he is your strength, healer, teacher, provider and shield.

**So remember that:** *The brighter your light shines, the more the world will see clearly.*

## Lesson 19

*Emotionally you are well. Ting Tang!*

*Fist Timothy 4:7-9- Spend your time and energy in training yourself for spiritual fitness.*

*Physical exercise has some value, but spiritual exercise is much more important for it promises a reward in both this life and the next. This is true and everyone should accept it.*

No matter how bad a situation is, always look on the bright side. Be thankful for life and everything that you have in life. Be cheerful and jovial to avoid or positively cope with stress. Be around positive, optimistic people and not depressing ones. Do not be easily swayed by the opinions of others and allow no negative influence to fester in your life. Do not over think situations nor overdo certain activities that may cause physical, mental or even emotional strains on your health. Often times, there are simple explanations for things. So think smart, be conservative, practice sustenance instead of wastage and keep it simple.

You must practice righteousness daily in both your thoughts and actions. Spend time by yourself in a quiet but comfortable area with clean air to relax, meditate and focus on the spiritual realm so that you may grow and develop in perfect enlightenment to be able to inspire those around you and win souls for the Lord.

**So remember that:** *Altering your emotions will create a positive state and feeling of wellbeing in your life.*

## Lesson 20

*Physically you are well. Shazam!*

*Proverbs 14:30- A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.*

Exercise alone will not make the body physically well. You must first be mentally and emotionally well. Find peace and joy in your heart and then your body will also be well because the mind is so powerful; it has domination over the complexities of the human body.

**So remember that:** *Smiling and being cheerful helps to maintain complete wellness.*

## Lesson 21

*You will have your desired wealth. Matba!*

*Psalm 37:4- Take delight in the LORD, and he will give you the desires of your heart.*

Nothing is impossible for the Lord to provide. With a constant expression of your love and dedication to Jesus Christ, you will be blessed and provided with all the things you desire.

With spiritual enlightenment, comes spiritual wealth. You will be wealthy in spirit.

**So remember that:** *Once you seek God first, you will receive all that you want.*

## Lesson 22

*Speak what you want into being. Heka!*

*Philippians 4:13 - I can do all things through Christ which strengthened me.*

When you say things aloud, you are transporting your thoughts from the abstract/spiritual realm into the physical world. With regular verbal repetition of your thoughts and desires, you will find yourself experiencing the benefits of spiritual connectedness.

**So remember that:** *Positive thinking will create a desirable future for you.*

## Lesson 23

*You are Powerful!*

*First John 4:4- You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.*

With the never fading presence of God, nothing nor anyone can prevent you from accomplishing any task you set forth to accomplish. Do not be intimidated by the seemingly powerful members of society because we are all equal in the eyes of the Lord. Do not worship any man nor idol. Do not obey any man if his will goes against the will of God.

**So remember that:** *No other human has power over you, for we are all equal.*

## Lesson 24

*Excelsior!*

*Deuteronomy 31:6- Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.*

In everything you do, have faith and confidence. Employ realistic and logical measures to achieve your goals. Do your best in all your endeavors and leave the rest to God. He will take care of you. When you encounter obstacles, view them as opportunities rather than difficulties/challenges. Learn from your mistakes to prevent them from happening again. Take heed to the warnings you receive in the form of various signs and messages in the physical world.

Embrace small, modest, energy efficient homes instead of large houses in which you may feel unsafe and lonely at times. Try to live close to where you work or work close to where you live which will make you more time efficient. Dress simple instead of buying expensive clothes, which serve the same purpose as a simple wardrobe. Care your clothes so they can last. Wash clothes instead of throwing them away as they become soiled. Avoid buying unnecessary appliances and furniture. Buy only what you are certain you will need.

As you do things daily, ensure that you care for the environment. Ride a bicycle, take public transportation, carpool or walk to places instead of driving in order to reduce the amount of vehicle emissions into the atmosphere which would contribute to air pollution and 'bad' air. If driving, consider getting many things done at once. Do not litter your surroundings. Reuse waste. Recycle plastics, glass and paper. Use plant waste as compost/ mulch for your plants. An old saying from the great depression years that you may use to remember these guidelines is, "Use it up, wear it out, make it do or do without."

**So remember that:** *You must fearlessly do your best in everything you set forth to achieve.*



## Lesson 25

*Limitless knowledge and intelligence*

*Matthew 7: 7-8- Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.*

As human beings made in the likeness of God, we have infinite, unmeasurable intelligence. This intelligence is greater understood when certain knowledge is gained and applied. Each day presents a new opportunity to learn something new. You will find that it is impossible for you to know everything and that is because knowledge is infinite but keep seeking more knowledge. You are never too old to learn and you must allow yourself to learn from other people's mistakes and the events occurring throughout this world. Knowledge is power therefore, the more knowledge you have, the more power you will have over your life and the more authority you will have over various situations. Learning never ends.

**So remember that:** *There is always room for improvement and space for more.*

## Lesson 26

*The Brain's Potential*

*Colossians 3:2- Set your mind on the things above, not on the things that are on earth.*

Often times, we forget that the works of man and the activities here on earth are not as important as focusing on the spiritual realm and the heavens above. Try to maintain a constant focus on what is important; living a life on earth pleasing in God's sight. With great focus, you may actually be able to channel holy spirits and let them use your body for God's will. Since we were made in the likeness of God, we are all connected to Him and his Angels and may interact with each other in such ways.

The brain is very powerful and according to the most recent scientific facts, man only uses approximately 10% of his brain, therefore, the remaining 90% is left to be unlocked and explored with the help of meditation and spiritual enlightenment to unlock each remaining percent. This means that man cannot measure one's true intelligence because the average person is not intelligent enough to measure his brother's mental capacity. In order to fully understand everything and have complete domination over all things and all energies, one would have to discover his/her full mental potential and capacity by unlocking and using 100% of the brain, which will successively, make man most like God. There are currently no records of such power held by a mortal being.

**So remember that:** *Great achievement is possible with just thought alone.*

## Lesson 27

*The Whole Truth*

*John 8:32- And you will know the truth, and the truth will set you free.*

The truth is God and his angels made us for peaceful, pleasing interactions among each other. Despite what happens in life, you must focus on the word because it is the light and the light is the only way to be saved and make it into Heaven. Ignore all negativity no matter what. Care not if others think of you as crazy and treat you differently because no longer will you partake of the sins of this world. You need not outsiders nor non-believers in your life. You will prosperously survive because the spirit is always here for you.

For we prefer to die rather than to lose our souls to this wicked world. We prefer to die rather than to live comfortably enslaved in this world built on unholy ideas created by men. Death is not the end. It is a new beginning and a new journey, which is everlasting. So be ye not afraid to die but rather, anxious to experience this spiritual blissful existence.

**So remember that:** *Now you are an enlightened individual.*

## Lesson 28

*Create your own Reality*

*Philippians 4:8 - Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

Just as the rulers of society have created laws to control men, you may create your own ideas to take charge of your life instead. Lead your life on the path you wish to travel. Do not let others control your life because in the end, only you will be held accountable for the decisions you made during your life on Earth. Ensure your thoughts are positive and Godly, then you will begin to experience a different reality, as you become a new creation in mind and spirit.

**So remember that:** *The mind is so powerful, you may recreate your life.*

## Lesson 29

*Importance of Sharing Spiritual Enlightenment*

*Romans 1: 20- For since the creation of the world God's invisible qualities, his eternal power and divine nature, have been clearly seen, being understood from what has been made, so that people are without excuse.*

As you become more spiritually enlightened on God's word and cosmic consciousness, you must share with those closest to you and those you love, important lessons to guide their lives. You must encourage others to change certain ways of thinking which will create positive outcomes in their lives. As your span of influence grows, you will both directly and indirectly change the future of many societies and the rest of the world because as minds are renewed, certain things that would have taken place, would not take place and certain things that would not have taken place, will take place. This is the aim of The Joy Movement, to share spiritual enlightenment among all the people of every nation on planet Earth.

**So remember that:** *Sharing is caring.*

## Lesson 30

*Unstoppable*

*Second Corinthians 10: 3-5- For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

No one can stop you from helping others to become spiritually elevated. The enemies powers shall be rendered unusable when in your presence and when attempted to be used against you. You have the power of fearlessness and determination. Do God's will with joy in your heart!

**So remember that:** *Neither man nor the works of man can stop you.*

## Lesson 31

*Be Imaginative*

*Ephesians 1:17-18- That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him. The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints.*

Imagination is very powerful, so much that it can take you places knowledge cannot. The more you exercise your imagination, the more deeply seated and connected to the spiritual realm you will be, where you will be able to see hidden knowledge, understand complex codes, discover and solve many life mysteries and see the truth behind every lie.

**So remember that:** *Your power of imagination is greater than the power of the combination of every nation.*

## Lesson 32

*Free Your Mind and Body*

*Ephesians 4:23 - And be renewed in the spirit of your mind.*

Emancipate yourself from mental slavery! Do not be controlled by society because you have a mind of your own. Exercise your free will daily and practically apply lessons learned from the Good Book to your everyday life.

**So remember that:** *Once your mind is spiritually renewed, you will no longer be a slave of men, but rather a complete servant of God.*



## Lesson 33

*The Power of Influence*

*Proverbs 13:20- Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.*

As enlightened beings, we must ensure that we do not become a part of the company of the unenlightened, as they will try to cause us to stumble and fall. To prevent this, we must associate with spiritual minded individuals like ourselves until our bodies die and return to dust. We must relentlessly share our spiritual enlightenment among every member of society for there is no stopping us from carrying out these reality altering actions and changes to foster large scaled spiritual awakenings throughout all the places of the world inhabited by human beings.

**So remember that:** *The greatest power you can have is your influence on others.*

## Lesson 34

*Mind over Matter*

*Second Corinthians 5:17- Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*

The mind is so powerful, that it has the ability to cause noticeable changes in the physical realm as it interacts with the energies of everything and everyone around you. Sometimes when people feel hurt whether physically, emotionally, socially or financially, it is often an illusion because we are so powerful that we can overcome any obstacle in the physical world. Some people are brain washed by society into thinking that something is wrong with them or that there are limited solutions to certain problems, when in truth and in fact, we are all wonderfully and perfectly made. Therefore, if you think only positive thoughts and frequently exercise your imagination, you will not be affected by the things of the world that normally affects the people of the world for you will be stronger in mind and consequently in body. Your mind will not play any games on you. You will only see the truth and see situations for exactly what they are.

**So remember that:** *Great focus will create great success.*

## Lesson 35

*The Power of Belief*

*First Timothy 4:12- Do not let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.*

Belief is faith and faith makes every desire possible. Believe in yourself and you will be able to accomplish anything. Be confident and do not allow others to easily change your beliefs. With the help of God, anything is possible, any thought may be made a reality and you will have a greater control over your destiny. Trust in God, he will deliver, for the unseen is more powerful than what you see before your eyes.

**So remember that:** *We walk by faith, not by sight.*

## Lesson 36

*Challenging Times*

*Isiah 54:17- "No weapon that is formed against you will prosper; and every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the Lord, and their vindication is from Me," declares the Lord.*

Many people will try to dissuade you from your spiritual path but ignore their negative remarks and continue focusing on the spiritual realm. Many will try to distract you with offerings of gifts and other nice things but you must refuse some gifts and do not allow yourselves to be negatively affected by other donations. Ignore the many distractions that will come your way, for there is a thin line between spiritual joy and sinful pleasures. Resist negative temptations and focus on 'The Light.'

**So remember that:** *Revenge is for the Lord to avenge.*

### Daily Prayer

Dear Heavenly Father, I thank you for what I have accomplished thus far. As I open my heart and look deeply within myself, may I meditate upon the lesson read so that it may serve as a catalyst to positively and pleasingly move me and those around me forward and cause me to advance and see the desired growth in all the respective areas of my life.

Please may you send Archangels: Ariel, Azrael, Jophiel, Raphael and Raziel to entirely protect, comfort and support my loved ones and I. Help me to have consistent positive thoughts and feelings of great joy as I practice to become perfect like you and ensure all my needs and desires are met every day, including today. Thank you God for always being there for me. This I pray in the name of the Light of the World, Jesus Christ, my Lord and Saviour. Amen.

## Conclusion

There is no end. *Spiritual Enlightenment* is **Eternal.** 😊😊😊😊😊😊😊😊