

**Subject:** How You Can Get Your Life Straightened Up.

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Subject: How To Get Your Life Straightened Up.  
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This person gives some suggestions on how you might straighten up and fly right.

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Banish: P-ychic Self-Defense, Self-Exorcism, Expel

The purpose of this page is to lend hope and encouragement, to reveal different things, even the experimental, regarding sp-ritual banishment (self-exorcism). Experimental, is truly where mankind needs to be with all of this, trial and error, until we get it rite. Consider these testimonies, that just may ease your own situation, that just may somehow cause understanding or enlightenment, or that may, in the long run, turn out to lead mankind towards the ability to recover, to whatever extent possible. Please send any related comments or testimonials? Also keep in mind that this page is in rough form, brainstorm, and not yet proofed or edited for display.

Imagine our bodies and minds as a super-computer, being short-circuited, drained, overloaded, and abducted by invading entities. Captivity duality/multiplicity related loss of intentional conscious balance, equilibrium, vertigo, instability, confusion, memory and/or learning difficulty, poor focus, subconscious, co-conscious, co-conscience (duality) deceit and impairments. Just one possible fix, is to refurbish and to properly tune bodily chemical composition, in order to properly charge your battery, to new heights. Strengthened, defensive, fortress and barrier, in hopes that such a man can now reclaim, reassociate, become, born again, and remain.

I strongly suspect (discern) that possession is strongly or even solely due to spi-it's lust for s-xual indulgence, hijacking our physical and/or astral bodies, beheading us, taking our lives, our very s-uls, to do it. Yes, I did say that some of these spi-its may be abducting humans in order to possess or hijack man's astral body (to disguise himself). Lucid dreams and visions cause me such suspicion. One night I am a muscular and violent old man who drives a bright red 1930s truck. The next night I am 30ish, in a house with many people, partying in some bed. The solution, to expel or eject such entities, in either case, would revolve around either spiri-ual or physical might. It's truly horrible that mankind does not yet have known reliable resolution. We, the human r-ce, need to take action, need to focus and experiment, to try and find resolve. Please become involved?

I've stated this before, that G-d may have purposely put man here, in this spirit-al mess, in order to try and find/recover lost entities or spir-ts, or in order to establish law and order, and then a go-ernment and justice system, down the road. I don't know. It confuses me, all of this, and I'm just hoping that there is a reason and purpose for all of this. I recently lost a close friend. I warned her to try and change her ways, to try and clean up her lifestyle and addictive behavior. She didn't, or couldn't, and it took "her" out. Everybody says that she's in a better place now.

1. Try eating more living foods, fresh or frozen fruits and vegetables, steamed or lightly cooked, less processed foods, and nothing microwaved (turns it into chemical waste).
2. Daily exercise, building strength and clarity.
3. Daily multivitamins: It normally takes a few months to notice any difference. Definitely straightens the spine. To stop such routine is a d-ath warrant, to lose everything gained, to become confused, impaired, vertigo, dazed zombie subconscious, co-conscious, once again. Non-synthetic Daily Multiple Vitamins, NS Zinc 50mg and NS B12 1000mcg. After each meal, took #4 of each tablet, 3 times per day. Settled the nerves, easy to relax and stay positive. Silence. There, but silent, easy to ignore, to deny attention to. Some folks will find that anti-depressants may help, break the spell, turn it all around, all positive, make one able to function which

would otherwise be impossible. I'd recommend not giving doctors many of the details, except maybe "depression, racing thoughts, negativity, hopelessness, disfunctionality, lock-down mode, etc... It's truly amazing, what p-ozac or z-loft has done for some. Over the counter b-nedryl, as directed, 4hr intervals, helps with sleep and relaxation, even depression, for some. Be-edryl was reportedly used in the Vietnam W-r as a wa--time anti-p-ychotic.

4. I first sought G-d, to no avail. The c-urch couldn't help either, resorted to casting me out in order to regain his own peace. I kept plowing, had to find resolution somehow, so I resorted. There was attempted s-icide, eyesalves, oinments, mineral and vitamin suppliments, ear drops, patches, foods, chemicals, and anything else that I could think of. The story of my life, trying this and that, just whatever might possibly resolve.

5. Years ago, I recorded a p-ayer type of exorcism and placed it in my alarm clock CD-player/tape-player, that it would go off every morning, in an endless loop, kept repeating the message. I woke up every morning to the exorcism: "S-tan Begone, S-irits Begone, Get off of my bones! Be removed in the name Je--s. Father in he-ven, an-els of -od, spi-its of G-d, please, remove them in the name of Jes--. In the name of J--us!". It made the d-vil uncomfortable, uneasy, edgy and jumpy, put him in fear after a while, and he moved on. -od's word states that drawing G-d near is what d-mons fear, what causes them to flee. The definition of "flee", means to "run in terror". Consider creating such a sound file or CD, in your own authoritative voice, our authority in C-rist. I can create such a CD or sound file for free, if requested.

6. Pr-y audibly, directly to Go-, none other than him. "Abba, Father, I need to speak with you". Pull up a chair, pat on or point to the side of the bed, or sofa, offer him a place to sit. Drawing Go- near is what dem-ns fear. Make them nervous, cause them to "flee".

7. In speaking with others about such "hostile forces", there seems to be strong general advice in not becoming angry, spiteful, or vengeful. They are far beyond us, in such knowledge and tricks. Other advice revolves around forgiveness, letting it all go, in order to try and find release or resolve, of any such pain, guilt, anger, or spite/malice perpetrator "attachments". It makes sense that we must not judge and condemn, but must hand it over to G-d, for him to make the final call. Any repentance or change of ways, is Go-'s to weigh, and so it makes sense to try and give them a little slack, a little space, to hopefully re-calculate.

8. Consider wearing a c-ucifix around the neck as a symbol of who and what you are, and aren't; as a symbol that you are not their property or domain. They'll get the message. You have got to live and demonstrate that you are not going to go along with them and their agendas, that you are indeed seperate and that you do not intend to entertain or house them. The world is theirs, the s-nful and l-stful, but you are not of this world. If they can't get what they want and need from you, then they'll have to elsewhere to get it. That's the point, to refuse to entertain them. The bi-le states that if you will resist the de-il, that he will flee from you. Dress conservatively, maturely, not to attract or s-duce dem-ns. Some re-igions forbid women to wear cosmetics, short skirts, or revealing se-uctive clothing. We are to wear our gray hair as a crown. They'll get the message. Some folks will put a cr-cifix at the 4 corners of their property, and on their door posts, fence posts, and entrances to their house. In bi-lical times, lambs b-ood was smeared on the door posts, used to banish, to ward off spi-its. People used to also write the name of G-d on their door posts, Y-WH, for same purposes. They'll get the message.

Pray daily, and with a few notations. Draw G-d near. Our bodies are the temple of the holy G-ost, the temple of G-d. Do not abuse your body in si-or abuse, or addictions. When pra-ing, always first greet the father, and tell him that you need to pray. Wait a moment or so for him, intentional, like he is right there with you, in your presence, and then begin your prayer. Always ask -od to rebuke the d-vourer in your life. Always! Then, the rest of your pra-er.

9. It's a constant battle, but with good and bad seasons. Win for a while, positive, and lose for a while, negative. It never fails, that one wins certain victories, and then the de-il comes and steals it back again. He usually steals and snares when you aren't paying attention to him, catches you off guard. My opinion is that man is not at fault here, that the an-els are responsible for the spir-tual end of it, to keep things under control, to keep watch, to guard and protect, and to be ready in an instant, to take appropriate action when needed. Will it ever end? Too, G-d may have purpose in all of this, the seasonal struggles, the win and lose, like bait on a hook, I don't know. I do interpret the -ible to say this, to cause me to suspect or discern such, by these scriptures: 1st Co-inthians 3:19-20: For

the wisdom of this world is foolishness with Go-. For it is written, He (G-d) taketh the wise in their own craftiness. Again, the L-rd knoweth the thoughts of the wise, that they are vain. 1st Cor-nthians 1:27-31: But G-d hath chosen the foolish things of this world to confound ("confound") the wise; and -od hath chosen the weak things of the world to confound the things which are mighty; And the base things of the world, and the things which are despised, hath Go- chosen, yea, and things which are not, to bring to nought things that are. To me, it's almost like my own battles and struggles just might be allowed, bait, and -od stays close. He surely has patience with them.

Part 1.

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