

**This book is dedicated to my children,
Andrea and Tómas**

**Believe in two things in this world
The noble of most high
God of the whole universe
God within you**

Steingrímur Thorsteinsson

Addition

This story was not in the Icelandic version of the Death of the ego, but God, my Father put it on my heart to tell you now what happened when I started writing this book. I wasn't going to talk about this but after I got arrested in Iceland in 2022 for this book and my reputation and livelihood destroyed I decided to share my story of why this book is so important and that is the reason why I have fought so diligently for this book to come out so God can take his rightful place again in this world. It is the God's honest truth. This happened to me. I was chosen by God to write this book.

It was in the fall of 2016 when I woke up in the middle of the night with a voice coming in from the left and it says to me: "You have been chosen." Then the voice said: "Luke...and some verse. I was stunned, but I knew that this was because of this book I was starting to write, I knew it was important, but I didn't fathom how important this book actually is until year 2020. After I heard the voice I fell asleep thinking that I would remember the verse. Then the next day when I woke up I didn't remember the verse no matter how I tried. I was thinking it might have been Luke 5:10 (Do not fear, from now on you will be a fisher of men) but I wasn't sure, so I asked God, "please can you give me another sign?" I often do this when I am not sure and sometimes ask God to even give me three signs just to be sure. That is how I am sometimes hard to convince. The next night I woke up again and I hear the same voice. This time it says a number, 1:26 and I open my eyes and look to my right to my alarm which was also a radio with red numbers and the time said 1:26. My heart startled and I got so emotional that I started to cry when I saw the time matching what the voice said. I could feel this message was extremely important. Now, God takes everything into account and he knew I didn't have a pen to write that number down. Consequently, the next day when I woke up I mixed the 6 for 9 and thought it had said 1:29 so I went to get the Bible and looked up Luke 1:29 where it said: "She was greatly troubled at what was said and pondered what sort of a greeting this might be." I sat down and I remembered how startled I was when I heard that voice saying the same time as the alarm clock. This was for sure a confirmation for me that I should listen and obey. Then a few days later God put on my heart to remember that the time was closer to 1:25 than 1:30, so now I think the verse was for sure Luke 1:26. It might not matter, but this is exactly how this happened to me. I think I was supposed to mix the numbers, because that verse 1:29 fit with my experience of hearing Jesus speak to me and how alarmed I got when I got the message. The verse Luke 1:26 is "in the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth." I am not sure what it means for me, but God knows. I know I was chosen to write this book Death of the ego and it is very important for humanity. When we collectively change our mindsets and remove all fear and hatred from our hearts we will again start to hear from God. I hope you, dear reader, take my story and everything I say in this book seriously, for it is a very serious matter concerning our world. I was arrested without a charge for rebuking Satan in Iceland on July 17th 2023 because of this book, because I talk about who controls this world. I hope you take the time to read it, the future of humanity depends on it.

May God bless you
Dora Sigurdardottir, May 2023

Foreword

*I will give thanks to you, Lord, with all my heart;
I will tell of all your wonderful deeds.*

Psalms 9:1

I was born in Reykjavik, Iceland in 1972, raised by a single mother along with two other brothers in downtown Reykjavik. My youth was pretty much the same as for any kid living with a single parent. My mother was away a lot for work, I had my own key and learned quickly to depend on myself. My brothers and I were lucky, we didn't grow up in an alcoholic environment but nevertheless our communication was not so different from other families struggling with this disease or any other addiction. Codependency was all consuming in my family and family members switched roles playing the victim and perpetrator. There was little forgiveness, but I do not blame my mother, she was only repeating a communication pattern that she had learned in her childhood. In addition she had to work a lot to bring bread to the table as she was the sole provider and so she didn't get many opportunities to enjoy life. Because of that there was a lot of tension around the house. I remember sometimes days would pass without anyone saying a word. I learned to live with it and with time built up a shield around me and began repeating the same toxic communication pattern I had been taught. Instead of naive innocence there was a mask I had put on which I didn't put down unless I was with good friends or by myself. With time I learned that the world around me and the people in my life weren't as perfect as I wanted to believe. It came clear to me when I went to university where I learned that there are different ways of communicating. I was able to mirror myself in my social studies and realised that the communication pattern I had been taught wasn't exactly the best one. When reading theories discovered by Max Weber, Emile Durkheim, Marshall McLuhan and others a whole new world opened up for me and I saw that it is well possible to change one's mindset and incidentally behaviour pattern. Even though you

come from a tough childhood with a broken relationship pattern it is possible. I realised that I was reliving the same old communication pattern with the same end results so many times until I hit a wall and couldn't see any way out. I knew I had to stop this pattern. There must be a better way, I thought to myself. We've often heard the phrase it's a sign of insanity if you keep repeating the same old pattern and expecting a different outcome. I felt that way. All this experience had had a huge effect on me and I was suddenly facing a choice. Either stay a bitter victim or learn to take responsibility and becoming a more loving person and by doing that hopefully changing my circumstances for the better. But how do I do that? I asked myself and with that question my recovery process started. To make a long story short, this experience and the constant renewal of my mindset has brought me to a much better place in my life, where I am more loving and forgiving. I know that without this hardship I've endured in my life I wouldn't have had this deep longing to write this book and it is my sincere hope that it will eventually help everyone reading this book especially those suffering in life.

In this book I examine the ego, its function and detrimental effects it can have on our lives if we let it run the show. I analyse my own thought processes as well as my core beliefs to explain two different thought systems; one that has been around for a long time and the other that has been suppressed for far too long. I wrote this book in plain language, inspired by Galileo's writings in the book *The Dialogue Concerning the Two Chief World Systems*¹ and I also added a list of resources to delve more into the subjects for those that are interested. For instance, I peak into the world of sociology, psychology and science such as quantum science, where I explore the magnetic waves and their connection to the heart. Furthermore, I use stories from my own life to explain my thought process and mindset during difficult periods. In that way I intertwine rationalism with subjective thinking and life experience to support my theory.

This book is about God but I also use the word energy and love to explain how I experience him. If you feel uncomfortable reading the word God, just replace it with the word universe or love instead, and if that creates tension or irritation in your body

if you read the word God replace it with any other word or name, like Allah for example, the one you feel is the Creator of heaven and earth. We have different names and words to describe God that's OK. Also, I ask those that adhere to Christianity to give the word energy the same space and read on even though the word might bother you. It is important to keep an open mindset, these are just words that you have given a certain meaning and I ask you to put that connotation aside while you read this book.

I allow myself to use a capital letter for God, for in my mind there is only one God of the universe and he is above everything and deserves loving honour and praise. In the Icelandic version of the book I talk about Jesus and how he helped me with the renewal of my mindset, but I have omitted that in this book, for I know people of different faiths are reading the book, just that word can make people put any book away. It is important to keep an open heart and an open mindset to understand what I mean. Sometimes these are just certain words (or misspelling) that you have given a particular meaning which might offend. Ask yourself why it offends you and try to put that negative feeling away while you read this book. Sometimes there is like an invisible barrier that blocks us from reading new material. The best thing to do then is to decide to read on with the eyes of a scientist that doesn't have a personal opinion but examines both sides, just like when I was at the university and read the theories of the philosophers and social scientists, I didn't always agree with them but I had to be objective and examine their theories. I hope you will be able to do the same.

Lastly I refer often to the Bible to further explain my theory as well as the book *A Course in Miracles* and the book *The Master Key System* by Charles Haanel. These books have had an influence on my life and ideology and are the foundation of this book among many other resources.

With those words I bring you my thoughts about the power of thoughts and feelings and the importance of changing our mindsets to change the world. I pray that you, dear reader accepts my words with an open mind and heart and refer to the good words of Paul the Apostle in Timothy 1:5: "The goal of this command is love, which comes from a

pure heart and a good conscience and a sincere faith.” And that is my sincere hope, to open your heart from a slumber in order for you to start living your life full of love, laughter, hope and happiness.

Chapter 1

The power of the mind

We create our own reality because our inner emotional reality (our subconsciousness) draws us into those situations from which we learn.

Dr. Edgar Mitchell, astronaut and scientist¹

Then his eyes were opened, his sight was restored, and he saw everything clearly.

Mark 8:25

How do you define what is real? When you look at this world we live in everything seems to be real. When you go outside you can feel the wind playing with your hair, you feel the cold rain pass through your light summer jacket you put on because you thought summer had already arrived. If you pinch your arm you feel it. For you this is reality and it is very normal to think like that when you rely on your traditional senses, but those sensory parts of your body that you use everyday tell us only a fraction of what the subconscious is taking in from your surroundings. Your brain processes over 400 billion bits of information a second, but you are aware of only about 2.000 bits.² We miss therefore a lot of information as we use only but a fraction of what we perceive just with our eyes.

It has been said that the fish cannot see the water it swims in³ and Marshall McLuhan added to that when he said that it was probably not the fish that discovered the water it swims in.⁴ We live and breathe in an environment that we rarely reflect on. We wake up in the morning, eat breakfast, then head to work and we never give us the time to ponder the world we live in, nor do we ask us if we have any impact on it at all. We are in many ways like a fish that swims in a huge ocean that we do not see with our eyes or even notice.⁵ Many of us swim randomly and even recklessly around and some of us will follow any current available. Often it seems like a stream of coincidences that takes us to the right place in life, but unfortunately also the wrong places. While many live their lives like a goldfish that swims back and forth

without any particular goal in life, others seem to have a better course or concentration and swim fast towards their perceived goal. I have often found that interesting to watch. Why this difference between people? Surely, in some cases we can point to a certain net of influence as a key to people's success but sometimes individuals reach their goals without any help from families or friends. Why is that? Why do some people prosper in life and others do not? Some people seem to have no limits and everything they wish winds up in their hands while others are always struggling to make ends meet and life for them is somehow always an uphill battle. No wonder people ask themselves why this happens. The cause must be spiritual rather than physical because if it was physical, then everyone that is strongly built would be much more successful than those that are physically weak.⁶ Furthermore, not everyone that has rich relatives is rich themselves. The answer then must be in the mind, where there is a key to a creative force. However, it is very hard for us to take a step back and see clearly, because like the fish we live in an ocean that we are completely unaware of. The world we see with our eyes is far from being just what we see with our eyes. It is much rather an illusion and what we see with our eyes is neither the absolute truth nor a neutral reality. According to Isaac Lidsky, author and lecturer at TedX, we see only a fragment of our personal virtual reality, which is skilfully constructed by our brain. The visual field of our cortex takes up only about 30% of our brain. Our vision is therefore almost third of our brain mass and according to Lidsky the illusion, or what we see with our eyes, is very convincing, but vision is an illusion. What you actually see is a very complex thought structure that you create in your mind and then experience. At the same time, you are creating your own reality of what you believe is true.⁷ We rely on our traditional senses, such as our eyes and we are not aware that what we can see can both have an effect on how we feel and how we feel can completely change what we perceive. It can change both ways.

This ocean that I am talking about is an ocean of energy called the ether. We are surrounded by invisible energy which is well known among scientists as a key to all activity on earth.⁸ According to the law of Lavoisier of conservation of mass, energy cannot be created nor destroyed⁹ and everything can be explained from the law of energy, not only solid things but also living creatures, stars and galaxies.¹⁰ To understand this

energy we need to examine quantum physics which looks within the body and the atoms and examine its function. Life is made from cells and by examining the cells we are led to the ultimate truth that we are more than mere flesh and bones.¹¹ Before, scientists affirmed that material is made from building blocks but with the discovery of quantum physics they realised it was the other way round. When you break matter into atoms you realise it is empty in its core and the traditional laws of physics do not apply within the atom. Instead of the electrons shooting regularly around the atom, like the planets around the sun, they are perpetually moving around and their actions can only be described as probability not certainty. The atom is the smallest material in our cells. It's not a hard ball with dense material but much rather a very delicate nucleus in the center of the atom, surrounded by a soft cloud of probability with electrons that are appearing and disappearing all the time. This nucleus is hardly bigger than a grain of sand which also appears and disappears like the electrons,¹² which means that the atoms in your body are constantly vanishing and reappearing, confirming that your body that you see in the mirror each day is actually not a constant matter but more of a thought. This is extremely important and an amazing discovery. If our bodies aren't constant matter what can we then say about everything we see around us? The answer is: it's the same law of physics. Everything we perceive around us, such as chairs, tables, cars, nature etc. is in fact not at all constant matter, but built the same way as our bodies, that is with floating atoms that appear and disappear.¹³ Niels Bohr, the author of quantum physics said that anyone who is not shocked by quantum physics doesn't correctly understand it¹⁴ and I believe he was right. This science is so amazing that it opens up our mind and helps us remember who made us and is in control. Therefore, everything we see around us is a consequence of our thoughts and our traditional senses perceive them as real. Morfeus, in the movie Matrix hit the nail on its head when he said: "Welcome to the real world,"¹⁵ for the world we see around us is better described as an optical illusion and the reality is that we and everything around us is a result of our thinking. We give life to our thoughts by focusing on them. The concentration is what impregnates the thought and makes it come alive. Therefore a thought is energy and an active thought is the same as active energy, which is focused energy with a definite purpose.

This concentrated thought, with a definite purpose, then becomes great power.¹⁶ That basically means that whatever you think about and especially whatever you focus on will eventually find its way towards you. Just by focused thinking we are creating and our electrons change from being just a probability to becoming a thing or an event (a certainty). When we are not thinking about something or focusing our attention, the event or the matter changes from being a certainty into a probability.¹⁷ This tells us that we are not a simple thought but a creative consciousness that gives vitality to everything we draw our attention to. Each thought creates real neurological conductivity in our mind, nerves and muscles which has an effect on the building blocks of our living tissue and we only need to have a certain amount of thoughts about a specific issue to bring about a complete change in our neural network. "This is the process by which failure is changed to success: Thoughts of courage, power, inspiration, harmony, are substituted for thoughts of lack of failure, despair, lack, limitation and discord, and as these thoughts take root, the physical tissue is changed and the individual sees life in a new light, old things have actually passed away, all things have become new."¹⁸

Therefore after studying the evidence it seems that we are not this little innocent life beings floating around in a sea of consciousness, completely without any will, as we might often want to believe. We have in fact a tremendous effect on our surroundings. Everything we think has an effect, not only do our thoughts have an incredible impact on our body, the human vehicle that we use everyday, but also the people and our surroundings. Cleve Backster is a scientist that has studied biological communication of plants over 35 years and he has confirmed with his research that even plants can sense the human emotions of their owners, both positive and negative, from up close or even from a distance.¹⁹ According to Backster the plants he studied indicated that they had feelings, a consciousness and a capability to have telepathic communication. That is an amazing discovery! Cleve Backster, who is a former CIA and FBI employee was working with polygraphs and taught others how to use it. One morning he jokingly decided to hook up his plant in his office, a dracena, and see if the machine could detect any stress or reaction from the plant. He decided to do a number of things to the plant to threaten its well being. He dunk one of the leafs into hot coffee, but nothing happened. Maybe it's

not hot enough, he thought and decided to get a match from another room to burn the leaf. The instant he held that thought in his mind there was a sudden and prolonged reaction from the plant which the polygraph detected. It seemed the plant could detect his thoughts. Cleve was of course extremely surprised and continued his tests until he was fully convinced and published his theory that plants can feel, sense thoughts and communicate. This was later called "The Backster effect."²⁰ The scientific community was of course not fully on board right away and did tests that contradicted Backster's theory. However they found out that plants can distinguish between a real thought and a fake one, meaning that their response is different depending on what the researcher is thinking. When that was taken into account other researchers became intrigued, including Rolling McCraty at the Heart Math Institute, who managed to replicate the experiment in 1983 with positive results, as well as another group of scientists in Russia which also supports Backster's theory.²¹ Reading this, I wasn't surprised for I had suspected for some time that plants do have some sort of consciousness. When I bought my house in 2006 I started doing some work in the yard. I was wondering what I could do with it. The former owners of the house had built a big deck but I felt it was a bit too much and wanted more grass and greenery so I started removing the timber. One day when I was working in the garden I looked over to my neighbour's yard and started admiring the sirene tree that was growing in the other garden. It was big and beautiful and the scent of the flowers was just wonderful. I remember watching it for a while and thinking that I wanted a tree like that in my garden, and I thought maybe one day I'll buy one, but first I had to get rid of the timber and put in some grass, I thought. Next summer when I was working in the garden I noticed a plant had started growing in the corner of my garden not far from the sirene. The plant was small. I couldn't see what it was so I decided to leave it there and let it grow. The third summer I was again working in my garden I saw to my surprise that the plant had reached about 30 cm and I could see there was a tiny little flower pushing through at the top. It was a sirene! I was amazed and instantly thought that it must be the one from the neighbour's yard, which was growing only about 3 meters away. Of course, I cannot prove that it was the plant from the neighbour's garden nor that it had picked

up my thoughts, but it was a funny coincidence, even though I don't believe in coincidences.

When Clive Backster had been working for a while on his book *The secret life of plants* he started to examine cell communication. He found out that cells can sense the emotions of their individual host even from a long distance. In one of his studies he removed some white cells from a woman's mouth. Next, she was asked to watch a TV episode with a violent scene. The woman was approximately 1 km from where her white cells were being monitored. The cells that had been removed from her mouth showed exactly the same stress response at the same exact moment when the women saw the violent scene and reacted to it, indicating that the cells in our body are aware of what we are thinking even though they have been removed from the body²² and they can communicate from a distance. Did you know this? Your cells know what you are thinking and are communicating with other cells in your body! This is an amazing discovery which confirms that cells do have a consciousness, just like plants do and they use telepathy to sense what their host (you) is feeling. After reading about this I started thinking seriously about my thoughts and how I had only been watching the exterior and not paying any attention to what was happening on the inside of me. After that I began thinking more kind thoughts about my body and thanked my cells for all their selfless work they are doing and incidentally I also started taking better care of my plants.

The effects of thoughts in communication

One thing I learned was that we are all part of one big, living universe. If we think we can hurt another person or another living thing without hurting ourselves we are sadly mistaken.

Moody og Perry.²³

The Japanese researcher and author Masaru Emoto is known to many. His book *The hidden messages in water* was a New York Times bestseller some years ago. His studies revolved around the hypothesis that water could react to positive thoughts and words and polluted water could be cleaned through prayer and positive visualisation. He proved that by blessing the water you heal it. By focusing the mind and connect with the water by either blessing it or cursing it you have tremendous

effects on its structure.²⁴ That is an amazing discovery which shows us that our mind can influence the elements! Just imagine, if your mind can influence water and change its structure it must be extremely powerful. Imagine then what your thoughts can do to you and the effects they have on your life, depending if they're positive and negative.

We not only have a huge influence on our surroundings, much more than we imagine, but also on other people and that fact often goes unnoticed. The negative thoughts we project have an effect and creates problems. Who hasn't had problems with other people? I certainly have. Who hasn't gotten insulted by something others said or did and even decided to start a fight because of that? I would say everyone. But in that moment, when we are reacting to that outer circumstances where we interpret it in a negative way, we forget the fact that we might have thought a certain way to make it happen. Maybe it was default reaction mechanism that we're not even aware of. I know that pattern very well. For many years I stumbled with a wrong communication pattern and thought up a negative picture in my mind which I played in front of my eyes without realizing how much effect it was having on my life. I was just reacting to aggression to protect myself, or that's how I interpreted it. Many incidents seemed to happen, even bad things that I certainly didn't want to happen. I had absolutely no idea how powerful my thinking really is, nor did I realise that I am a part of a large thinking network in connection with other people. It wasn't until I was well into my thirties that I started to see that I had to stop and dive deeper into my thought process to try to attack the root cause of my problem, and I noticed that I was definitely not the only one trapped in the wrong thinking. Everywhere I went I saw people that were struggling, even though things might look good on the outside it was obvious that on the inside people were suffering by the way they talked and behaved. I noticed communication problems between people, hateful speaking in front of or behind others as well as online, coloured with intolerance. It was like an invisible, spiritual war was being fought all around that no one seemed to notice, but certainly felt it. Noticing the toxic communication around me made me realise I was no exception and had my communication problems with other people as well, particularly women at work and men in my personal life. I longed for a change in my life and wanted to find a solution, but I was repeatedly

stuck in the same communication pattern and didn't seem to know how to fix it. Even though when I had discovered the importance of positive thinking I didn't seem to know how to properly apply it in my life. I simply didn't realise how toxic my thinking was towards me and also other people. The fact is, every time we think about another person, he or she can pick it up, consciously or not, but most of us are unaware of this invisible connection.

For years I have been freelancing as a tourist guide in Iceland. Once, we were on a Golden Circle tour, just about to finish in Reykjavik when the driver stopped at a traffic light. In front of the bus in the lane was a guy on a motorcycle and sitting behind him was a girl, approximately 10–12 years old. I was looking at her and noticed she didn't have a helmet and said to the driver at the same time: "I wonder how old she is". At the same time the girl looked back, gazed directly at me and smiled just like she had heard exactly what I was saying. I was surprised and said to the driver: It's like she hears me! He laughed a little and agreed with me. Then the green light came and they drove away. I remember reflecting on this incident afterwards thinking that it was like she had heard me. Though she didn't physically hear me it was like she picked up my thought about her and there was a brief connection between us. It also felt like a gentle reminder to watch my thoughts and to remember how important it is to not only send kind thoughts but also kind feelings, words and pictures in my mind to others and the more I pondered that I felt a huge sense of responsibility for what kind of thoughts I was sending out to others.

All your thoughts matter. You have a tremendous impact on your life by how you think and if you think negatively of others they will pick it up. Florence Scovel Shinn said in her book *The game of life and how to play it* "The man who is centered and established in right thinking, the man who sends out only good-will to his fellow-man, and who is without fear, cannot be touched or influenced by the negative thoughts of others."²⁵ By fighting with someone in our mind the other person can pick it up and if they are in the the same mindset he or she can go into the same negative mind flow. I've done this many times. I have started thinking about a person that I was maybe not agreeing with. The more I focused on a negative thought more negative thoughts came flooding into my mind and suddenly I was arguing in my mind with the other person, just like she was right in

front of me. Also I remember incidents when other people came suddenly into my mind and it felt like they were arguing with me because my energy changed and I became uneasy and finished by responding to it and arguing back. It doesn't matter whether the person is in front of you or not you are connected to them by thinking about them.

I would like to share with you another personal experience to try to show you how our thoughts, words and actions affect our lives and sometimes in a negative fashion. I was again working as a guide and on a tour when I received a phone call from my ex boyfriend. We were separated at that time and our communication was strained. He said something on the phone that I felt wasn't fair and I started getting angry with him and said a few things that were hurtful. Then I hung up the phone and went back to my group and continued the journey. I tried not to let it show but on the inside I was furious with him and continued arguing with him in my mind. Then at the end of the workday when we were returning the passengers back to their hotels there was this elderly lady that got frustrated with me. Maybe it was my accent but she misunderstood my directions and missed her stop. She came to me and was visible very angry. We talked a bit and I tried to explain the situation to her when all of the sudden she walked out of the bus, turned her head and said some hurtful things to me and insulted me as a person. I remember looking ghastly at the woman, looking at her face frowning with rage as she left. We continued and the rest of the way I thought about what the woman had just said to me. In the beginning I was surprised and thought it wasn't fair but then a little thought came into my mind. What did she say again? I thought to myself and froze. She had said the exact same thing as I had said earlier that day to my ex on the phone. I suddenly connected. I was getting the same backlash I had given just a few hours earlier. It was like karma being fulfilled. I was silent on the bus all the way back to the headquarters and couldn't stop thinking about this. Surely it was just my personal experience and not a scientific conclusion but I had had enough experiences like this in my life to see the correlation between what you give and what you receive. Unfortunately most of the time we are too busy to notice this. Consequently, there is no separation²⁶ between us. What I do to you I do to myself and what you do to me you do to yourself. Still it is so easy to believe that we are separated from each other when we

see only bodies in the physical world. We only need to look around and we visually see the separation, not only from other people, but also animals, plants, things, the sun and so on, but the reality is that we are all connected and we connect with everything we focus our thoughts on. This connection however is on another plane. It is not in our three-dimensional world, the one we physically see, but on another level which is invisible, like a hologram.²⁷

The incident with the girl on the motorcycle where she seemed to pick up my thoughts came back to my mind. I not only realised the influence I have on others, but also understood that if I am part of a consciousness that can make things appear and disappear just by focusing my thought on it I could definitely influence my surroundings by starting to heal from within. I suddenly wasn't tied to the reality I saw around me and that if I didn't like it I could try to change it. This was great news for me and a good starting point but I didn't realise that before changing my mindset. First I had to see how I picked the wrong thoughts and also what happens when I am in the wrong state of mind. It is not enough to change just one thought or have a vision board with everything that you dream of, we have to start analysing our mindset and it's only the start, because believe it or not, it is not only the mind that we use for thinking. Descartes once said: „Cogito, ergo sum“, I think, therefore I am.²⁸ And as Descartes, I had made the same conclusion thinking that the mind is the only thing we use, however I forgot one important thing. We also think with another organ. The heart.

Chapter 2

The heart is important

*And now here is my secret, a very simple secret.
It is only with the heart that one can see rightly,
what is essential is invisible to the eye.
Antoine de Saint-Exupéry, The Little Prince¹*

*For where your treasure is, there will your heart be
also.*

Matthew 6:21

As described in chapter one, we are energy and this energy is the key to all activity on earth. But even though our mind is surely powerful we are so much more than just a simple thought. We are a part of a whole network, which is much bigger than we can imagine. This invisible network that we are a part of seems to have a consciousness as well or a at least an extremely organised thought system that controls all our environment, almost like a computer program. The golden ratio sustains that theory.² No one has been able to prove that it is God that sparks life inside the cells but who does then? To me it's pretty obvious. If energy cannot be destroyed and always exists and if God created the world, he must have created this energy in the first place. It actually takes a miracle for all the cells to work together and for an infinite number to work together as a whole and God does not play dice as Einstein once said.³ So life then cannot be a pure coincidence. It must be a more deliberate action or a deliberate thought. The Bible says that it was God that created man in his image (Genesis1:27) but if God doesn't have a physical form and we are not of this world (as the Bible states) then God must be a thought or a consciousness just like we are. In the book *A Course in Miracles* (I will refer to it as ACIM) the verse in Genesis 1:27 is interpreted in this way: "God did create spirit in His Own Thought and of a quality like to His Own."⁴ I think that is very likely to be true. Also, everyone agrees that God is Love – then if God is love and God is a thought then God must also be a loving thought, don't you think?⁵ This assertion implies that we

are also spiritual beings and not only physical where this universal consciousness, which I choose to call God is much more than a neutral thought, he is a mastermind and love seems to be the foundation of his thought, this enormous, pure energy that cannot be destroyed.

As most of us know, Einstein discovered the famous theory of relativity ($E=MC^2$).⁶ However his most important discovery wasn't brought into daylight until after his death. Apparently Lieserl, Einsteins daughter, received a letter from her father many years before where he asked her to conceal the information until she felt society was more ready to receive the message. In his letter Einstein admits that he might have discovered the greatest secret of life. Now, this letter has of course been scrutinised and believed to be inauthentic, which is all together possible. However the message remains intriguing, for no scientist has been able to disprove the theory of $E=MC^2$. We all know the four elements (air, fire, earth and water) but in his letter Einstein states that he has discovered the main element of life, which is above all the other elements and which is both invisible and the most powerful force there is. Love.

Here is an excerpt from this letter:

There's an extremely powerful force that so far science has not found a formal explanation to. It is a force that includes and governs all others and is even behind every phenomenon operating in the universe and has not yet been identified by us. This universal force is love. When scientists looked for a unified theory of the universe, they forgot the most powerful unseen force. Love is light that enlightens those who give and receive it. Love is gravity because it makes some people feel attracted to others. Love is power because it multiplies the best we have and allows humanity not to be extinguished in their blind selfishness. (it means: not to be judged) Love unfolds and reveals. For love we live and die. Love is God and God is love. This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love, because it's the only energy in the universe that man has not learned to drive at will. To give visibility to love, I made a simple substitution in my most famous equation. If instead of E equals MC square, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light we arrive at the conclusion that love is the most powerful force there is because it has no limits.⁷

Energy has a pulse

Therefore it is so important that we analyse energy, what it is and how important it is for all life, because everything is energy. According to Einsteins theory everything in the world is energy⁸ and everything beats on a certain frequency. Thought is frequency and a loving thought is also a certain frequency that travels on a particular wavelength. It's equally possible to use the word, pulse, rhythm, flow or wavelength to describe frequency. For instance, sound is a frequency. The sun and the stars in our solar system emit a certain pulse or sound which has its own rhythm, which we can also call wavelengths.⁹ Earth has also a giant electric circuit or magnetic field with its own electromagnetic pulse. The magnetic field surrounds the earth and protects all living beings and beats on average about 7.83Hz, and is the so called Schumann resonance. It is a radio wave, named after the physicist Winfried Otto Schumann who discovered this wave in 1952. These are our so called traditional electric and magnetic forces that surrounds with the same frequency as the earth, 7.83Hz. Our bodies also have the same electromagnetic field – we are actually just like a walking battery giving and receiving energy. Our brain equally has the same frequency as the pulse of the earth and it is very important to note that this energy is essential for our bodies to remain healthy and in balance. That is why we need to be very aware of energy frequencies and the right wavelengths, how love is on a certain frequency and why everything that happens in your life reflects the pulse of your thoughts.¹⁰

Many people have emphasized the importance of our magnetic field without using the same wording as scientists do. For instance we are taught in yoga that we have energy chakras and how important it is for the energy to flow properly and not to stagnate and if the chakras are blocked it affects our bodies. This energy that flows through the chakras is a loving energy flow and it is God's energy. Love controls this energy that propels all the energy centers. We can feel it in our body, for example when our heart gets all warm and fuzzy when we see an infant or a person you love dearly to when you're intimate with your partner. Energy then flows unobstructed between you and the other person. I am not going to go deeper into yoga science, but I would like to mention the heart chakra and it's incredible magnetic force, though there are other energy chakras equally important and it's important that they're all in sync to function properly. Apparently the heart has

another very important function besides pumping blood around the body and keeping it alive. Did you know that electromagnetic waves of the heart are 5000 times stronger than of the brain?¹¹ This is a very important discovery. The electromagnetic field of the heart reaches much farther away from the body than the brainwaves. Why is this not a well known fact? Why don't we all know that the heart is more powerful than the brain? This is very important knowledge, that I believe is being suppressed.

Energy communication

Studies have shown that the magnetic field of each person can stimulate certain physiological changes in the body of another person. It seems as there is a very delicate and efficient energy communication between us, through our chakras and invisible to us, and our consciousness is often unaware of it. This energy system is an electromagnetic field that connects people together and this energy either repels or attracts, very much like the poles on a battery (+ and - charge). That explains how people sometimes are attracted to each other or cannot stand each other and also why people sometimes get drained in another person's company or fully charged.

The electromagnetic waves of the heart chakra have a clear biological effect measurable with an electrocardiogram (ECG) and an electroencephalogram (EEG). According to Rollin McCraty, the director of HeartMath Research Center our nervous system works just like an antenna which is connected to the heart and communicates with the magnetic resonance of hearts in other people.¹² This information is just mind blowing and confirms that we can connect with other people with our heart. It is amazing that we haven't heard anything about this so we can experiment with this innate ability we have, but again not so surprising. The heart hasn't exactly been the main focus in the mainstream media, unless it's negative, about a heartbreak in relationships or heart attacks. Scientists call this phenomenon cardioelectromagnetic communication. Studies have also shown that when people's chakras are in energy balance and emotionally and physiologically synchronised the body will pulse with the same frequency of other people that are energetically balanced, including the earth which we already know is

pulsating at 7.83Hz. People that are energetically balanced are also much more sensitive to these waves and can pick up information from other people's magnetic field, though most people emit unknowingly. Scientist also found out that while people were synchronised physiologically all their inner organs were also in much better harmony and more efficient and emitted a frequency or energy waves that were synchronised.¹³ This tells us that when it comes to our health, frequency is extremely important, not only physiologically but also for our mental health. I understand much better now the verse from Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it." Our hearts and the electromagnetic field is far more important than we've been led to believe. When I discovered that you can intentionally send other people love with your heart, or through your heart center a whole world of energy opened up for me. I realized we are much more powerful than I thought and our traditional senses are not the only senses and abilities we possess. Our energy body connects with other energy bodies and proves that there is no separation between us. Only by thinking about another person you have made contact with him or her.¹⁴

Birds and bees use the electromagnetic field to find their way. I have often sent love to animals with my heart, to calm them or reassure if they were afraid. I have done this since I was a young girl, like it was a natural part of me and I used it to communicate with them as we do not share the same language. A few years ago I went to a zoo when I was travelling abroad and I decided to do a little informal experiment when I visited the animal center. When walking around the garden I sent the animals that I saw a definite loving energy with my heart, like an energy love bomb through my heart and the result was astonishing. It was like they sensed me because they looked up and over to me, many of them walked closer and didn't take their eyes off me when I passed by them. It was obvious that I had gotten their attention and they felt something. I knew in my heart something was happening but of course I cannot prove it, I can only encourage you to try it yourself. I live in an area close to the sea where there are a lot of migrating birds that nest here during spring and summer and when the birds are flying too low and close to the car I always send a warning signal from my heart to the birds and it's amazing, it's like they hear me.

Even though they are flying in front of me and can't see me they twitch and change course when I do this. I who had been taught to be rational and think reasonably and logically suddenly had another angle in communicating, not only with people, but also animals and even plants. Isn't it amazing?

After this discovery I started developing my energy center, in particular the heart center and sent a loving energy to people, not only when I was praying but also before going into what I believed to be difficult circumstances. Everyone can do this and it paves a way for a better communication. All of us can connect to each other as well as other bioorganisms. However I think it's important to try not to interfere with other people and try to influence them in any way. For me that is nothing but black magic and it is not of God, nor has anything to do with love. When you try to take matters into your own hands and control the situation it will be your own doing and you will always lose when you try to be the one in control. That's how the book *The Secret*^{#15} by Rhonda Byrne was misused by many. People learned how to project with their thoughts and feelings. We became aware of how our thoughts are important and can shape our existence, which was in its way very important knowledge, but only the first step. Of course none of us have the big picture. Many of us have completely forgotten who it is that gives life to thought in the first place and who knows what's best for us. I know this book, *The Secret* very well, because I found it online when it first came out, was utterly amazed by the content and brought the book to the publishing house and ended up translating it. In this book I learned how thoughts are important and noticed how I could sometimes easily attract things and situations to me but sometimes not and that perplexed me. I had even manifested a very good job that I saw advertised. I convinced myself that it was the perfect job for me just by reading the ad and started using the law of attraction to see myself working exactly in that workplace. There were about hundred applicants for the job and I ended up getting the job. I was of course ecstatic that I had gotten my "dream job" but then reality struck. I had obviously attracted this job to me but that was also the problem. In a few months after starting working there I realized this job really didn't fit me. I quickly became unsatisfied working there and started thinking about changing jobs and within half a year I was gone. This experience was an eye opener for me. I had used the

law of attraction as the book called for but it didn't work, at least not for me and I really thought that I had understood the message of the book, as I had translated it into Icelandic. The thing was, I had read the ad in the paper and convinced myself it was the right job for me without having any information or the big picture. It was too specific and I didn't give God the time to find the right workplace for me. Instead I took the matters into my own hands. I had no idea what it was like working there, I didn't know if I would fit in or how the job would apply to me and most importantly whether I was the right person for them! It was a bit of a shock for me. I didn't have the whole picture, but instead imagined it and I reached the wrong conclusion. Only God sees the big picture and what is best for each and everyone of us. I would never have been able to manifest as brilliantly as God can do, nor could I coordinate people to make them do my bidding – they simply are not my hands and feet. When I realized this and most importantly when I started seeing God working in my life and all the miracles I started laughing. How simple-minded of me to think that I would be able to manifest just as good or even better than God! Of course apart from him I can do nothing (Philippians 4:13; John 15:4–5).

Choosing the right energy – God's energy

*May the words of my mouth
and the meditations of my heart
be acceptable in your sight, Lord,
my rock and my redeemer.*

Psalms 19:14

Our emotions are energy and function like a guide-post or in some cases a warning signal for us to let us know the mental state we're in. By seeing how you feel you can tell how your thought pattern is. When we think in a negative way we start to feel bad. That's an indicator that we are in the wrong thought frequency and our emotions are showing us that we should let go of those negative thoughts. We have somehow gone astray from the love frequency and we need to change our thoughts in order to change the frequency to feel better.¹⁶

However we are not only affected by our thinking but also other people's thoughts which can either drain or sustain us. For example when we are not feeling good we inadvertently seek energy from each other to try to

regain balance and feel better. However it is not desirable and actually forbidden if the other person does not want it. Though it might be fulfilling for the person feeling bad the other one will feel drained of energy. That is not to say that we cannot give and receive love, which is what we're here for on earth. I am talking about when people are toxic and come to you to charge themselves but leave you with a bad feeling. We've probably all heard the word energy sucker, that happens when we feed off on other people's energy. Unfortunately we all know some people that do that, whether it is conscious or not and it can be terribly draining for the giver. We can be affected by other people's thoughts and emotions in many ways. I can give you an example. I might go to the movies or somewhere out among people and suddenly I start to feel down and my mind fills with negative thoughts. Maybe I didn't even talk to anyone and was fine when I went out but suddenly I'm not feeling good. This is bad energy I've picked up and it's important to be aware of it, and jump into the right frequency and regain control of my mind again, not to blame anyone or find a culprit because this happens to all of us. When we aren't aware of energy and how it can influence us we go about our lives just like a leaf in windy weather and we can change moods without even noticing. Nothing changed except our thoughts and feelings. There needs to be some sort of filter so we can stop and realize that some thoughts have come into our head and they're not welcome. We are all energy beings connected to each other and we can be easily manipulated if we do not have our spiritual shield up to protect us.¹⁷ Obviously, we do not intend to make other people feel bad if we're feeling bad, but thoughts are just something that can easily permeate into our mind if we aren't aware. The solution in my opinion is to open our heart and connect to God to receive his energy and protection and recharge our battery. In my opinion it's the only way to profound peace. By plugging in just like we do with a phone we plug in to the center battery which is God. When we take regular off-time with God and go into a deep meditation and prayer to charge our batteries before going out amongst people we start to feel better and take better decisions in life. That's why I think it's very important to have this moment with God, to hear his thoughts and become refreshed so we can go out into the world and give love and not be affected by other people that are in the wrong mindset. Today we are living in a world that is

not of God and that's why we need to protect ourselves with God's love. I'm not saying this to install fear, I know how protecting his love energy is and how important it is to connect with him, because without love we are in the wrong flow. That is why we need to become aware of energies here in this world that are not of God and how important it is to protect ourselves by connecting with our source before going out amongst people. I assure you this is very important and when done right you go out and you become full of light and love that guides others you give the right energy which is loving and by doing that all energy that is not loving will find it harder to permeate your electromagnetic field. Negative energy cannot enter when God has shut the door.

*I said, "O, who will give me the wings of a dove,
So that I could fly away and live somewhere else?"*

Psalms 55:6

God has shown me how important the heart is in communication with him and also with other people. If you use your heart, which is so much more powerful than the mind you will find a much deeper connection to God and people. It is actually the connection to God. It is the holy spirit of God breathing life into each and everyone. I have experienced the Holy Spirit myself. It was many years ago but I still remember it just like it happened yesterday. It was in March 1999 when I decided to talk to God sincerely with my heart. What happened I will never be able to explain fully but I got a reply that still amazes me. My mother had just died and I was in the midst of grieving. I had separated from the father of my daughter the year before and was a single mother trying to get my life back on track emotionally and financially and life was starting to be a bit overwhelming. That night I felt hopeless. I didn't understand the meaning of my existence and felt lost. After laying in bed awake for hours I decided to write a letter in my mind and send it to God far away into space. In it I wrote: God, do you exist? Then I rolled up the letter and put it on a back of a white dove, I somehow thought that would be the best way to send a letter to him, and then I sent it into the black void in my mind and on its way to God far away. I remember focusing hard, watching the dove fly into space and I saw it flying in the dark. I remained focused and didn't lose sight of the dove – I was so determined to send it to God. While this happened I was also crying. Tears were flowing down

my cheeks and I cried like I was a child calling for its mother. I desperately longed for an answer. Please reply. Then, all of a sudden, like a flash I felt a huge beam of loving energy come into the room and in my body, filling it with pure, overwhelming love. I felt like my body was swelling all up while this energy filled me with this unexplainable love. It was so powerful! I have never loved anyone nor have I been loved this way, it was such intense power! Words become poor when I try to describe this moving experience and I cannot explain it in worldly terms. I knew this unconditional love that filled my body was God but it was also energy that I physically felt in my body and it was not a neutral energy. His answer was far from being passive or neutral. This energy, God, is so much more than just energy, he seemed to know me personally and he loves me wholeheartedly. He is not some simple law of an attraction, that is some neutral energy that we can use for our benefit, for if he was then my outcry to him should have bounced back with immense sadness, a broken heart and a broken spirit with a sense of total defeat – because that's exactly what I was sending, but it didn't happen. Instead I received an answer filled with so much love, reassurance and comfort, all knowing and all encompassing togetherness. In that moment I knew that there is someone out there that loves me and also the whole world so much and we needn't be afraid. He's there. It felt like I got to go home for a brief moment and I met God at the door welcoming his daughter with a presence that is overwhelming. You can do this too. Please do, that is why I am sharing my story. After experiencing this huge wave of love I opened my eyes. Tears had stopped running down my cheeks. I was utterly speechless and in awe, full of gratitude for his gift of love with an uplifting spirit of reassurance. I had found meaning for my life. I knew that there is someone totally awesome waiting for me when I finish this life. I knew in my heart also that I had to tell others about my experience, to let them know he exists. A few years ago I stumbled upon a near-death experience from a woman named Erica McKenzie¹⁸ where she describes in a similar way the amount of love she felt from God when she met him. "It's really a challenge to put into words," she said and I heartily agree. I have not wavered ever since in my faith that there is a God and he is much nearer than we think. He is actually inside of us and loves us immensely!

I will give you a new heart and put a new spirit in you. I will remove from you your heart of stone and give you a heart of flesh.

Ezekiel 36:26

The French mathematician Pascal Blaise, often called the father of the modern computer wrote the famous *Pensées*. He had a similar experience as I had. It was November 23rd 1654.

Pascal was at home. The sun was set and all was dark. He was most likely preparing for bed when suddenly, at around 10:30pm, a supernatural event happened. It's not clear exactly what he saw, but he experienced an amazing mystical experience that lasted for a full two hours. As soon as it was over he grabbed a pen and paper and wrote down what was swirling through his head. This is what he wrote:

FIRE.

GOD of Abraham, GOD of Isaac, GOD of Jacob

not of the philosophers and of the learned.

Certitude. Certitude. Feeling. Joy. Peace.

GOD of Jesus Christ.

My God and your God.

Your GOD will be my God.

Forgetfulness of the world and of everything, except GOD.

He is only found by the ways taught in the Gospel.

Grandeur of the human soul.

Righteous Father, the world has not known you, but I have known you.

Joy, joy, joy, tears of joy.

I have departed from him:

They have forsaken me, the fount of living water.

My God, will you leave me?

Let me not be separated from him forever.

This is eternal life, that they know you, the one true God, and the one that you sent, Jesus Christ.

Jesus Christ.

Jesus Christ.

I left him; I fled him, renounced, crucified.

Let me never be separated from him.

He is only kept securely by the ways taught in the Gospel:

Renunciation, total and sweet.

Complete submission to Jesus Christ and to my director.

Eternally in joy for a day's exercise on the earth.

May I not forget your words.

Amen.¹⁹

His experience rhymes completely with my experience of God, though he is not Jesus for me, he's another entity. I understand how it is impossible to describe God's unconditional love in one word and you can experience him in different ways, but in essence he is all LOVE.

When I realized that the heart is key in communicating with God and how powerful the heart is also in communication with people I started listening more to my heart. I knew I had to be responsible for my thoughts and feelings and not become an energy sucker, pulling on other people's energy to uplift myself. It's not healthy for us. The only way to uplift ourselves when we've depleted our energy battery is to reach to God with our heart.

Chapter 3

Fear is the wrong energy

Because lawlessness is increased,

love of people will grow cold.

Matthew 24:12

*We wait for light, but look – there is darkness;
We wait for brightness, but we walk in deep
darkness.*

Isaiah 59:9

As I have confirmed, our bodies are our vehicles in life and there is more to life than just our bodies and outer appearance. We are spiritual beings, born into this world connected to an energy source so immense that we cannot fathom the idea. God is this energy, a love source. He is within us, always reachable and cannot be separated from us. It's our decision to shut off from him and when we do that something else has to enter instead. As everything in the world is energy the energy of the electromagnetic field is key to all activity on earth and we should focus our attention on what kind of energy we are attracting to us each moment. As we are a part of a thinking network our feelings give us an indication of what thoughts we are attracting every moment and "neutral thoughts are impossible because all thoughts have power."¹ Let's imagine one day we have a specific thought about something. This time it's not a loving thought, but a fearful one. As usually it gets processed in the mind and causes specific chemical reaction in the brain that is sent all over the body through glands and spinal fluids, which brings about a certain feeling in the body² and because it's a fearful thought it produces a negative feeling, and like any other thought it has consequences. If we focus specifically on this thought it will attract other thoughts alike, just like a magnet and as it is a fearful thought it can have dangerous consequences. "Fear distorts your reality. Under the warped logic of fear anything is better than the uncertain. Fear fills the void at all cost, passing off for what you dread for what you know, offering up the worst in the place of the ambiguous, substituting assumption for reason. Psychologists have a great term for it – awfulizing. Fear replaces the unknown with the awful³ and when fear arises you will feel discomfort in your body because those thoughts call for a physical response. It is the same process as when you think a positive thought except the body reacts differently with different hormones and emotions. Thus, there are no neutral thoughts. All thoughts have an effect on you.

Either you are thinking loving thoughts and feeling well or fearful thoughts making you unwell. The negative thinking, if continued, will attract more negative thoughts like a magnet and before you know it a negative cloud of thoughts are over your head. Even though you do not see the cloud of thoughts you will feel it in your worsening feelings. The discomfort in your body indicates what kind of thoughts dominate your present moment. According to ACIM the opposite of love is fear,⁴ but what is fear? someone might ask. Fear can be defined as an uncomfortable feeling which is a result of a perceived thought of imminent danger or pain. When we are born into this world we are fearless, but we start learning about fear right from the start when we are infants. How many times have we and our parents said: “watch out...take care...don’t do that...the world out there is dangerous etc., then we go out into life with fear as our unreliable companion without realizing how dangerous it really is. Yes, we all know this fearful feeling and those thoughts that haunt, in different magnitude of course. Fear can suddenly appear, in any circumstances and we would all like to get rid of it. It has a way of showing up in trying moments, e.g. when we are holding a speech in front of many people, during a test or when we are afraid of someone, or even when just talking to someone we really like or not our breath shortens and our primitive instincts (fight or flight) sets in.⁵ We can also be filled with fear with no apparent reason and even though nothing has changed in our environment – only our thoughts have changed. All feelings that are not loving are fearful thoughts and their main purpose is to separate, dissociate and isolate us from each other.⁶ That said, fear exists in different forms of emotions, e.g. anger, sadness, grief, frustration, jealousy, stress – all these emotions are actually a form of a fearful thought, because they represent lack. There’s something missing in you but in essence it’s lack of understanding and connectedness. An angry feeling is a very good example of a fearful emotion. You perceive yourself being right and the other person wrong and by doing that you separate yourself from that person. In some cases it might even be “justifiable” and you allow this black and white thinking to progress until you become angry. Other feelings of fear could be sadness, depression, loneliness. It might surprise you but the root cause of those feelings represents lack of some sort and functions to separate. Those feelings can actually be quite hard to detect. People can experience

monotony or sadness for a very long time, even throughout life without realising it. They might have everything going for them; a good family, a great position professionally, a lovely home – picture perfect life. Nothing on the surface appears to be lacking. Still they feel this emptiness inside and do not understand why. This emptiness is lack of love and everything that is not love is fear in some form.⁷

From a young age we learn to think according to a specific thought system, depending on where we are born. Unfortunately today many people are not brought up in a very loving and nurturing environment and fear is often used as way to control and discipline. With time it closes the heart center and makes it difficult for us to bond with others the way we are supposed to. I was a slave to fear for many years. Even though I was protected from other people my family wasn't always loving. With time my mindset became filled with fear and my heart started to close up. I became co-dependant and learned an unhealthy way to communicate. My parents were both born before the second world war, which meant they were brought up in the fearful mindset of those times, with emphasis on war and little attention on forgiveness. They also learned of scarcity which had a big impact on their psyche. My mother for example hardly ever threw away old food and my grandmother was even more extreme. Their modus operandi was survival and unknowingly they handed the baton to their children. Though I was fortunate not to be living in a family suffering from alcoholism like many have in Iceland our relationship was still codependent. My mother, who was for the longest part not very much in touch with her feelings, was often run by them. My brothers and I learned quickly to be mindful around her, not to anger her and because of that the atmosphere in our home was regularly tense, almost electric when no one said anything. Sometimes there were days that passed without her talking to us and that created an intense fear of what might come out of that silence. And so I learned to fear, especially other people and picked up the same mindset my mother had, expecting the worst. For example when I was a teenager my mother sometimes said: "Be careful around the boys" but she wouldn't explain why, only said this in a very serious manner so I started connecting boys and men with something bad and for many years I repeated this mantra in my mind. Within me became a solid belief that men were were not to be trusted. As I got older my fear

only got worse because I was not aware of how I was thinking and what kind of a mindset I had installed and continued attracting more and more negative thoughts in that matter. I remember having fearful thoughts, for example about violence and sexual assaults. I have to clarify also that it wasn't just me thinking of it, society was projecting it and I picked up those thoughts. Movies and the media displayed violent scenes and I and everyone else was influenced by that, which led me to think that this might also happen to me. If it hadn't been on the news or in the media I wouldn't have thought it could happen, but as I was a slave of my thinking, with a broken self-awareness and little self esteem I became conditioned to this thought pattern. I saw myself as a victim and couldn't fathom the idea that I might be unintentionally choosing the wrong thoughts leading me the wrong way. I simply didn't know that I was attracting to me what I thought most of and all these fearful emotions that I was projecting were potentially attracting dangerous situations in my life. In essence I was totally oblivious to the fact that I was choosing the wrong law.⁸ It wasn't until I started reading about the power of the mind and heart a whole new world opened up for me, but it was only the beginning of my learning. I saw that it wasn't enough to be just positive. I had to examine the foundation and what thoughts I was choosing when I was on auto-pilot. How was my mindset during the day when I wasn't focusing particularly? What was I thinking? Why did I always hit a wall even though when I became aware of the power of the mind and thought I'd freed myself? I had to dive deep and learn that what I see and what I think is not necessarily correct. I was reacting to what I saw and at the same time I wasn't trusting the guidance that came to me and I had to learn systematically to think again in order to get out of the wrong mindset.

The reptilian brain is the headquarters where fear resides

Some years ago I was struck by the large number of falsehoods that I had accepted as true in my childhood, and by the highly doubtful nature of the whole edifice that I had subsequently based on them. I realized that it was necessary, once in the course of my life, to demolish everything completely and start again right from the

foundations if I wanted to establish anything at all in the sciences that was stable and likely to last.

René Descartes 1641.⁹

Charles Darwin said that rationality was only a part of what makes us human. He also reckoned that there was a dark underworld of natural impulses, longings and feelings that controlled man.¹⁰ This underworld is connected to the reptilian brain or animal brain, which is the part of the brain that has helped us stay alive in dangerous environments for thousands of years and helped make sure humanity survived.¹¹ The reptilian brain is the oldest part of the brain. It is thought to be the first step in our evolution from reptiles to humans (hence the word reptilian brain).¹² The reptilian brain is the size of an almond and is connected to the spinal cord. It is in charge of processing many of our ordinary tasks each day that we normally don't notice, for example we could be driving and at the same time we are engrossed in a conversation with a friend and we might not remember the exact drive afterwards, because the reptilian brain was doing most of the driving.¹³ The reptilian brain can also process information and connect with an old experience stored in our brain. "Sometimes something that we are not conscious of, such as a particular smell, can trigger a complex emotion for reasons that our conscious mind cannot understand. That can occur because the paleomammalian brain has processed the smell, retrieved a memory related to the smell, and triggered the emotion relevant to that experience. It is only once our neomammalian brain becomes conscious of the smell and the memory that we understand our emotion. For example, you may find that you are at a restaurant and suddenly feel an overwhelming sense of sadness that you cannot understand. It is only upon reflection that you realise that the person at the next table is wearing the same perfume as your best friend who passed away last year."¹⁴ In that way the reptilian brain plays a big part when it comes to moods, feelings, even smell and the feeling of fear is the main drive of the reptilian brain. When you walk home alone through a dark alley this part of the brain will tell you to be careful and fills you with fear as you walk along. It also screams out when your computer breaks down or someone cuts you off in traffic.¹⁵ The typical behaviour pattern of the reptilian brain is ritualistic. It considers routines very important and displays aggressive behaviour with bluffing and threats

designed to intimidate or instill fear in others. The reptilian brain deals only with the outer environmental and material world. It is unemotional, territorial, food and sexually driven and highly motivated towards physical survival. Challenges for territorial rights are met with “I dare you” or “I am” attitudes. Even the gestures and body movements of this brain section are reptilian, staring into other peoples eyes and trying to look bigger and puffing up of the body in an effort to appear as large as possible. Have you ever been so scared your hair stood on end? That’s a reaction of the reptilian brain.”¹⁶ The reptilian brain is a definite thought system that is subject to its own personal law. This part of the brain can only remember or replicate but cannot compare nor rationalise or debate logically. When we feel like a victim we are in that place in our mind and think: “Why are they doing this to me?” The reptilian brain is also incapable of producing creative thoughts, take risks and share ideas. “I already know everything I need to know” is the main attitude¹⁷ and when this thought system has become moulded into permanent form it is impossible to reason with it. The reptilian brain is the fear within you. It is that voice in your mind that fills you with fear and convinces you to separate yourself from others and that revenge and self defence is the only defence. This fear is a paralysing energy that eats you up slowly from within if you are not careful. It is never a nourishing feeling for the person that has the fear within, nor for others around that person. Fear is on another frequency than love, just as Masaru Emoto pointed out with his study.¹⁸ This fear, if not subdued, will make a home within you and create a lot of spiritual problems, all ranging from a mild anxiety to something much worse if we are not on guard. In the Bible (King James) fear is mentioned over 500 times!¹⁹ That should give us some clue that this subject is very important. Let’s dive deeper into this subject of fear and see all the many ways it can take over our mind and slowly build a nest there if we aren’t aware nor careful (Matthew 15:16–20).

Fear attracts danger

Anyone who walks in the daytime will not stumble, for they see by this world’s light. It is when a person walks at night that they stumble, for they have no light.

John 11:9–10

Many might think to themselves I don't have any fears, I don't have any problems with that. In my opinion we all have some sort of fear we need to tackle. The amount can vary, but fear can be very subtle and disguise as something else than we would normally recognise as typical fear or phobia and that is how it enters our minds in all kinds of variations, tailor-made just for you in order to get to you. For instance, we could have been watching a violent show or news on television and without realizing this information went into our subconsciousness which registers it as facts, reaffirming our belief that the world is an unsafe place and we should be fearful. Often we don't know why we start thinking certain thoughts mainly because we do not watch our thinking closely enough and so we miss our opportunity to protect our mind against all kinds of spiritual attacks and if we are not careful the fear could evolve into a belief within us that can be really hard to get rid of.²⁰ I have experienced fear many times where I convinced myself of the need to protect me against some threat that I felt I perceived. In the past I could recollect incidents where I felt threatened and I reacted by being defensive. When I started writing this book a lot of memories connected with fear started coming into my mind and I remember there was one memory in particular that I feel important to talk about. When I was young I was abused one night. I am not going to talk about the event itself, most people know anyway what happens in those cases. What I do want to talk about is my fearful mindset connected to this particular incident. As I grew older and I started learning about the importance of the mind I often wondered how on earth could that have "happened to me" for I never wished this upon me, or at least I thought so. It took a long time to admit to myself that my mindset had a lot to do with what happened. My mind had been filled with fearful thoughts for a very long time resulting in this incident. If I was walking home alone at night I would start thinking attack thoughts and became afraid something would happen. I remember imagining bad things happening, a scene from a movie would enter my mind and my thoughts would take over. Of course I didn't wish it! Never in a million years. Of course no one does, but unfortunately I wasn't aware so I thought about it. I remember at this time society talked about rape and violence against women, with reportage on how we must beware of others, men in particular. Movies also focused on this and it wasn't until many years later that I started

contemplating how fear could have played a major part in these incidents, but of course I wasn't ready to accept the fact that I might also bear some responsibility. In recent years I learned that many of my female friends have had similar or even exact incidents of an assault and those statistics cannot be ignored.

Another incident from the past came into my mind when I was in the United States which helped me connect the dots as well to how fear could have had an impact on my circumstances and I will go into details later in this book. I also had another memory from the past, from when I was living in France, and almost had a car accident. It was quite silly actually, but it started with me passing another car on the freeway. Behind me came another car and the driver was obviously in a hurry because he was driving very fast and started impatiently flashing his lights behind me as to get me to switch to the right lane but I was in the midst of passing a car so I couldn't move right away. It took a couple of minutes or so and while I was trying to speed up the other driver kept flashing his lights. I started thinking negative thoughts about him and wondering why he couldn't wait. Then I did something very unexpected and actually the first and the last time I did this. I decided to flip my finger while he passed me. I know it wasn't a brilliant idea. Actually it was really stupid, because it was like I threw a bottle of gasoline into a flame. The guy drove past me in a frenzy and then pulled quickly in front of me and hit the brakes. I also hit my brakes so fast my car shut down and I could see in the rearview mirror how the other car that I had passed was coming fast up behind me. Fortunately that driver saw me just in time and managed to pull the car quickly to the left lane just before he passed me while honking like crazy. I started my car to try to drive away and while I did I could see the guy that blocked me opening the door on his car and pulling something from underneath his seat. I instantly knew nothing good was waiting for me, but God was with me in that moment and I suddenly managed to start the car again and pull away as fast as I could. I was shaking for a while after this and completely terrified, which taught me to never provoke anyone in that way again. Yet I still had the victim mindset so the thought that I was also responsible for this didn't even enter my mind. Today I know in my heart that I am as much to blame as this guy that wanted to pass me, for we both shared the same angry mindset creating this clash.

I remember another event when I was travelling with my family in Tenerife in Spain. We had been walking on the beach and had lunch at a restaurant. Then we decided to do some shopping on our way back to the hotel. My son's father wanted to have a look in one store but I was a bit tired suddenly and decided to sit and wait for him on the steps in front of the store and had my son next to me in a stroller. It was in the old town, in an alley with some stores and living quarters in between. Suddenly I noticed a young man and an elderly woman standing in front of us on the other side of the street, maybe about 3–4 meters away. They were smiling and laughing and watching my son, but I noticed there was no smile in their eyes and the smile was more of a smirk. Still I smiled back and looked at my son, who was about 5–6 months old at that time. He was smiling and happy. Then when I glanced back at the people I saw something else. The woman had really evil eyes and it was like she wanted to do something to my son, the way she was looking at him. I froze and got an awful feeling that she was really not a good person. Then I looked at the man standing next to her and noticed the same evil eyes. I was in shock and in my mind I instantly called on God and I envisioned a protective light over my son. Then I glanced back at the people and I could see how their demeanour had changed. Instead of the fake smiles they had become very serious but kept on looking. It was like they sensed something. I remember glancing back at my son for a few seconds thinking I need to get away from these people and when I looked back at them they were gone, just like they had just vanished into thin air. It was so strange because I thought they would be walking away up or down the small street we were on, but I couldn't see them in either direction. Afterwards I went with my son into the store and down into the basement where my son's father was looking at clothes. While I was waiting for him suddenly there came a tall man wearing dark clothes with a serious look on his face, like he was not there to go shopping. He just stood there close to my son and not really looking at anything but I could feel his attention was on me and my son. Then suddenly my son's father started to call on me from further in the store to come see some of the clothes but that meant I had to leave my son because there wasn't enough room to move the stroller. I could feel the battle within me and my intuition warning me and saying don't move. I have come to know this was a battle in the spirit world. Fortunately I

listened to the warning sign not to leave my son alone for a split second there and called out to his father and said we have to go now and we hurried up to the first floor and out of the store. I thought about this incident for a long time afterwards, because I felt so close to evil. I could sense the evil energy from the people and it was awful. Many years later when I was connecting my fears I could see that I had had a deep fear of losing my children which could have played a part in this happening. A similar event happened with my daughter also when she was young. We were vacationing in Mallorca in Spain, my daughter was 3 and the hotel provided a daycare and I thought maybe she can stay there and play while I go to a couple of stores. However the staff left the gate wide open and when I was gone my daughter walked out and into the street on her own. Fortunately before this incident we had met a lovely lady that was travelling with our group and she found my daughter wandering alone on the street outside the hotel and stayed with her until I came. Similarly, I was also afraid of losing my son. Through the years I had allowed fearful thoughts to build up in my mind and I could see that I had projected fear many times in my mind that had an effect on my life and my children. However there is also another very sinister energy perpetually at play that is always trying to steal and kill which had an impact on playing out these circumstances and I will go into who that is later in this chapter. Despite that we cannot ignore that we have a tremendous impact on our surroundings and it can be really dangerous to allow fearful thoughts to take over.²¹ By projecting fear we are not in the right flow but rather in a mindset that allows bad things to happen. When we fear for our children we are choosing the wrong thoughts which can lead to an event that cannot be taken back. Fear attracts danger and fearful thoughts can create dangerous circumstances with terrible consequences. Could it be that you yourself have pictured a terrible event that eventually happened? Could it be that your mindset was filled with fear which possibly changed the course of your life? If you examine your mindset it is quite possible that you might find thoughts connected with fear that later became your reality.²² The result is that you, like me, had chosen the same repeated thoughts over and over and as the reptilian mind doesn't debate, it will accept it as truth.²³ The bad experiences people encounter are as different as they are many and we must not diminish any of them just because we think

it's insignificant, it's not helpful for the people experiencing the event, for they possibly evoked deep emotional pain and that is helpful for them. It might be small on the scale of fearful events but it's still a learning experience. I know how dangerous fear can be, therefore I will never diminish the effects it has nor the end results because though it starts with a small thought it can escalate and ultimately lead to death.²⁴

Fear is a paralysing energy

You have nothing to fear except fear itself.

Franklin D. Roosevelt²⁵

Fear sometimes results in a paralysing feeling where you freeze completely. That's when you're not in tune with God's frequency. I remember one particular event that I will never forget. It was in 2011 when I went on a vacation with my friends to Cannes in France. We were a large group so we decided to split up for different activities one day. Some wanted to go to the beach while others wanted to explore the mountains. That day I decided to skip the excursions and told my friends that I wanted to stay at the hotel and relax. The weather was excellent and I envisioned myself sitting in the sun with a good book and a glass of Chardonnay. Of course that wasn't a problem for my friends and they left for the day. I went outside as I had planned but I hadn't stayed long when I suddenly heard a terrifying scream from the house next door. The scream (a shrieking death cry) went straight into to my heart and I froze completely. It was a woman's voice and there was no doubt in my mind someone was being brutalised and possibly murdered. My heart filled with paralysing fear and I couldn't move my body. Then I looked slowly towards my left where the sound came from. It came from an old chateau that was next to the hotel. It had large walls built around it. Awful thoughts filled my mind where I imagined the worst and I thought oh my God, what is happening? If she cries out again I will call the police. For a few minutes I stared at the castle and carefully examined all the windows looking for any signs of life while I listened intently but I didn't hear anything more. It was eerily quiet, only a low hum from the cars in traffic a few blocks away and a few birds singing. Fear started taking over my thoughts, I knew what I heard. It was obviously someone being hurt immensely, maybe killed

because I didn't hear any more sound after the horrible wailing. I thought long and carefully what I should do. The fact that I was a foreigner travelling there and I didn't know who to talk to didn't help and as I had lived in France I knew how the culture in the south was and knew that you cannot always trust the police or the system there. For example, I had to pay extra to one of the customs officer when I moved to France so I could have my belongings that I had shipped from Iceland to France. So instead of calling for help, which was something I should have done, I started to become fearful, thoughts filled my mind telling me that if I would report a crime I would be next. These people that lived in that castle were obviously well off and I was pretty sure they had good connections when I saw their brand new sports car in the driveway.

I waited for several minutes in the uncomfortable silence. I didn't hear any more sound and felt horrible and prayed to God what to do. What can I do? They are maybe hurting someone and I cannot do anything about it, please help me God. Then a fearful thought came to me that no one would believe me even if I tried. I was really sad the whole day and told my friends when they came back about what happened but they didn't listen much and said ah it was probably nothing and then we changed the subject. Maybe it was nothing, but nevertheless this experience has haunted me for years, because I feel like I should have said more, but instead I got fearful and didn't react.

Fear is such a powerful form of thought. It paralyses the nerve centers, thus affecting the circulation of the blood. This, in turn, paralyses the muscular system, so the fear affects the entire being, body, brain and nerve, physical, mental, and muscular.²⁶ In such a way fear impacts the whole body and cripples it. This paralysing fear can sometimes dictate all our lives and we react to everything as it is a possible danger, even though it's not. I remember one elderly man that I got to know a little. He was a lovely man, a little over seventy. He had worked a lot during his life building his business and was well established. However, I quickly realised that he had a lot of fear in his heart. He had managed his life in a way that he could make the rules, people came to work for him and followed the protocols he set. He had organised his life around his work and was completely in control and in his own power when it came to his life. All the major decisions were taken by him, he was the judge, practitioner and executioner. There wasn't a

whole lot that disturbed his life until he had to go out of his house and meet other people. Then he became extremely fearful, to the point of trembling and finally deciding to abandon his plans. It didn't matter if he'd organised a trip abroad, the fear was so crippling that he couldn't move which led to him ultimately deciding on not going abroad. He had been defeated by fear. Did something happen to him in life that made him so suspicious? Must have I think. No one acts this way unless something happened that made him that fearful. In extreme moments as such love is not present. We are in the wrong flow, suspicious of everything and distrusting of what we let in and when you feel fear that way you are being manipulated into thinking different than your soul wants. We're not trusting that God will take care of us and provide well.²⁷

Addiction is fear

Oh my soul, you are not alone.

There's a place where fear has to face the God you know.

One more day he will make a way.

Let him show you how you can lay this down.

'Cause you're not alone.

Casting Crowns, *Oh my Soul*

Dr. Gabor Maté is a physician, bestselling author, and a renowned addiction expert. He talks about that within every person that suffers from any addiction there is an emptiness, a void that is filled with fear.²⁸ This void is a cold and lonely blackhole where there is no connection to the divine and our real values and soul purpose is hidden from us. According to Dr. Maté mental shocks and breakdowns are not the only reason people become prey to addiction. His theory explains how children are born into this world full of life and interest and they are open to all possibilities offered in their surroundings but they start to shut down emotionally if they are in an environment that cannot understand or lovingly accept them.²⁹ His colleague, A. H. Almaas wrote that this has consequences and essential human emotions like joy, love, happiness, strength, courage or self confidence could end up by being suppressed.³⁰ In that way a certain void can start to form within that person which then lives life with a flawed reaction pattern that got developed early on even before learning how to talk. This void only grows bigger if this void in the heart isn't

fixed and old values and attitudes eliminated. Many people go into adulthood and seek for relief through alcohol, drugs, sex, food, sugar, whatever to try to fill up that void, lost connection many years ago. Addiction is just an excuse to fill up the void which grows constantly larger if the addiction continues to grow. “I drink so I can shut off the voices in my head that tell me that I’m not good enough and that I’ve missed my chance in life,” my brother once said when I pushed the boundaries by asking why he doesn’t stop drinking. I looked into his eyes full of sadness that didn’t want to see the truth no matter what I said. “You are a wonderful person, funny, kind, smart,” I protested but he didn’t believe me so I stopped trying. If someone has decided to believe the fearful voice in their mind it doesn’t matter what you say. They have to think for themselves and take responsibility for their actions and while the problem is not addressed the problem of addiction will continue.

Dr. Gabor Maté also mentions that regular people, that are not addicts in the traditional sense, can also fall into this category of people with a void in their heart. Their personality might function well enough in society just enough to keep them from the painful realisation of this void within themselves. In those cases people can be addicted to a broken or unfulfilling self image, their position in the world or a particular role they give all their energy to or ideas that give them purpose.³¹ Love addiction is another example. In those cases people use others to fill up the void in their heart. Some people go through many relationships that all end in the same way, with energetic bankruptcy and they never address the root issue, which is the lack of connection to God, or the divine.³² Many people are not aware of this and I was one of them for a long time. The next boyfriend was supposed to be the ideal match but within me the emptiness was still there and I didn’t know that, because I lacked a connection to God. A. H. Almaas wrote that inner healing has to accompany a healthy self image³³ and that includes healing the heart. I remember a moment in my life when I started to notice this void in my heart. I was around 25 years old. One evening I decided to take a walk after dinner. I remember thinking when I was walking: “I’m so empty inside” and I looked down at my chest feeling like it was just empty. The void filled my whole chest area. It was my heart. It was a feeling like there was nothing there but still it was like a black hole because I felt the heavy sadness from this void that somehow invisibly pulled my chest in. It was at

this point that I realized that I was so unhappy and I really didn't know myself very much. Many years of carrying an invisible suitcase full of memories was catching up on me and weighing me down. From there on memories from childhood were flashing in my mind and I started reflecting on them. I remembered when I was little, just a child and went to the country side where my father's family lived. My aunt took a look at me and said in a shocked voice "Oh my God, look at that tooth!" Everyone in the kitchen started looking at me and this attention got me startled. I had a big hole in my front tooth and my parents hadn't even noticed. Other memories were also starting to surface and I was wondering why they were popping up in my mind reminding me of my past. This was however a very important stepping stone in my healing journey to process recurring thoughts of the past. Even though I've never been addicted to alcohol or drugs I had the same void in my heart like the junkies looking outwards and to other people in order to fill that void. Addicts are more often very aware of what they are doing when they get another dose but for regular people that do not battle with an addiction it can often take a much longer time to realize that they suffer from the same lack of a connection to God. We are taught to look outwards rather than inwards and on the surface everything looks normal. What could be wrong then? we ask ourselves. The void within is telling us something in a quiet way, but we lie to ourselves, saying everything is okay because we are not perceiving the emptiness within ourselves. We blame it on something or someone else. It can sometimes be a much bigger prison than for those that wrestle with an obvious addiction and many go through life without even discovering their emptiness within. Addiction is a family disease that not only affects the addict but has also a very big impact on other family members that stand by without being able to do anything. Even though we know that the addict is only trying to escape from his own mental hell and not willingly trying to hurt anyone else he or she obviously has a big effect on those around them because they want the best for that individual and are trying to help. Therefore these individuals in society need us the most, for they not only wrestle with hateful thoughts but their body is also a shackled prisoner of the physical addiction. It often takes nothing less than a miracle for the light to break through into their minds and hearts to break that addiction.

Fear is codependency

"Love is patient and kind." 1. Kor. 13:14

When our mindset is filled with fear we do not trust God or even think about that he could help and when we are codependent we really do not trust anyone, especially God and we manipulate circumstances in our own will.³⁴ We also have a hard time letting go of toxic relationships because of fear of being alone. When we are codependent we start reading into everything what others are saying and as our mindset is filled with fear and distrust the thoughts in our mind convince us that others are not to be trusted. Then we go into a chain of events by saying and doing things to protect us and separating us from others. At the same time we are manipulating in order not to lose what we already have. It can be hard to see it because we justify this worldview we see and at the same time we are not aware that we have a whole lot to do with this image presented and why the situation got sour.³⁵ The author Marianne Williamson once said in a lecture in Silicon Valley³⁶ that the devil or the ego lives in the mind and it can be described as a hot or cold ego. She uses the word devil but the ego is just the same, both words signify fear. The hot devil screams like an angry lion, that is the hot ego. It is a feeling that gets people to attack others and willingly hurt them. The cold devil is in her opinion much more interesting because it's much more common. The cold ego is a person that is so toxic in their communication that other people practically suffer mentally in their presence. It's a passive-aggressive behaviour where people don't speak their mind and think constant negative thoughts, but the other picks it up. Then they act like nothing is wrong on the surface when questioned, but underneath there is a boiling anger just waiting to be released. The ego convinces people that by directing the anger towards other people they are protecting themselves, when in fact what has happened is that the person with the anger has chosen fear instead of love. He or she has decided to experience separation from the other person and is now without love.³⁷ I admit I was in this place for a long time. I got excellent tutoring in codependency in my childhood and used it unsparingly in my relationships. I thought I was mature by being frank and talking about the problems when they arrived but of course I always saw the

circumstances from my point of view and didn't understand why I couldn't convince the opponent that he was wrong. In codependent relationships the codependent is the victim and does not take a real responsibility for his or her own projection of the mind. We can maybe lie to ourselves that our thoughts do not matter, but they do. Our thoughts are open to all (in the unseen realm).³⁸ It is therefore understandable that these codependent relationships often end with a big bang, because no-one is taking responsibility for themselves. Unfortunately more and more people are becoming codependent and behave in a toxic way ending with broken relationships when they could have been mended.

Fear attracts sickness and death

"I will bring health and cure, and I will cure them, and reveal unto them abundance of peace and truth."

Jeremiah 33:6

Did you know that certain spiritual shocks can have an impact on your body and diseases can start to manifest in the flesh and shorten your lifespan? Cell biologists have discovered a certain enzyme, called telomerase, whose function is to extend telomere length on the DNA strand. Telomerase is called "fountain of youth" because it replenishes telomeres that increase the vitality and reproducibility of stem cells. In that way telomerase can enhance health and lengthen the lifespan. But there is one problem. Life experiences can enhance telomerase activity and also deplete it depending on the experience, which means that all kinds of trauma, such as a stressful pregnancy, violence in childhood (both mental and physical), domestic violence or violence of any kind, PTSD, malnourishment and a lack of love can suppress telomerase activity. On the other hand, positive attitude in life, happiness, gratefulness, being in service of others and experiencing love especially self-love all enhance telomerase activity.³⁹ Therefore, it is very important to examine the mental environment that we are in or have been in to better value our health and where we are heading if we are not in the right environment that supports our mental health. Jean Martin Charcot, a French neurologist and professor of anatomical pathology brought forward a groundbreaking theory where he pointed out the effect the mind has on

diseases. He used hypnotherapy in his analysis and discovered that a psychological state could be the root cause of disease rather than the biological construct of the brain.⁴⁰ In addition, the traditional science of this world has up to now ignored the importance of the right energy vibration when it comes to the body, health and curing diseases. In fact the right energy and also the right mind set is imperative when it comes to good health. In the book *Dying To Be Me*, Anita Moorjani explained how she had escaped death and healed from cancer in a miraculous way. She had fought cancer over four years and at the end when doctors estimated she had just about one week left she fell into a coma. In this coma Anita went out of her body where she could watch everything, not only what the doctors were doing but also her family and what they were saying and doing. When she was in this death coma she felt how her consciousness went continually higher and into a state where she felt only infinity, love and peace. She didn't feel her body anymore and all the painful symptoms that were part of her disease. Instead it was like she was in an energy body. In this state she discovered that the cancer in her body was connected to experiences in her life that were in great opposition to the cultural upbringing she had had in her childhood. Anita sensed very clearly that her fear and worries about diverting from that cultural upbringing were in fact the reason for her serious illness. After she came out of the coma it took only two weeks for the cancer to completely disappear from her body. The doctors were baffled, but Anita was of course ecstatic. She had completely overcome fear of death and discovered in her sickness how much her thoughts and beliefs affected her body.⁴¹ When she came out of her coma she told her family and the doctors what had happened and that while she was in a coma she was aware of everything and knew what the doctors were doing and saying even when they were not in the same room as she was. She also saw her brother who was in another country and there was no way for her to have that information about him as she was unconscious at the moment.⁴²

Ask yourself, what do you fear? Are you afraid that you can die from cancer or any other disease? Your thoughts are extremely important. "The various form of inflammation, paralysis, nervousness and diseased conditions generally are a manifestation of fear, worry, care, anxiety, jealousy, hatred and similar thought."⁴³ When I was a teenager I started to develop an allergy,

called urticaria. My skin swelled up and it looked like a map with hives all over it. It was extremely uncomfortable. I went to the doctor and got antihistamine but nothing worked. The symptoms worsened and one day they became so bad that I had trouble breathing and I was checked into a hospital. Fortunately the symptoms diminished and with time the allergy went away. I was of course very happy about that and didn't give it much more thought. Until one day when I was over thirty and the allergy came back. I want to empathise the importance of a healthy balanced diet, because at the time I had been eating poorly and I was in a love me-let me go relationship which had an effect on me. One day my boyfriend and I had an argument making me feel completely powerless. It was a spiritual and a mental shock that was so huge that my rectum had a spasm and the next day when I woke up I had developed urticaria again. It made me think back to when I was a teenager and had developed the same symptoms. I examined my diet, which was lacking in nutrition and realised that during both times I hadn't been eating healthy and also had experienced a mental shock that I had blocked but now reflected upon. When I was young my mother had had a neurotic breakdown. The doctor called it by this name but today it would probably be diagnosed as a depression. The depression became so bad one day that when I came home from school I discovered that my mother had taken all my stuff from my bedroom which was in the attic and moved it down to the apartment, then she had taken all her things and moved it up to the attic. Down in the apartment I found a note on the fridge that said that I could eat what I wanted but she was moving out. I went upstairs to my old room where my mother was laying in bed and tried to talk to her about all this. What happened? I tried to ask. When I came upstairs my mother had the covers over her head and when I started talking she pulled the covers down to her neck where I could see she was holding a knife. I froze and didn't say a word and just turned away and went back downstairs. There I sat and waited until evening but she never came down so I decided to go to bed and the next day I went straight to school and pretended that nothing had happened. I was only 16 at the time and had no one to talk to about this, besides my family didn't really talk about problems so I kept the pain inside me and pretended everything was fine. Several days later, while she was still living upstairs, I came home from school

and the phone rang. It was my mother's friend telling me my mother had been admitted to a hospital. I didn't get any more information and for a whole week no one contacted me to check if everything was all right with me. In those days it was normal that you could take care of yourself when you were a teenager so it wasn't really a problem that I was on my own. I had really good friends and though they didn't know anything they lifted me up so I could put all this aside for awhile. My mom came home from the hospital a week later. She was all better and not feeling down nor crying like before and acted just like nothing happened. In fact we never spoke about it, which is so weird and dysfunctional. Soon after my body started speaking for me since I wasn't doing it myself and at the age of 17 I developed urticaria and went to the hospital when it became so bad that I had difficulties breathing. However it wasn't until after thirty five when I got urticaria again that I started to realize that my body was talking again for me, because I wasn't. It was crying out for love. I had developed physical symptoms because of my unresolved difficulties in life. Your thoughts and emotions affect your physical body. You can develop all kinds of diseases just by thinking too much about it and especially being afraid of it. "The world is filled with people who live in constant fear that, on some unsuspecting day, their genes are going to turn on them. Consider the masses of people who think they are a ticking time bombs; they wait for cancer to explode in their lives as it exploded in the life of their mother or brother or sister or aunt or uncle. Millions of others attribute their failing health not to a combination of mental, physical, emotional, and spiritual causes but simply to the inadequacies of their body's biochemical mechanics. Are your kids unruly? Increasingly the first choice is to medicate these children to correct their "chemical imbalances" rather than fully grappling what is going on in their bodies, minds and spirits."⁴⁴

As I have stated dreadful thoughts of death can have the effect that bad things happen. I have seen that after researching my trail of thoughts and experiences. I remember a painful memory connected to this. We had gotten a kitten, but we lived next to a street with heavy traffic sometimes and I started worrying about the cat and thought many times how an accident might happen to him. I didn't do it on purpose but I would in a flash picture him having an accident and pinched my eyes and got scared. I would then share my fear with my daughter when I told her about the danger of the traffic

and how we needed to protect the kitten from it. Then one day a terrible accident happened. Our balcony door was quite sturdy and hard to close it so I always had to shut it real hard and one day our kitten got caught in the door and he died. It was so awful. Completely heartbreaking. My daughter and I collapsed on the floor with him and cried and cried. Later when I started analysing my fearful thoughts I could see very well how I attracted this situation with my fearful thinking. Have you had any accidents that you might connect with fearful thoughts you've had? I encourage you to examine a possible connection between your mindset and bad experiences.

In that regard I want to examine the mental effects of the world pandemic in the spring of 2020. For me it was a very interesting time as I am a former journalist and have studied the media intently and know how they are being used as a tool to shape people's perspectives. That spring I saw very clearly how orchestrated they really are. I watched everything happen and how afraid people became. It was because of the news. People became so afraid that they ignored statistics. For me it's not enough to know that there is a virus out there. I know my Father is in charge and I don't think about when it's my time to go. That's not my affair. In my opinion fear would never have been able to manifest itself into people's hearts if they would have been aware of the fear diffusion from the media and politics, not to mention which worldly law this world is following, which I will explain later. History tells us that these kinds of viruses come and go, e.g. the swine flu in 1976⁴⁵ and with closer examination the conclusion was that people were not in real danger of this virus. The biggest threat was the fear mongering that followed in the media and whole of society, which led to people taking an experimental vaccine with unforeseen side effects.⁴⁶

Psychopathy is fear of others

It's easy to judge.

It's more difficult to understand.

*Understanding requires compassion,
patience, and a willingness to believe*

that good hearts sometimes choose poor methods.

Through judging, we separate.

Through understanding, we grow.

Doe Zantamata⁴⁷

One of the reasons I decided to write this book is because I have been aware of increasing psychopathy in our society, which is only getting worse. This psychopathic behaviour is associated with a thinking pattern that is based on fear and a separation from God and my opinion is that it's reaching its peak in society today where so many people are disassociating and making an enemy out of everyone.

A simple definition of a psychopath could be the following: an individual who seems to be completely without a conscience and breaks other people's boundaries. They often break the law, or at least try to bypass them. Martha Stout, the author of *The Sociopath Next Door*⁴⁸ describes psychopathy as somewhat an emotionless and coldblooded game of chess, not unlike personality disorders like narcissism (but that disorder involves a lot of emotional disturbances). Brynja Bragadóttir, doctor in work psychology wrote in her article in 2015 that psychopaths were smooth talkers with large egos. "They can be very charming but often very superficial and use lies and deceiving to get what they want. Psychopaths have a very simple emotional life and have a hard time connecting to another human being and intimate relationship often become very flat and impersonal."⁴⁹

The definition of psychopathy has only developed with time. Some experts have tried to explain psychopathy as a neurological impairment (developmental disorder) while others affirm that the root of psychopathy lies within the environmental and social factors.⁵⁰ I am sure those factors play an important role, such as a poor diet and being born in a tough environment. Furthermore, many experts look on psychopathy as an incurable disorder, much like being born without a limb. However, Martha Stout does not agree with that explanation and considers fear a major ruling factor and that you can probably change the way you are. In addition she mentions that the psychoanalyst dr. Sigmund Freud must have forgotten to include love in the equation when he developed his theory of id, ego and superego.⁵¹ As children we fear the criticism of our parents and later the judging voice of the superego but Freud did not assume the effects of love, compassion and tenderness in forming a conscience, says Stout.⁵² I agree wholeheartedly with Stout's definition and think that fear plays a primary role in forming the personality of psychopaths. That is why they all show the same symptoms as people who think only with the reptilian

mind reacting to a perceived danger. They are emotionally cold and distant towards others and they have a hard time and stubbornly refuse to learn new things. They would prefer to “just continue being as they are” and hold firmly onto things or people even though they are no longer necessary nor useful to them and go to great lengths to attack others just to defend themselves.⁵³ I have met a few individuals in my life that would fall into this category of psychopathy and the reptilian thinking. Before I connected it to the mindset I was convinced that psychopaths were empty vessels, because their behaviour towards others was often so ruthless that they seemed almost soulless. The communication was not only selfish and egotistical but there was also a total lack of a moral conscience. They didn't seem to spend much time putting themselves in other people's shoes or experiencing any kind of regret or remorse for having possibly created a turmoil in another person's life. This happens when people are thinking with the reptilian mind, because it doesn't allow any debate and anyone that tries to do that is considered an aggressor.

Many incidents can happen during the early development stage that has a permanent influence on people. Studies have shown that the first six years are especially important forming our personalities. This period of our life can also give us great spiritual tools that we can use later in life.⁵⁴ It is therefore immensely important to nurture a child in the first years of development to give that individual the best tools to develop mentally and spiritually so they can create later in life a nurturing and constructive environment for themselves and others. The first six years we are extremely adapt to learn new things, for instance the brain function of children 2–6 years old is 4–8 Herz which is the so-called theta-stage.⁵⁵ In this state of mind we can take in lots of information. Hypnotherapists use the theta-stage to put people under hypnosis because the brain is the most receptive and programmable in that state.⁵⁶ Some scientists take it even a step further when they explain that a huge development goes on during the embryonic stage and the quality of the environment in a mother's womb can have an effect both on health and behaviour later in life.⁵⁷ Others go even further saying that cells can take on memories when they divide into new cell, therefore they can take memories of trauma that happened a long time ago, even in the life of the parents or even further into the family.⁵⁸ Which

means that trauma could have happened a long time ago, even in the world wars where there were lots of trauma. The family then takes this traumatic relationship disorder into coming generations both with their behaviour and even through genetics. It is maybe not important to see where the trauma comes from but rather to see where the root cause is to eliminate it.

According to Martha Stout psychopathy is in essence based on lovelessness.⁵⁹ In my opinion it is also connected to the reptilian mind because it cannot experience love and is in constant defence. When you analyse the backstory of psychopaths you will quickly find that many, if not all, have been raised with some sort of lack of love. Toxic communication was absorbed in childhood and this lack of necessary emotional connection taught them to see the world as a dangerous place and so their worldview becomes a war zone. Consequently, they build a shield and with time no one can enter their personal fortress. Their whole existence revolves around protecting one-self in a dangerous world, for according to them no one is to be trusted as their experience has taught them. Most of them are not even aware of this dysfunctional reaction pattern and therefore do not even contemplate their reactions might be unhealthy. The reptilian brain doesn't even allow them to contemplate resolving issues as it is not in its nature. And this is where fear and hatred resides, but in essence it is fear related. It is the root cause which inhibits all intimate communications. This fear is of people and the world and everything is done in order to defend from imminent or future attacks. The heart is closed and to give in and open the heart is for them the same as losing. Most people are familiar with Adolf Hitler which was apparently the main driving force in Germany's second world war and most people would have considered him a psychopath according to history. Did you know that Hitler was beaten every day by his stepfather when he was a child?⁶⁰ It must have had an impact on him. Also his stepfather was half-Jew but according to history Hitler hated the Jews.⁶¹ That's weird. You can only wonder what happened during his upbringing. Hitler's grandmother apparently said to him when Hitler was just a young boy that his artwork were the ugliest she had seen when he shared them with her but Hitler dreamt about being an artist.⁶² That must have hurt and had an effect on him. Jeffrey Dahmer was another psychopath and a murderer. He as well had a very painful childhood with an abusive mother and at

school he was bullied because he was different. His parents divorced when he was a teenager and he found out he was gay, which at the time in his community was considered a capital sin.⁶³ Do you understand where I am going with this? Often people that have been accused of a crime cannot bring their stories to the media. Do we know if it's all true? We don't and that's the whole point. We assume so many things by something we've read in the newspaper or history books. Can you see these individuals in a different light now? We are so conditioned to think in black and white: this one is good, other one bad and nothing in between. But Hitler and Dahmer were once innocent children. They were both subject to lovelessness in their upbringing which led to terrible consequences. I read somewhere that if you got to know everything God knows about a person you would start loving them just as much as God does, and Sigurbjörn Einarsson former bishop in Iceland once said: "No one is so evil that he wasn't once an innocent child."⁶⁴ These particular individuals were introduced to fear from an early age. They developed a defence mechanism because those that should have shown them love didn't. Hence, this was the only way to survive for them. Their defensive response hid the fear that nested within their heart with a strong shield preventing them from breaking out of the reptilian thinking. That is why it is so difficult to convince them to change. They simply do not know how to be any other way nor see the benefits of changing. Their whole existence revolves around surviving and they feel like they're losing the battle if they sympathise with the opponent. The first thing to do if we are to understand them is to acknowledge that they are thinking according to a definite thought system which is "kill or get killed" mentality and is fear based.

Psychopathy in relationships

Once I was in a dysfunctional relationship and I had suspected my boyfriend of being dishonest with me. There was no consistency between what he said and what he did, but when I confronted him he always said I was wrong. Still, my heart felt something else and I wasn't convinced by his response. Then one day I found out the truth. He had been unfaithful and I had been right all along. Of course it hurt deeply but before I confronted him I decided to do a little social experiment

with him and decided to watch and see how far people are willing to go to lie and deceive. I saw that he didn't know that I knew and it surprising to see how convincing, conniving and deliberate he was in his lying, almost like he didn't realise that it was a lie. To him he had decided it was the truth, even though it was far from it. I remember examining his face and carefully registering all his reactions. His eyes had no love in them and I could see how calculated all his moves were when he lied straight to my face without flinching. When I finally confronted him he denied it at first and continued playing the same lying game. It wasn't until I had presented some facts that he gave in and started to admit the truth. In those kind of interactions the relationship is nothing but a battleground and love is far from it. When these fearful souls finally take their mask down you can either expect an ice cold attitude (just another way of defence) or surrender, which is often a fake surrender which entails using pity to control and the person becomes a victim without taking any responsibility.⁶⁵ Because surrender, in their minds, is the same as losing and sociopaths and psychopaths hate to lose. They're also more familiar with hating than loving because they are so afraid and anger and hate is a familiar feeling and a much better defence in their opinion, for in their mind might is connected to power. In Acim it says: "In honesty, is it not harder for you to say "I love" than "I hate"? You associate love with weakness and hatred with strength, and your own real power seems to you as your real weakness."⁶⁶ Once I met a man who was very distant emotionally and decided to ask him why. He admitted being afraid. Fear controls us much more than we realise. It convinces us that its protecting us against being wounded but in reality it is separating us from love. We can go through life in that gear (state of mind) if we want to but we will come to a point when we realise that something is amiss. "You are more afraid of God than of the ego, and love cannot enter where it is not welcome. But hatred can, for it enters on its own volition and cares not for yours."⁶⁷

Psychopathy is alienation

I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice and there shall be one flock and one shepherd.

John 10:16

The alienation of people of power all around the world doesn't escape people's attention anymore. When I talk about alienation I mean that they separate themselves from others, especially beings of light. Many CEO's and politicians seem to think that they are above others and systematically take decisions that benefit few instead of many and financially independent people at the top continually try to take a larger slice of the cake than they need rather than sharing with others. Consequently, their ego is enormous and they think they own everything and everyone and can do what they want. Competition rules and people walk all over each other on their way to the throne but to rule over what? People? With the goal of gaining power, money or sex? Who knows. The only thing obvious is the ego that is in charge, it's thinking about itself and no one else. It thinks it's winning, being above everything but in reality it's losing. Losing itself because he or she doesn't know God. A wrong god is being worshipped, the god of the self. It can be quite hard reaching those people because they think they're winning and this is the way to live as they lead a comfortable lifestyle, but when you look at their lives and especially the past you can see a path of destruction, with broken relationships resulting with their children and other family members being neglected because of self-interests, bullying, superficiality and overall unhappiness. Love has no real value in this world and is rather looked upon as a weakness. People having that mindset are thinking with the reptilian mind⁶⁸ and are extremely fearful, though it might not show on the outside. Their mind convinces them that love is weakness as they mock and attack others that are loving and by doing this they feel superior in this invisible war they're at. Many get a kick out of showing off their authority over others by manipulating, using force and oppressing to get what they want. Then they feel like they are in control. In other situations, before someone they consider higher in the chain of command, they will bow because fear bows to authority. Psychopaths are everywhere but especially in the higher ranks of society, in politics, business and even religious institutions. Unfortunately society is increasingly rewarding psychopathic behaviour, with psychopaths having a better chance of climbing the corporate ladder. The writer and professor of psychology Robert D. Hare is well known for his research in the field of criminal psychology. He wrote that he believes "our society is moving in the direction of permitting, reinforcing and in

some instances actually valuing some of the traits listed in the Psychopathy Checklist – traits such as impulsivity, irresponsibility, lack of remorse.”⁶⁹ They get more opportunities to rise within the company and are more likely to use force to get there. They not only have a knack on grabbing those key positions of authority, but are also put into these positions because of the character trait they possess and the minute they are in power they start creating havoc for others.⁷⁰

*Very truly I tell you, a time is coming
and has now come when the dead will hear the voice
of the Son of God and those who hear will live.*

John 5:25

Many psychopaths have admitted having a desire for constant stimulation. Some even use the word “addiction” as in addicted to thrills and to risks.⁷¹ It is because of the emptiness within themselves, this black hole that constantly needs to be filled and while they choose the wrong mindset they will continue to play their games to fill that void in their heart. The modern man, full of arrogance just like his father Adam, will readily believe that he can make a world without God. This is his moral corruption.⁷² He will readily believe that all his problems can be solved with more knowledge, policies, treaties, and his own handling.

The eye is the lamp of the body says in Matthew 6:22. It can give us a good indication of the mindset of others when we meet their gaze. The eye of a psychopath is often an empty stare. I dare to say it’s because their soul is not in connection with God. By examining carefully people’s demeanour you can become aware of which mindset they’re following.

In essence there has been a separation from love, from God. The goal of fear, or the ego is to separate you from everyone, including God and I believe psychopaths are some of the most fearful individuals in our society and they are only growing by the numbers. These individuals have simply not had the chance of growing up in a loving environment and mature accordingly and have become selfish, narcissistic, self-serving, making every decision based on their own benefit until they finish just like Gollum in the book *The Lord of the Rings...me, me, me...mine, mine, mine*. These individuals then go through life asleep, like zombies and miss plenty of all the beautiful love has to offer. Ayan Rand theory is based on rational and ethical egoism.

She developed a philosophical system named Objectivism and advocated for creation above parasitic life saying that each and everyone should ensure their own benefits.⁷³ Many American business executives embraced her theory as it fit perfectly with their mindset of maximising their own profits.⁷⁴ Rand's theory however breeds fear and seclusion, teaching you that you should always be wary of others and anyone that isn't a randist is considered the enemy, just like in the religious sects. On the way to the top the self is constantly being nourished even though it's at the expense of others. People are walked over and love and compassion is not given any space. It's kill or get killed attitude all the way to the top. In the light of all this it is interesting to examine many of the works of the financiers during the Wall Street collapse in 2008 and the trail of selfishness which led to many banks going bankrupt in America and also here in Iceland. It is obvious that the ego is neither profitable nor sustainable.⁷⁵

What do I gain from this? – syndrome

How hard it is for the rich to enter the kingdom of God!

Luke 18:24

The ego can be very aggressive and use threatening measures with the aim to intimidate others and install fear. All challenges are considered a fight for territory and the common thoughts are: I dare you, I am and I am allowed and don't you know who I am?! This is a typical reaction pattern for the reptilian mind where the ego (the "I" condition) is prevalent.⁷⁶ "I felt like I was lunch," one interviewee replied in Robert Hare's book *Without a conscience* after experiencing this bullying behaviour towards him. The communication is primitive, with bullying, where the perpetrator tries to provoke a fearful response to him, the predator,⁷⁷ just like you are a victim of a vampire that is going to suck you dry. Have you experienced this feeling? Then you have met an individual who thinks with the reptilian mind. Their main goal is to feed the self, at your expense, but they're lost. "The greed eats up your soul. It is the only explanation," said the insider with tears in his eyes in an interview with a Danish television station. His face had to be blurred and he couldn't reveal his name out of fear of repercussions, because he was about to expose a network of lawyers, banks and financiers who had

exploited several European countries through a tax scam and stolen over 51 billion euros from five European treasuries.⁷⁸ In exchange the insider will receive amnesty and will not be subject to imprisonment, but he has to reveal everything, e.g. how many big commercial banks gambled with government money by reimbursing tax on dividends, which wasn't entitled to a refund, in which the five countries lost heavily on. "Brilliant trick," many said when this idea came up and everyone raced to maximise profits by wagering with ever decreasing public funds. These were stock brokers, tax lawyers, investors, all fields of work that profited from these deals. No one thought about the consequences, but everyone knew from where the money was taken from. The damage was enormous and will have unforeseen ramifications for the next several years, even decades, whereas less money will be available to build the infrastructure of those societies, such as schools, kindergartens, health care and so much more. "It took me many months to realise what had happened and to repent," the insider said with a sad look on his face.⁷⁹ When I watched the tv interview I noticed the sorrow in the man's eyes. Something terrible had obviously happened to him which he couldn't put into words but you could see it in his eyes. For me it was like a cry for help. Every emphasis had been put into feeding the ego and make more money and the price he had to pay was very expensive. There he was at a pivotal moment in his life after a mental bankruptcy where he had taken the right decision for humanity, to unveil their financial scam and for that I am eternally grateful to him. "For what good will it be for someone to gain the whole world, yet forfeit their soul?" (Matthew 16:26). However, money is not the root of all evil, but it will be if you make it all about you. No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God if you choose the ego. When the business man Ronald Bernard was invited into the financial world he was approached by an insider in the network who offered to sell him his spot in exchange for 10% of his annual earnings. When Ronald agreed the man said to him: "If you cannot put your conscience in the proverbial freezer, and I don't mean -18°, but -100° then don't get involved in this. You want a lot of money? You can obtain that, and I can help you, but it comes at a great cost." Ronald laughed at the warning. He was young and naïve about the financial world. At

the same time had been through a lot in his childhood and had learned to put his conscience aside for a long time to protect himself from others so this wasn't hard for him, or at least he thought.⁸⁰ However he had no idea what kind of a world he was about to step into when he accepted those terms. He only wanted to make as much money as he could in the quickest time possible so he could retire early in life. Same thing goes for all the others. As soon as they reach a certain level of power and finance a door opens into another world where a certain law of the Old Testament is in place where fear is used to manipulate. This is real. There is an invisible battle of good and evil and it is hidden from most of us. This happens everyday, not only in our minds but also at the highest level of society. Separation from God can happen to all of us and manifests in different ways, for example with thoughts about lack. There is a high probability that people change after they've run into large sums of money, because fear will start to creep into their minds telling them they can lose everything. This applies particularly with people that grow up in poverty. Most of their life will revolve around filling up this void and lack of security, but there is never enough money to fill up that emptiness. This could be an explanation for why wealthy people collect constantly more and more money and while they might have their personal faith from childhood where they think God exists, they seriously lack any connection with God. "Why did I do it?" asked one of the members of a terrorist group connected with Isis, when he was asked about all the murders he allegedly committed, but he supposedly killed over 90 people and raped over fifty women and children. "It was all about the money for me," he replied and added: "I did it in order to stay alive and help my grandmother."⁸¹ Most of these men come from a poor environment where there is not much hope for a better life and many of them have no dreams or a positive outlook for the future and therefore they are easily influenced and manipulated. Many are also young (this particular individual was only 13 when he joined ISIS) and children will often blindly follow orders without using their analytical mind, for their brain isn't mature enough and so the reptilian brain, which controls basic instincts and impulses. They do not know they've been enslaved until it is too late and fear has gotten a hold of them.

Your ego is your fear within

Surrender your ego to be free.

Innuendo. Freddy Mercury

The ego is that reptilian part of you that separates itself from love (the love frequency) and happens when there isn't congruity between what you want and what you do. When that happens a mental tension or stress builds up within you and the consequence is always the same, you want to separate yourself from others.⁸² The ego lives within us all. It is our self, the fearful voice that lives in our reptilian brain and tells us negative things like we're not good enough or others are not good enough. This voice is loud and wants to have its way. It deceptively convinces you that it's only protecting you and tells you that the world and the people around you are not good and they do not want the best for you. The ego will bring forth lots of arguments to prove its point and those that decide to listen to this voice will become defensive towards others because the world they perceive is not friendly.⁸³ If people do not get help with these thoughts or if they are not aware of the cause of the problem these thoughts can take over resulting in people isolating themselves more and more from God and people.

Though ACIM states that the ego is just an illusion⁸⁴ I do not believe, because I now know that the ego is a part of us situated in the reptilian brain. It is the only thing I have to disagree with ACIM and this is one of the changes from the Icelandic edition. I wholly believed the ego is an illusion when I first read the book and wrote my book but with time I have come to a different belief, because I know God has an adversary that tries to get to us through the ego. The ego is real and a part of us, but our perception might be an illusion as I've explained. The ego has a purpose and it's selfish. The holy spirit has an opposite purpose, more divine. The ego's purpose is fear, because only the fearful can be egotistic, says in Acim.⁸⁵ While the holy spirit's purpose is love. The ego is also quite clever in deceiving us or at least it thinks it is clever. It uses fear and hatred in devious ways to control us and separate us from love with the final goal to separate us from everything and isolate.⁸⁶ An example could be an individual that is in some way different from others and has been attacked because of that. The result is he or she will start to isolate because of those attacks just to get some peace.

On another note, it can be helpful to examine the effects of fear in sports games. If the team becomes fearful and afraid of the opponent it can have a definite effect on their game. The players might keep in defence and hesitate to move forward when the opportunities arise. The team cannot get a hold of the game unless they defeat fear and allow God to participate with them instead, because with God all things are possible (Mark. 10:27).

Fear is the foundation of the law of the Old Testament

Has not Moses given you the law?

Yet not one of you keeps the law.

John 7:19

Fear has been a part of our society for a very long time and unfortunately been used systematically to control humanity. In the Old Testament it is said that in order to be devoted you need to fear god. This is the god of the Old Testament and he is displayed as a revengeful god that you need to bow down in fear.⁸⁷ Also the Old Testament implies that strength has a correlation to power and the one who is the largest, strongest and wealthiest has the power and authority in this world.⁸⁸ Consequently, fear of authority has been used to keep others down and in control. Therefore the law of the Old Testament is in my opinion the law of fear where the reptilian mind is in authority. People thinking according to this thought system is unable to understand others who have another mindsets because the reptilian thought system does not debate, it goes to war. This world is the world of the Old testament where the one with most equity has the power. Fear is used to oppress and force authority. Lies are also used to win the war, therefore they never fight justly. We cannot look past that lies are not of the light, but of something else and too many in this world use lies to get what they want, especially psychopaths. Today humanity is still under the influence of the Old testament even though we might think otherwise. The media selectively chooses to report on events that are negative, dangerous, fearful and drag us down where fear is. Of course we need to know what is going on in the world, but what is news today? Fear-mongering. Blockbuster movies focus mainly on battles between good and evil and you can see clearly the

effects of the Old Testament, where an eye for an eye is the solution. The hero in the movie does not hesitate to use force and revenge and it is always justifiable as he is “the good guy.” In the end the hero wins but the audience usually doesn’t realise (or isn’t aware) that they were witnessing a traditional interpretation of the Old Testament where revenge and to respond (eye for an eye) in the same manner with violence is the only answer. Politics also seem to spin around on the same level where the game is a battle between opponents and the one who wins is the one who is the largest and wealthiest.

Fear involves secrecy and secrets

Thus, by their fruit you will recognise them.

Matthew 7:20

There are certain powers in the world that thrive on fear and secrecy that don’t want the truth to come out. They follow the law of the Old Testament where might is right. This has been the best kept secret for a very long time and it’s time to light some truth on this secret. In this world a group of people have gotten together to form a secret society with the goal of controlling the world. This same group has amassed most of the world’s resources and money and has become very powerful. They then use this authority to influence men and women in influential positions all around the world by their hearts with fear in order to be controlled. It is mainly done through secret societies and clubs, which only a few chosen are invited to join. This group of people, we can call them the elite has tremendous knowledge about esotericism which they use for their own benefit and keep secret from the public. The esoteric principles guide the way to enlightenment if done right. They are about the power of the mind and soul and the connection to the divine. Furthermore, it teaches of the existence of an energy source that is connected with the energy centers in the body. However, in this society there is only mention of the divine self, called Lucifer, which is the ultimate enlightenment. Man becomes becomes god and God is excluded from the equation. This secret society I am speaking of are the freemasons, but they are also called Illuminati.⁸⁹ Of course there are many other secret societies and cults that use fear as a means to control, for example Scientology just to

mention another one. I will however focus on freemasonry, for this organisation is much more widespread around the world and has lodges in every country, including Iceland. Even though they might be a little bit different from one country to another or one lodge to another they all have one thing in common and that is secrecy. Why the secrecy?

The freemasons have had a huge impact on the world through the centuries. Copernicus, Kepler and Galileo were all freemasons and they pushed a certain political agenda with their scientific theories, such as the heliocenter theory where earth is spherical and rotates around the sun. This theory (and many others) has shaped the global community and people's worldview, even though it is clearly stated in Copernicus's book *The Revolutions of the Celestial Spheres* that his theory is only a hypothesis and not sure if it's true nor probable.⁹⁰ In the light of these discoveries I find it very important to examine this global institution of freemasonry and its impact on society. As I've mentioned earlier a certain esoteric worldview connected to spirituality, mysticism and occultism is taught within these lodges, but these teachings are strictly forbidden to reveal. Why is that? Just think about if you were handed a key to success, wealth, happiness, in fact everything your mind covets – would you share the information with others like Jesus did with the gospel or would you keep it to yourself in the hope of winning in life? Also, if this information was to be withheld from the public and only a few or those in the club were given access to the key they could control things very easily. It is well possible to possess the world through this method. Maybe the freemason society was created to preserve this esoteric knowledge for the people, but then someone (the serpent) took over and didn't want this information to reach the public (just like with the Bible and the New Testament) and that is why freemasonry became a closed off cult. We will probably never know. However, it is fairly clear that the freemasons have at some point in their journey gone off track and the rulers within the lodge, consumed by their ego, decided to keep this information within the lodge and created a secret society where secrecy and loyalty to the brotherhood is above all, including God. In 1826 a man named William Morgan⁹¹ wrote a collection of articles disclosing the freemasonry saying he had discovered the "strongest evidence of rottenness" in the centuries-old institution and said: "When we now see the gaudy show in a lodge-room, and a train of nominal

officers with their distinction and badges, it may give us some faint idea of scenes that are past, and may gratify an idle curiosity, but produces no substantial good under heaven.” Morgan also “revealed that prospective members had to sign and declare an oath of loyalty to the Masons, and to keeping shrouded the organisation’s darkest secrets, all under punishments of torture and death.”

(Setja sem neðanmálsgrein) “In the name of the supreme architect of all the world, I...name... will never reveal the secrets, signs, touches, words, doctrines, or customs of the Freemasons, and will maintain above all an eternal silence concerning them. I promise, and I swear to God, not to reveal anything by pen, signs, words, or gestures and never to have written, lithographed, printed, or published anything which has been confided to me up to now and may be confided henceforth. I bind myself and I submit to the subsequent punishment if I fail to keep my word; May they burn my lips with a red-hot iron - may they cut my hand, and my neck, and snatch out my tongue, may my corpse be hanged in the Lodge during the admission of a new brother so that it may serve as a stigma of my infidelity, and an object of horror to the rest. May it be burned afterwards, and the ashes cast to the wind so that no trace remains of the memory of my treachery. *Thus may God and his holy gospel help me. So be it.*” (Eckert Vol. I, pp. 33-34; Satan Prince of This World, p. 124.)

This covenant Morgan described in the footnote is a freemason contract. It has unbelievable terms and there is no doubt that when such an agreement is made something sinister is definitely being hidden. Through this contract a new member is committing himself not only to a brotherhood he doesn’t know, but also certain duties.⁹² Whenever a contract is signed in blood with the threat of torture and death God is not present, nor is this covenant of his making. Elder David Bernard wrote the book *Light on Masonry*⁹³ in 1829 where he disputed the holiness of the freemasonry. Elder was a member of the brotherhood for a few years. In the beginning he believed that the lodge’s values were honorable and holy but when he witnessed a sacrifice (immolation) of his lodge brother, William Morgan, he saw the society in a totally different light. That led him to start an investigation of the lodge where he discovered that this institution was rotten to the core. Their morality was a mere shadow of itself and the charitable facade of the institution, the inherent selfishness, and indoctrination was in fact a systematic machine of Satan to manipulate

the descendants of men and treating God with contempt.⁹⁴

The heart of freemasons is filled with fear

Strengthen ye the weak hands and confirm the feeble knees. Say to them that are of a fearful heart, be strong, fear not.

Behold your God will come with vengeance, even God with a recompense, he will come and save you.

Isaiah 35:3-4

New members of freemasonry will also have to go through a ceremonial baptism which has a very significant meaning, where they denounce their old life and give themselves to a new life within the organisation. It is possible that the rituals vary a bit between countries and orders and some initiates may find them silly, but in fact the initiation ceremony is a highly serious and significant ritual which takes place at the same time on the astral plane. The spirit realm is real and for a reason this very important fact is not mentioned to brethren when they are invited to join this fellowship. Rudolf Steiner was a former freemason and he spent his last days warning people about this organisation and said that the the spirits of darkness are now among us and they affect us by sending their impulses into the world, not only into the way we think but also into our inner feelings, our impulses and even our temperaments. "We have to be on guard so that we may realize what is happening," he said. "The most dangerous thing you can do in the immediate future will be to give yourself up unconsciously to the influences which are definitely present."⁹⁵

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.

Isaiah 41:10

Many candidates participating in the ceremonies of the first degrees are also not aware of the the fact that no one in the lodge is allowed to know more than necessary in each degree. That keeps them oblivious to any possible dark deeds in the upper degrees. Those that are in the top degrees also know very well the significance of these ceremonies. They know that the

goal is to get a spiritual and emotional grip on the individuals initiated in order to be able to control them and they use fear to do that. During the initiation ceremony a special agreement is made between the novice and the lodge to ensure a complete loyalty towards the order. The whole initiation ceremony is very symbolic, connected with mysticism and happens at the same time in another field (astral) which is connected to the soul. When the initiation begins they start by removing all personal belongings that connect the novice to the world, such as watches, metals and other products made by man. It is done in order to create a special feeling of vulnerability within the novice. Next his pants are ripped just up to the knee and that is done so he experiences himself naked in the eyes of his fellow brethren in the lodge. Then the heel of his left shoe is knocked off, to install a feeling that though he thinks he's strong he can easily be made to feel weak by his achilles' heel. Next he's led into another room where a rope is wrung around his neck and a the tip of a cold sword is pushed against his chest next to his heart. Now, what kind of an initiation is that may I ask? That act is supposed to create an awareness of his cold and cruel inner emotions, at least that is said, but I would say rather to invoke fear in the subject. The rope around his neck is supposed to remind him of the consequences of his actions and how it's possible to tighten the rope anytime. After this stage the novice is asked again if he is still determined to join this fellowship. It wouldn't surprise me that at this particular moment many have doubts in their hearts, thinking what kind of a fellowship is this really? But they might be afraid to quit at that moment and so they continue the ceremony with half a heart and a doubtful mind. Then three rules are introduced: a) If they are too curious about the activities of the order they should leave immediately. b) If they hesitate toward certain feelings or mistakes that they've made in the past they should instantly leave. c) If they cannot look past what separates one individual from another they should leave right away. After the candidate has accepted those terms it is time for the baptism of fear. The candidate is pushed through a large frame and at the same time the brethren make plenty of loud noises so the man running through the frame will be filled with the worst feeling possible. Those that are in charge of the ceremony will shout: You are being thrown into hell and then they add "you are in hell and at the same time a

door is loudly shut closed with a bang. Now, as this ceremony also takes place on the astral plane it is very significant and extremely dangerous as well, because spiritually they are accepting this by not saying no. The individual is then handed a cup with a drink that is sweet on one side and bitter on the other, which is to remind him again of the consequences were he ever to break the order's covenant.⁹⁶ There are other steps the initiate has to take but I will not continue further as I understand there are some variations of this initiation into the first degree and also I think this is enough to explain the nature of the contract the novices are making. However, what the contracts all have in common is that the new freemason is made clear that all his actions on the physical plane are in connection with the spiritual realm. Then the candidate signs a contract where it's stated that his loyalty is from now on completely towards the brotherhood and the order and it is explained in graphic terms what happens were the new brethren to ever betray the order. What an awful covenant. I warn against pledging any allegiance with mere men or organisations above God. Therefore, it is very interesting to examine this fellowship, including other secret societies which I won't have time to go into here. They all share common traits such as secrecy, control and withholding of information. When you read through the freemason's covenant it is clear that the individual is being chained for life, with lifelong loyalty to the order, no matter what, and it is also clear that the loyalty is first and foremost to men and not God. If God were the one you were making a covenant with there would be no penalties for telling the truth, also the one who follows God would only be telling the truth! This covenant is in my opinion nothing but a contract with the devil. Christ was very clear when he said Lucifer is the father of all lies and that Satan uses lies and deceiving to achieve his diabolical plans.⁹⁷ Therefore it doesn't surprise me that the word God is used in the covenant. It is to lure good people, even priests who in Iceland are offered to join for free, to join the fellowship and sign a contract with the devil. Now, it's been a long time since this contract was first made and we can maybe assume that it has been changed in some way, however one thing does not change and that is that no freemason has ever come forward in Iceland and freely criticised the order, nor revealed its secrecy. That gives us a certain indication that the contract the freemasons sign and swear an oath to must contain

some form of a threat were they to ever reveal anything about the order.

*Above all else, guard your heart,
for everything you do flows from it.*

Proverbs 4:23

The official narrative of freemasonry is to contribute to a better world through goodwill and charity, often behind the scene. That thought is both noble and admirable and normally such christian charity should be celebrated. On the other hand, there is another more secretive practice within the organisation that many within the freemasonry aren't aware of, at least not until in the latter degrees. This secretive goal is to make all men within the brotherhood a tool for the order in one way or the other and it is done by closing the heart of the brethren and make them blind to what is right and what is wrong, including moral values.⁹⁸ This spiritual initiation (rites) that I have described here earlier (with the initiation ceremony) targets the heart of the initiates. The rituals become worse and more violent as they climb up the order's ladder and reach into greater prestige within the order and society. There, the brethren's hearts are filled with even more fear in order to be more easily manipulated and controlled.

In order to close down their heart freemasons are taught to shut off from all their emotions and by doing that they become immune to all kinds of disasters. They are taught that they can have the same thoughts as others but their feelings must be suppressed. Feelings are closely linked to the spiritual realm and very important for humans to have. However the order wants to install fear, which is a feeling not of God, in their hearts. It is a very effective way in making people psychopathic, for that is also the goal of the master of the order, which is Satan. Men that do not have psychopathic (or sociopathic, it's the same) traits will eventually remain where they are within the lodge and will not be invited to climb up the ladder. They are then considered the guard dogs of the brotherhood and whenever someone speaks badly about the freemasons they will react in defence of the institution, because they don't know any better.

All secret societies where money and power at the top level is being managed is not to be trusted. The main goal of that kind of a secret society is to have everyone under its heel and it is often done through

manipulation (extortion or violence) and has been done for a thousand of years. The practice is so well protected that no one dares to reveal anything about this business. "It is a training in becoming a psychopath," said Ronald Bernard, a former business associate, when he described this business environment. "These people do not follow the mainstream when it comes to religion. They are Satanists," he said, admitting that when he discovered how bad this fellowship was he could no longer function in this financial world and started to decline jobs, which automatically led him to become a threat towards others in that world.⁹⁹ Fear is used as a currency in this secular world of the Old Testament. This is a system which controls men that have been taught to fear men and authority. They're taught to undermine the spiritual and physical consequences of their actions leaving them without a conscience and making them a willing subject for the order. Many of them are put in compromising, even unimaginable immoral situations that are later used against them if they ever consider revealing anything about the immoral acts being done within the society. Also, these men are made clear that if they do not comply and obey they will lose their status within the community, their dignity, livelihood and any benefits, whatever applies. It should be kept in mind that many movie stars, famous musicians, officials in high ranking positions etc. have been extorted by the order and/or put in compromising situations so they will follow any orders. It is even said that the method of violence and torture is used against children, even infants in order to blackmail and destroy people's reputation and lives if they do not follow the orders.¹⁰⁰ And that is how they get all these people to comply and do as they're told. Though there might be some that do these terrible things voluntarily it is good to keep it in mind when the "truth" surfaces that most of these people have been compromised and the story played in the media is often far from the truth. All that said, it is important to realize that all societies based on secrecy and closing the heart is evil and leads to bad deeds.

Satan is real

*Jesus turned and said to Peter, 'Get behind me, Satan!
You are a stumbling block to me;
you do not have in mind the concerns of God,
but merely human concerns.'*

In this celestial world there are unseen forces that have been battling each others for eons and they are light energy and dark energy. The dark energy is Satan, or Shaitan (in arabic) and he is real. Satan exists and his energy is creating chaos wherever he goes in the universe. He is a magnetic force which devours and swallows up light, that is his function. Satan possesses an energy like a black void which swallows up light energy and then fills it up with his energy, which are bad thoughts and bad feelings. He is the destroyer of worlds, the so called antimatter that sucks up the energy. In small doses he is anger, while in overdoses he is lethal rage. But he's more than that. He's also extremely selfish and lies, steals and kills. Many of the ancient tribes such as the aboriginals, the nomads, the pygmies and the Northern American believed that before the Supreme Being created this world a revolution occurred in the celestial world, where some of the Creator's beings challenged his right to exercise Supreme authority over the entire universe and because of that the universe was divided into two parts "Good" and "Evil" and ever since a battle has been going on in the spiritual realm for domination. According to the Luciferian doctrine, which teaches the same, Lucifer was the brightest and most intelligent of all God's creatures. He was a pure spirit, called the "Holder of Light" and is ageless and indestructible. However Satan got a hold of Lucifer through his ego by convinced him he was better and more perfect than God. Lucifer then fell for the lie and revolted against the supremacy of God. In this rebellion Lucifer, in his own power and by using his influence, caused one third of the brightest and most intelligent of the heavenly host to join him in the rebellion, which resulted in them being cast out of heaven and into hell which is another dimension owned by Satan or Shaitan. Those who have directed the Luciferian doctrine on earth have referred to Lucifer as God, but it is Satan and Lucifer is actually God's son, the angel of light who fell for the lies of Satan and with that, fell from Heaven. Lucifer then became Satan's son and is now using his abilities for selfish and evil purposes preventing human beings from doing the will of God. The light went out of him and Satan brought death, sickness and all other evils to the human race.¹⁰¹ However this would not have happened if God wouldn't have allowed it. The celestial sphere is a trial ground.

Who's master are you going to serve? Free will allows you to choose.

When God decided to inhabit this earth with human beings he explained his plan to them. All angels from above can come down to earth to manifest in a human body and experience life on earth. Humans are given an intellect and free will and they can live for a short period on earth to prove how they honestly love God and respect his infinite perfections where they want to serve only him. In that way earth is a trial ground for us to decide whether or not we wish to love and voluntarily serve God on earth for all eternity. When Satan arrived in spirit in the Garden of Eden, which is earth, he (as a serpent) talked to the minds of our first parents, Adam and Eve, persuading them to defect from God by eating the forbidden apple and told them they shouldn't listen to God. The biting of the apple signifies free will, where you decide in your own might. You believe you are god and you think you know better than God himself. When they bit the apple humanity hasn't been the same. This is the fall of man. These trials go on every day, every minute through our mindset. Each and everyone goes through this. Those who become proud, like Lucifer with inflated egos, will lose all sense of their littleness and limitations and become Satan's sons and daughters. The fall of Lucifer proves that all angels and all humans can become evil if they so choose.¹⁰² That is hard to grasp but it's the honest truth. It's all about vibration, energy and who you ultimately serve. Satan became the king of this world because too many people have let him in through their failed mindsets that are constantly thinking about negative, awful things and waiting for them to happen.

It is important that we are all aware that there are invisible forces in this world that feed off energy from others (called jinn in Islam). We can be influenced by these good or evil spirits who have the power to influence our thinking.¹⁰³ Most people are unaware of this influence of bad spirits and bad energy and let them in too easily. What do I mean when I talk about bad energy? It is all the energy associated with bad feelings, such as anger, frustration, jealousy, lies, evil intent, rivalry, possessiveness, domination as in sadistic feelings, fear, ego-centrism, I'm better than you feeling, hate and so on. While the opposite is the feel good energy, the so called fruits of the spirit. The fruits of the spirit are love, joy, peace, patience, kindness, goodness,

faithfulness, gentleness, self-control, happiness, respect for others, hope, forgiveness, laughter and more.

Both energies have muscular and feminine traits. Lucifer is the masculine version of Satan incarnated, while the female version is called Jezebel. On the other hand when the good energy, God, is fully present in people the masculine version is called Immanuel as God incarnated and Maria Magdalena is the female as God incarnated. Immanuel signifies also Adam and Maria Magdalena is Eve, as in good man and a good woman that do not fall for the lies of Satan and bite the apple.

The evil spirit of Jezebel and Lucifer can enter into a person's body and will do so without asking, but when that individual is spiritually healthy, with God, the shields are up and the spiritual immune system functioning properly. The person will have a divine protection and learn to distinguish between good and bad energy and to stay in the right frequency where God is. The bad energy is not on the same frequency as the person who is thinking positive thoughts and feeling good, hence it cannot cling to the flesh and the spirits cannot enter and take over. Every illness or spiritual weakness makes you vulnerable for spiritual attacks.¹⁰⁴ Therefore, all discussion where we say that this or that person is evil is in my opinion wrong. They are fallen. It is the satanic energy that goes into people in excessive amounts and turns them into bad people. Those that do bad things have let evil spirits or dark energy into their mind and they are suffering because of that. "I have realised that we are at a spiritual war," said Derek Prince the author of *And The Shall Expel Demons*. The ex girlfriend of the famous serial killer, Ted Bundy, said that Ted had said to her after he had been caught that the force had made him do all the killings.¹⁰⁵ The force is Satan. I am not ignoring Bundy's responsibilities for his thoughts and actions, mainly pointing out the mindset. When we are in the wrong mindset we are surrounded by a wrong energy and even though it is not as powerful as love it can definitely be very harmful. When we think, we are communicating. The thoughts we think are in the spiritual realm in a form of invisible energy that we send and receive and is accessible to all. There are no private thoughts.¹⁰⁶ Others can sense how you think and you sense what others think, just like the cells in our body do and plants and animals do as well. We can pick up each other's thoughts. We can be going through a supermarket and suddenly we feel different emotionally, but we do not mentally grasp why we feel this way. It

could because we picked up an angry thought that belonged to someone else that was there before and it went into our energy body and when we don't have the shields up we start thinking the same as the other person and become influenced by that thought and become suddenly angry or annoyed, just like the other person. This is also biting of the apple. The same happens when you are in an environment that is unhealthy spiritually. It could be a relationship or a workplace you're in. People can speak death into your aura, bad thoughts about you that you unconsciously pick up and start thinking negatively about yourself. You notice that when you are aware. This happens all the time and when you are not aware you become like a leaf in the wind thinking thoughts influenced by other people's negative thinking pattern.

Today, it has gotten to the point that too many people are thinking negative thoughts. I feel like we can do so much more than what we are doing, mainly because many of us aren't aware of this negative energy that can penetrate our mind and if we do not do anything about it with time it will make us become angry and hateful individuals. I was so ashamed when I first realised this. It was hard to admit that I wasn't always thinking kind thoughts towards others, but it was also comforting when I was processing all this and learning to forgive myself that it was this bad energy I had let in which affected my thinking – and that could be changed. This energy is so conniving and does not only affect people that are doing bad things, but also regular people like me that is just going about my day and not focusing on anything good in particular. It's a slippery slope where you start with simple negative thoughts about whatever and those diminishing thoughts slowly destroy your day, chip away your confidence or make you go in the wrong direction etc. When I looked at my thinking pattern I could see it wasn't always positive and uplifting. Most of the time it was like I was on auto-pilot and reacting negatively to situations. I remembered one particular memory during this mental process of how I could suddenly change moods. Some years ago I was in my bathroom just washing my hair and all of a sudden I randomly thought of my ex boyfriend and within a split second I could feel a flaring anger building up inside of me. This feeling shook me to the core so I started to tremble a bit with anger and then I suddenly felt a sharp sting in my stomach. In a split second I had become incredibly angry with someone I was in a relationship

with many years ago! That was so strange. I remember how this anger surprised me and I saw how one thought could actually change someone's physical condition (my physiology) and have an effect on one's health. After this happened I seriously realised that I had to get rid of these bad feelings towards my ex and the past because I didn't want to manifest anything in my body such as a disease. That thought was obviously not good for my body as I had felt a sharp physical pain in my stomach when I got angry. This is an example of an untrained mind that can spark a chain of events even though the person does not want it. By thinking a negative thought I went into the wrong frequency and physically felt the effects of my wrong decision. This and other memories from the past helped me see my thought patterns better and evidently some anger issues that I hadn't resolved yet. I was clearly repeating some thoughts about old relationships which I realised would have certain consequences if I didn't make peace with the past.

This toxic thinking pattern is not unique just for me, it applies to anyone, even you, but does it only happen when you think about the past and some mistakes you might have made? No, it is associated with a mindset that is on a bad vibe, connected to a bad feeling that pulls you down and makes you feel unworthy of love. This energy (satanic energy) goes ravaging through the air looking for people of light. Unfortunately many are not even aware of it. Anyone that has some goodness and love for others in their heart is the perfect prey for Satan. It is a battle between light and darkness and those that have more light in them will be attacked more by Satan, for they are his adversaries and possible destroyers of his kingdom here on earth. People that are light bearer, that is all those kindhearted people out there that only want the best for others as well as themselves, are constantly in an invisible war and constantly being fought over spiritually and most of them don't even know it. Even the churches have forgotten about this battle. This is a big secret Satan has managed to hide from us, including his existence.

Yes, Satan has covertly taken over. That is why you often see those that have sold themselves to the devil having a nice, comfortable lifestyle without much nuisance, while other's that choose God have struggle more and are constantly having troubles in their lives, whether at their job, having a problem with their superior, relationship problems, car breaks down,

electricity bill always getting higher and the wages not, just to give you an example.

In 2022 I was writing up the Protocols of Zion¹⁰⁷ and wrote an article that I call, how to remove fear from your heart in a nutshell. Suddenly something unexplainable happened. I felt Satans presence in the room. He came right up to me and stared me in the face, like he was saying what are you doing. I was stunned to know he exists, because in the Icelandic version of the book I had said that he is a figment of our imagination and I sincerely thought so, but there two years after I published the book I feel him spiritually in front of me, a silent presence watching me and letting me know he exists. I instantly reached in my mind to the right to Jesus and asked him for protection and also asked why he was contacting me. Satan left the split second I mentally connected with Jesus and I got the message from Jesus that with this little article I wrote and also by writing up the protocols of Zion Satan had lost so many souls in the spirit world.

Hell is a real place

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Ephesians 6:12

The Scriptures inform us that Hell will be a place where the totalitarian rule of Satan will be one of utter chaos and confusion, but I believe it to be more of a problem, reaction, solution. A problem (chaos and confusion) is created to react to as a savior, in order to have the solution Satan wanted to begin with. That's how many laws are installed. We are told that everyone will hate everyone else, because all in Hell will realize that they were deceived by Lucifer and his agents into defecting from God. The flames of Hell, burn but do not consume. They consist of the knowledge that those who are damned have lost the love and benefits, the joys and companionship of God.¹⁰⁸ So it is a question of your immortal soul. Who do you want to be in charge of it? It's so important to realize this. There is an invisible world where good and bad reside and you are taking sides by the way you think. Do you want the

companionship of God or Satan? When you look at the world, how do you perceive it? Do you feel like it's a good world? It's good to ponder this. Depending on your thought system you see either world. Though it cannot be overlooked that Satan has taken over and is enslaving the whole world with his mindset, many unknowingly but actively, pursue that world by the way they think and are pulling all of us down into the dirt with them. Do we care anymore, about each other? The statistics confirm that around 24.500 people die every day of hunger.¹⁰⁹ Can you imagine?! Why is that happening in this day and age with all the humanitarian aid?! It begs the question where does all the money go? Is that a Godly world where so many people, millions each year die out of hunger and poverty? I say no. Even though we donate, the money goes into a foundation or organisation and only a fraction goes to the people suffering. And no one cares. Not really. This is the work of the devil that ensnares us into a mentality that is his, with apathetic thinking and malicious thoughts based on indifference and division. But it's not only thoughts that can keep you in hell, it's the whole System. The system is the mark of the beast and the financial system today is the work of the devil. Satan wants you to pay endless revenue to the bank that takes more and more each year. When you don't have money you have to ask them for a loan where you pay sometimes up to three times or more the original amount (In Iceland). It's not only the bank, everything is tied into the system making you bleed more and more. You need to pay taxes from your wages, if you have money in the bank you pay for that, when you reach old age you need to pay taxes from your pension (that is if you're even lucky enough to get pension) even though you already paid taxes from your revenue earlier in life for that pension. When you pass away there is a tax to pay to the government for your way out of the system but that can be a problem for the grieving family that sometimes doesn't have money to pay the taxes ('indulgence') for the individual's passing. You need to pay to park your car, for hot and cold water, electricity, sewer taxes, you pay tax when you buy food or any other items...I could go on, there is much more. What about daycare and babysitting, because both parents need to go to work now, because there are so many dues to pay. It's done deliberately to break down the family unit.¹¹⁰ Countries pay taxes for pollution and Satan dreams of taxing us because of global warming even though that has been proven to be an unreliable

fact. Chinese citizens have a tight monitoring system where they need to pay if they cross the line in any way, could be that they pass a red light or disagree with some policies that the government has made (Big brother) and then they cannot travel, have to pay a fine and some are even imprisoned. Satan runs this system and this is his world. He dreams about rest of the world tied into his system of global footprint and he's busy at work implementing this new regulation and a digital system. This is hell. It's all about domination over man, making him bend a knee and kiss the dirt for Satan. It doesn't have to be this way, but it seems it's only getting worse. It might be hard for some people to grasp this, but when you think about how fear based society is, along with all the impossible rules and regulations, taxes, dues, not to mention all the violence, poverty and hunger you start to see my point. But what can we do? Has it always been like this or is there another way to live on this earth that is more prosperous? I know we can live in a better place. I know this is hell, overtaken by Satan's mindset and it's not getting any better. Satan owns and runs this place. Dostojevski didn't put it mildly when he said: "Oh, there are those in hell who continue to be proud and furious, in spite of unquestionable knowledge and though they have seen with their own eyes the raw truth. Some are terrible there and have joined Satan and his haughty spirit of life and soul. They themselves have chosen to stay in prison and never get enough of it, they are voluntary martyrs. For they have condemned themselves, they have condemned God, and they have condemned life. They feed on their evil pride like a hungry man in the desert sucking the blood from his own body. But they are and will be insatiable throughout the ages and reject all forgiveness, and blaspheme God when he calls to them. They cannot look at the living God without envy and demand that God cease to exist, demand that God destroy himself and all that He has created. And they shall burn in the fire of their wrath forever and ever, longing for death and longing not to exist. But they don't get to die..."¹¹¹ God has been cast out and wants to help us but we need to pray for him to return and help us fix this mess we've found ourselves in.

Hatred and unforgiveness

Satan wants the world divided and unforgiving. Unforgiveness is a thought filled with Satan's spirit. What do I mean? Unforgiveness is an angry, bitter feeling and when it becomes overly excessive where you are decided not to forgive it becomes all consuming and eats you up like a vacuum and leaves you feeling all alone in the world. That place or state of mind is hell and that is exactly where Satan wants you to be in. Love is gone and forgotten and has been abolished with his mindset. In his world codependency is accepted and love is more of a domination tool. People express some sort of care or love but always in return for something they deem valuable. True, honest and atoning love does not exist in this system of thought and it will end by eating you up. We put ourselves in the judgement seat as we were some gods, but we never see the whole picture. Pride and prejudice will be the fall of humanity with this mindset and we are on our way to even more hell if we do not change our ways. We must not ignore what happened during spring 2020. Again, while approximately 24,500 people in the world are dying of hunger each day we were worried about ourselves! That is the ego preserving itself, while not really caring for others. There were conflicting views with people hating on each other only for expressing their views. The world got more divided than ever and turned into a hellish place with even more restrictions and bondage. Is that a world we want? We need to think about that because that's Satan's world and his final goal is to control our thoughts so we become obedient slaves, paying our dues every month with a docile smile on our faces. Codependency is unhealthy and can be used as a means to control. With this mindset people cause immeasurable emotional damage to other people. Many are in such a bad emotional place that they do not feel better unless they drag someone else with them into their personal hell. The goal is simple. It is revenge. The individual is unconsciously in the wrong mindset where the ego convinces him or her that something has been done on their part and it is necessary to punish for the alleged violation. Some even go to great lengths to try to break others down spiritually and try to ruin their lives with unhealthy communication patterns just so they can forget their internal pain. It is darkness trying to swallow up light. Thus we rely on a conditional love from others and fill our energy tanks from other people, which is neither satisfying nor lasting. And then we endlessly run into each other and love has become a tool to control

where we take turns attacking each other, using oppression and power when people do not behave as we like or give us what we want. When we are in this mindset, we have gone to hell. The ego's voice convinces us that we live in an evil world where everyone we associate with is evil, and we need to protect ourselves from others. When we are fully in this sick mindset the negative voice takes over and there is complete mistrust.

Hell is the suffering that comes with the knowledge that one can no longer love.

Karamazov brothers, 1879.¹¹²

While the "Me-too" movement¹¹³ opened an important discussion about certain topics concerning abuse it failed to take into account the broken mindset of the abused and the victim mentality, which was unfortunately hampered in this campaign. The real root cause is the mindset, could be just a thought that the person has decided to linger on and it doesn't matter whether it's the abuser or the abused. Violence begins as a thought and the respect starts on the spiritual plane. No one accidentally falls into adultery or when they decide to violate someone. People have already weighed the cons and pros, risk factors etc. and then they act on the thought. The same goes for the victims who have pictured a fearful thought unaware of the consequences. People might think when I try to explain people's involvement as an abused person that they somehow wanted it to happen. That is far from the truth and I will explain my experience later in this book as an abused person and how I faced my responsibility. This given, we need to be very careful about how we think, not only about us but also when it concerns sexual fantasies about other people, for they pick it up. It is our responsibility to stop the mind from wandering into unbridled lust as there are no private thoughts. The same thing happens with people who have addictions. That void and bad energy that's crept into the mind has given the individual plenty of reasons to start the addiction again and they end up by picking a thought that gives them the initiative to start drinking or doing drugs again. Again, also when the body becomes ill it is in hell's frequency. The body has been immersed in unhealthy energy for a long time, on the wrong wave length and it ends up affecting the cells and vitality of the body. These are just a few examples of this flawed

mindset and the hellish place it takes you to. Now, this world has come to the verge where so many people fall prey to the wrong mindset and we need to change that. How come this mindset is so widespread? It's part of the system. When I started writing this book I had a dream one night where I saw a big, old fashioned radio coming towards me, but as it drew closer it started to change into a serpent with its tongue slithering in and out. When I woke I instantly knew that it represented the media. As I have pursued a higher education in media studies I know how rotten and corrupt it can be. The news in most countries is propaganda and mass psychology put out to control the masses.¹¹⁴ The Bible talks about the serpent whose name is Satan in the holy scriptures (Rev. 20:2; Num. 21:9) and he uses media for his takeover of the world. He does that with programming and hypnotism through media, culture and political agenda. The secret societies with the Synagogue of Satan at the top are in charge of diffusing that information to the public through a Luciferian doctrine with totalitarian principle as an end goal, ruling over the masses.¹¹⁵ Satan challenged God's right to exercise supreme authority over all the universe on the grounds that his plan was weak and impractical his ideology must be based on the premise that might is right, and rule must be totalitarian. This is the same law of the Old Testament where might is right. "It is they, human beings, diabolically inspired by the spiritual forces of darkness, who foment wars and revolutions, and in doing so they confirm the words spoken by Christ himself when he said of the SOS. "Ye are sons, of the devil, whose lusts ye shall do." They communicate with the devil and manipulate people of society through spirit tutelage,¹¹⁶ which is a divine ordinance permitting man to be influenced by good and evil spirits who have the power to put thoughts into their minds. In the Bible evil spirits or devils are called names such as jealousy, evil intent, lies, all kinds of sicknesses, fear, violence, hatred and so forth and this bad energy is systematically being diffused into our society and people are becoming almost like possessed with this dark energy. This is the takeover of the world by Satan. It is through our failed mindset. There are literally human beings out there who have sold themselves to the devil and they know that the final success of their diabolical conspiracy against God and his human race depends upon their ability to keep their identity and true purpose secret.¹¹⁷ However, good spirits are also influencing people in this war and God-fearing people can hear the guiding voice of angels by

picking up their thoughts and they can and should take part in this battle. They need to know how organized the other group is. However, some might proclaim that they hear God's thoughts and are acting upon them, but if it isn't love for humanity it is not of God.

Sin is part of Satan's world

*But go and learn what this means:
'I desire mercy, not sacrifice.' For I have
not come to call the righteous, but sinners.*

Matthew 9:13

The scriptures tell us that until our first parents defected from God and chose to accept the advice of Satan their bodies shone like the sun because they were illuminated with the light of sanctifying grace. This spiritual illumination departed with the committing of what we term 'original sin.'¹¹⁸ Christians talk about sin and that all people are sinners and cannot be accepted into God's Kingdom unless we've repented and been forgiven for our sins. Some even take it a step further and proclaim that you cannot obtain grace and permission to go to Heaven unless you accept Jesus Christ into your heart. In some religions, such as Catholicism, sin and repentance is such a huge thing that ordinary people have a hard time identifying with such strict terms anymore and more people are feeling unwelcome within the church for they feel that love that forgives everything (all sins) has given way to dogmatic and angry preaching based on division. When I lived in France a friend of mine told me that French people were going less and less to church because they were so tired of being told they were sinful. I wonder if the catholic church has at one point misunderstood the importance of spreading love and tolerance and thought this was the best way to preach to the masses. The gospel of John 3:17 reads: "For God did not send his Son into the world to condemn the world, but to save the world through him." That is a clear indication of *saving* the world and not *judging* it. In the Bible it is often stated that Jesus never condemned anyone, instead he set people free by sharing the gospel of love and encouraging people to connect to Abba Father by teaching them the Father's prayer. He looked past sin and saw only love and prosperity. Sin is the way of the Old Testament.

There are many ways to interpret the message of the Old Testament about the origin of sin when Adam and Eve ate the forbidden fruit of the tree of knowledge and I want to share with you one particular analysis from Dejan Davcevski on LifeCoachCode.com that I find very interesting as it explains the ego and how we have been given the gift of free will and the gift is such that we can create with God but we can also create without the holy spirit, that is with our ego or our selves. This is his analysis: "God created Lucifer as the most perfect being that existed. He was the most beautiful of all the angels. And God gave him the gift of free will. God rules over Eden and Eden is the paradise. Adam and Eve were created and put on The Garden Of Eden to have paradise of their own. They were told they are allowed to eat from all the trees in the garden except from the Tree Of Knowledge. Adam and Eve were flawless in God's eyes. But Lucifer saw that they were flawed. He wanted to show God that human's were flawed so, with his free will he chose to rebel. He became a snake and tricked Eve to eat from The Tree Of Knowledge. "Did God really say, 'You must not eat from any tree in the garden?'" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'you must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" "You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." (Genesis 3:1-5) Immediately after Adam and Eve ate from The Tree Of Knowledge they became self aware. They realised they were naked and covered their intimate parts. They knew Good and Evil. When God saw what they did he forbid Lucifer to enter Eden and punished him to rule over Hell and be the King of Earth until humanity regains their worth. So Lucifer became Satan. However, God did not banish Adam and Eve from The Garden Of Eden because they ate from The Tree Of Knowledge, he banished them so they won't eat from The Tree Of Life and become immortal. "The LORD God made garments of skin for Adam and his wife and clothed them. And the LORD God said, "The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever." So the LORD God banished him from the Garden of Eden to work the ground from which he had been taken. After he drove the man out, he placed on the east side of the

Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.” (Genesis 3:21–24) He said Adam would have to work for his food and Eve would have to bleed once a month. They could also reproduce and have children of their own. After they were banished God created a flaming sword swinging on the way to The Tree Of Life to guard it. So sin was introduced to Adam and Eve and all those who came after. It’s one of the earliest and most interesting stories. But reading it we all feel that there is something deeper here, a deeper message that needs to be understood. A secret truth hiding in plain sight. What if the story of Genesis is not describing a real event that took place a long time ago, but an event that’s happening with every new life. What if the story of Genesis is actually a deep philosophical depiction of human psychology and the origins of our ego? Let’s say Eden, the real paradise where God rules, is our heart, its pureness. The Garden Of Eden is the world around us, the place we are born into. Adam and Eve are just references for male and female. The pure form of our ego, the Self we had when we were kids is referenced through the state of mind Adam and Eve had before eating the forbidden fruit, not knowing good and evil, like children. Our ego, subconsciously realised that we are not as flawless as we think we are, that we have weaknesses. So, subconsciously, our ego disguises in a form of curiosity and forces us to explore the world around us. It inspires us to do something we are not supposed to do, to be weak in the context of obeying rules imposed by our parents, by grown ups. Once we do something we are not supposed to do we experience shame for the first time. That’s our forbidden apple. And at the core of shame is the realisation that we might not be worthy for our God, we might not be good enough or worthy of our free will. That’s the key, for the first time in our lives we feel NOT ENOUGH! We are faced with our weakness. So we try to hide our physical drives because they reveal our weakness (not being able to resist our temptations and stay disciplined, act on reason). We put clothes on because we try to hide the fact that we are sexually attracted to one another. We do this so we can save ourselves from temptations which reveal our weakness and remind us we are not worthy. We don’t want to show our God, our heart, the world, that we are not worthy. Most of the things we do after feeling shame for the first time is hiding the possibility that we might not be enough. That’s why we pretend to like things we

don't actually like, so others won't see who we really are. We 'run' as far away as we can from our weakness. Lucifer becoming Satan means that we create a disassociation of our identity. We create a figure, Satan to be responsible for our weaknesses. This is how we are introduced to duality and "Knowing Good and Evil". After we do something 'wrong' we create duality in ourselves, we face a part of ourselves that wanted to do what was 'forbidden' and we consider it evil. Later we create another figure which is opposite of Satan, an archetype of a saviour, that will lead us back to our worth. The one leads us further from Eden and the other leads us closer. However, it's the same Self that puts on these roles, it's the child of God that needs to unite both roles. That's the only way the Self can be pure again, whole, and allowed to enter Eden. And without ever facing our weakness we would have never had a chance to see that there is a weakness we need to work on. This realisation is really power as it tells us that the only way to live from our heart again, like when we were children, is to accept both sides of our nature and unite them. It tells us to accept our weaknesses, to dissolve duality, and we can see the world through a prism of oneness once again. We shouldn't be ashamed of our weakness. Running away from it will never make us not have it. It will manifest in other ways we see all around us, destroying the world blaming someone else, something else, for our own choices, never being able to fix the real problem which is in ourselves. And without knowing it, we would have always followed primal instincts like animals, never considering that what we do might hurt something in the process, like a kid with a gun. The sole existence of a hero, by default creates a villain. The sole intent of doing good because you don't want to be evil, creates evil in your perception of reality. And as long as you see evil you will act against it, creating more evil in the eyes of people who appeared evil to you. Evil is an excuse, an attempt, one that distances us from a very real task. That we are each responsible for our own choices and sometimes it's ok to be weak. Because once you accept that you can be weak, you are free to exercise strength. And with strength you can choose to do what's right in your own heart. Once you are strong enough you'll realise that strength, weakness, by themselves they do not mean anything. They are tools. And what you use them for is what really matters. The point is not to be flawless, but to learn how to manage your flaws. Maybe that's what

God tried to make us understand all along. Sometimes, you can choose to be weak for the right reasons. But as long as you don't face your weakness the choice is not your own. And maybe that's the point of The Garden Of Eden. Maybe once we start living from our hearts we will make this planet a paradise for ourselves, our own Eden, a garden sprouted from sowing seeds of our hearts. And we need to be whole to do that. Once we do this, we might find out what's the deal with the Flaming Sword and The Tree Of Life that grants immortality."¹¹⁹ This analysis of the story of Adam and Eve and the original sin is in my opinion a very interesting interpretation. What if the secret lies in using the heart and learn to love with it again? To learn to become like children again and see only what is good and realise that sin is based on an energy which creates division. We've been taught to be shameful and hide from God, the ultimate deception of Satan where we start to fear love and fear God for we have done something that Satan tells us is wrong. "Darkness is lack of light as sin is lack of love,"¹²⁰ says in ACIM. Everything that produces those feelings of separation is not of God. Sin is associated with feelings of fear, shame and guilt that belong to Satan. If the ego is a sign of separation it must be the same for shame and guilt. Shame always creates separation. And shame is not of God. It is a sign of an attack on God and is a completely meaningless concept except in the eyes of Satan.

It can be very hard to accept the fact that there are people in this world that have done terrible things to other people. Murders. Rapists. What about all those that go to war? Isn't this a sin? Not to mention those that abuse children. Unthinkable crime? Yes, it is, It's horrifying! Nothing but a human tragedy. However these lost souls are in the worst possible place thinkable. They are in their own personal hell and have decided to listen to the wrong voice and go into the dark to be consumed by it. There are also a lot of people that are born into hell, including children with incompetent, really sick parents and they learn the same communication pattern. We do not know where these individuals have been in life and what horrible things happened to them to make them this way. Many of them have been stuck all their lives in chains and have no hope and have never known love. Hell is overcrowded with fearful souls that do not know that the key to freedom is a changed mindset.

The word sin comes from greek, called "hamartia"¹²¹ and was first used to to describe the art of archery when

someone misses the mark and the arrow strays and loses its course. Later that word was reinterpreted and meant when someone missed his mark while living a godly life or walked away from God's law¹²² Billy Graham said: "Sin is a revolt against God. It means when you install a false independence, to put "live-for-yourself" instead of "live for God."¹²³ That means that anyone who commits sin has gone off track from the godly way and has become a slave to sin (John 8:34; 1 Peter 4:8). This is a mental self-imposed hell that each and everyone has to correct within themselves. Condemnation has to make way for understanding. We have all gone off the trail, some much more than others, no one is more sinful than any other, we have all missed the mark in one way or the other. "People of faith should never forget that regardless of any considerations, including the oath of obedience they give to superior authority their first allegiance, like that of a soldier or sailor, is to God. No oath can bind them to commit sin. Keeping silence, or failure to tell the whole truth regarding the world takeover by Satan is a sin against God and a crime against God's creatures. "Tell the truth and shame (confound) the Devil should be the motto of every militant person believing in God,"¹²⁴ said William Guy Carr. I would like to see more people standing up for God and warning others about who is putting us indefinitely in chains.

Let go of fear

For I am the Lord your God who takes hold of your right hand

and says to you, do not fear. I will help you.

Isaiah 41:13

As you have read this is not a black and white discussion with dual thinking. It is a means to open up an age old discussion and realise the importance of guarding one's mindset and heart, for the principalities and spiritual wickedness is waiting to devour light beings. Satan attacks all lights, even those that haven't even pictured an act of violence. The more light he finds and the more innocent the victim the better it is and children are his preferred victims, for they are innocent lights. What is light? Someone might ask. Light is energy. Just like fiber optics. It is wavelike energy, a beam of light. Light is life. We are lights and when the

opportunity arises Satan attacks lights, because that's his function. He is darkness, the void that consumes light.

The more I changed my mindset and the more light came into my body the more dangerous I became to Satan. That said, I know that I did not attract all the bad experiences myself with my flawed mindset. It was also because of my light within. This is definitely not a tool for more victimhood, but more of a warning and also encouragement for those that have felt that life has been unfair to them no matter how they try. It is because of your light within. So, stand up soldier! This leads me to an incident that happened when I was an au-pair in Seattle in The United States. The memory is still vivid to me. I am just over twenty and I have been there for a few months when some friends and I are invited to a party downtown. When we arrive at the party there are several people there and we begin to mingle. There's a guy who is about my age and we start to talk. After a very brief chat he says to me: "May I show you something?" I am instantly curious so I say yes without hesitating. He then leads me out of the house and out into the street where we start walking into the darkness away from the party. It all seems very strange to me. I thought he was going to show me something at the party but suddenly we're out in the dark and I'm walking away with some stranger. I don't know where we are going, yet I do not dare say anything, so I keep walking with him in silence. I get a very strong urge to turn around and go back to the party, but I ignore the feeling. This must be okay, I think to myself. I'm really afraid to say something to the young man that would make him feel bad, although the situation is very strange, but I'm so codependent. He doesn't say a word to me and as we continue further away from the party fear begins to nestle in my heart. I'm no longer sure if I can find my way back because the houses all look the same. Shyly, I ask the boy what it is he is planning to show me. He tells me in a serious manner that we're almost there and then walks a bit faster. I don't say anything, but on the inside I am very worried. Finally he stops in front of one house and invites me to go inside. When he opens the front door we walk straight into the living room where there is an open kitchen on the left. In the living room is a large sofa, its back is facing the front door. The man offers me a seat on the couch as he walks into the kitchen. I obey and sit there silently waiting for him. Then I hear him rustling in the kitchen drawers where the utensils are

and I get startled, but I try not to let it show, but my heart is beating very fast. The man then quickly returns from the kitchen and says to me, "Yes, I wanted to show you something. I have been drawing pictures." Then he pulls a drawing pad out from underneath his jacket. I'm so relieved and I can feel myself relaxing a bit as I think to myself, okay, maybe he's alright after all. So I relax. He sits next to me on the sofa, very close to me so it's uncomfortable and I feel that my body can't move away. It's like I'm stuck and it feels very uncomfortable. He then smiles at me and opens the drawing pad. What I see is mind-blowing. I stare in total disbelief as I look at the drawing in the book and I can feel the shock piercing through my body, as if I had been electrocuted and my heart missed a beat. In front of me is the most disgusting drawing I've ever seen. The image shows a man standing behind a woman and he's holding a knife. This is no ordinary knife, but a dagger, and it's curved, almost like a machete. There are spikes on one side of the knife blade and in the drawing the man is cutting the woman's throat and the blood is spilling all over the page. I notice the horror on the woman's face. The boy has managed to capture her facial expression with the pencil, and he clearly put a lot of detail into his work. This is not just one image. There are more. I see when he leafs through the book that there are many drawings. He then hands me his drawing book to allow me to take a closer look and says something about the drawings, but I don't hear anything because I'm confused and in total shock. Where am I? In what circumstances am I? How can I get out of this? I think. A thousand thoughts rush through my mind, and on the inside I'm totally horrified. Suddenly (and I will never forget this) I am filled with an incredible sense of security and the serious assurance that I should not show any fear whatsoever outwardly, even though I am terrified at this moment and would just like to run away screaming. In a fraction of a second, I internally know that I need to gain some time and I have to pretend like nothing strange is happening and show a completely opposite reaction to what I internally want to do. I think he probably expects me to get up from the sofa and try to escape, but he's sitting so close to me I know I won't get far. Instead, I start turning the pages very slowly, looking at the pictures like I'm very interested and I feel him next to me examining my reaction. The pictures are disgusting. No words can adequately describe the horror he has created on these white pages – each page with images of a man killing a

woman, but in different positions and situations. The violence is just terrible. Their necks are either cut open, or their bodies are pierced with holes and blood and guts are gushing from their bodies. I feel tension in the air as I glance quickly to my side and face the man. For a split second we look intensely into each other's eyes very seriously. I can see how carefully he's studying my face and reaction and we both know what's going on. We are like animals that face each other, anticipating a response, a victim and an attacker. All of a sudden I hear myself saying out loud with a cheery voice, "Yes, wow, these are great drawings! Very well done!" His face turns more serious and he hesitates. I can see in his eyes that he is surprised by my reaction. I try to smile, but quickly glance down at the drawings because I don't want to look into his eyes anymore. I'm afraid he'll see that I'm lying. He clearly wasn't expecting this reaction at all and his demeanour changes quickly. It's like he likes this hunt. He starts talking fast and candidly about his drawings as I look through the pages. He is very excited, almost ecstatic, as he describes each drawing and each event and speaks with great passion, as a man who has spent numerous hours on his artwork, precisely executing every detail of every pencil stroke. I confirm my interest by smiling and nodding. That way I continue to play my part making sure I smile and say "yes" in all the right places. On the surface I appear to be as interested as him when I praise his drawing techniques, but while I am talking about the details on the faces of the dying women, my heart is racing. This situation is totally surreal, and I wait in quiet anticipation of what might happen next. He must see through me, I think. I keep turning the pages as slowly as I can, until suddenly the front door opens up and a bunch of young men come barging in with through the door. They are laughing but got surprised when they see us and ask the guy sitting next to me what he is doing there. I realised this was my exit and I had to react very quickly. I quickly stood up from the sofa and walked past the young men entering the front door, down the staircase and when I came into the street I ran all the way to the party where I found my friends. Within me I was in complete shock but I felt that I was obviously led by something divine. Soon after I arrived at the party again the same boy appears and I will never forget the way he looked at me. His demeanour was completely different. This time he looked at me with an evil intent, like he knew that I knew something about him and what had happened wasn't

completely normal. His regard gave me the chills, like he was telling me that I was going to be hurt if I told anyone about this. In retrospect his eyes showed me himself, the deep hatred and the darkness that was within him. It was like he was killing me with his mind and I had to look away. This was one of the strangest experiences I've had in my life and I am convinced that God saved me there. It was the holy spirit that entered my heart, reassuring me and telling me to be calm and not to show any fear. Fortunately I acted on his message and didn't allow fear to control the circumstances. I had to be clever like I was playing chess. I could see which move he was making and then I had to surprise him with a counter move. The worst thing we do when we are in dangerous situations is by thinking in fear. Fearful thoughts make you lose your balance so you're more likely to make a mistake. We might then attract more fearful thoughts until they paralyze so we cannot react in the best way possible. The mindset is the most important and it defines the consequences.

Peace I leave with you, my peace I give to you.

I do not give you as the world gives.

Do not let your hearts be troubled and do not be afraid.

John 14:27

“God is not the author of fear, you are,” says in ACIM.¹²⁵ The world we have decided to see reflects our inner criteria, dominant ideas, wishes and feelings in our minds. Projection makes perception¹²⁶ which means you experience what you think. When we are not in the right mindset we experience negative feelings influenced by the wrong thinking. That is a sign that Satan has taken over. According to ACIM fear is the absence from God and everything that is not love does not exist, however Satan surely exists.¹²⁷ He just doesn't want you to know it and that's his power over us. As soon as we realize this we can take action and start guarding our mindsets, for that is where he enters without asking permission.

This matrix we are living in is a multilayered reality and we are collectively creating this fabric together, with each soul as a thread and each thought and action creating smaller threads. In this fabric Satan is always entangling and destroying, while God is mending and helping. Yes, Satan walks right over the fabric in his dirty shoes wanting to destroy everything as much and as quickly as possible. The ether, or God energy has an

impact on us, like a wind hurling up around us. Some strokes of wind contain a loving energy but in it you can also have a more dense energy entering trying to pull on the light. It's a storm and it's magnetic and colourful and it depends on how well you are guarding your heart if the grey satanic energy can devour your colourful light or not.

Chapter 4

Death of the ego

*Father, please take this cup from me
and have your will be done.*

Luke 22:42

"God is the force that picked me up..."

Kanye West, *God Is*

When I discovered the void in my heart I was at the same time at the university studying sociology, communication and media and the theories presented made me start to reflect and think about my communication pattern with other people. I started analysing the upbringing I had and the effect it had on my life. I discovered how important love was in upbringing and how my reactions and personality could be highly influenced by my environment. I could see the reasons for my fear of others, my shyness and inability to speak up when I was studying the circumstances in which I grew up in. My parents were of course also a product of their upbringing and had accepted the same fears their parents had. Of course, they, like most of us, made mistakes, but you cannot expect anything else when people are not aware. After all, we are perhaps just like Skinner's subjects in his research repeatedly responding to all kinds of stimuli. We are very easily influenced by the environment, especially at a young age, because we are open to all information, right or wrong. Fear also has an easier access to our hearts in the early years. Then we go through life with an autonomous self-control, responding to stimuli the same

way since we were children. That's how it was for me, but once I started learning about the power of the mind I began noticing errors in the program of my mind. I was continually choosing what I did not want and that perplexed me and I wanted to change that. Later I realised that my mindset was filled with negative thoughts as I was constantly delving into the past and thinking and talking about something that went wrong and possibly feared might happen again, e.g. relationships gone awry as well as other communications where I felt my boundaries were pushed. What I did not realise back then is that there is no past, and by thinking and talking about it I was projecting these old stories back again into my life and recreating again something I did not want. In ACIM it says: "Fear is not of the present, but only of the past and future, which do not exist."¹ We seem to reach into the past when we become fearful and replay a scene which frightens us, or a thought that we did not even want but we weren't on guard and that thought got through and made us feel fearful. What I do then is I ask for divine protection, for God to remove this thought and it instantly escapes me. God erases it from my mind. By reaching to him I've asked him to correct my thinking and he gladly does that. The past then only exists for the ego, which collects information to try to protect you from other people and defend yourself. The ego wants you to fear and separate yourself from others when in fact there is nothing to defend yourself from because the past is not real but simply an illusion.² The ego is Satan whispering you are not good enough and tries in his very subtle way to drag you down and separate you from everyone³ and he often uses past memories that are not good to drag your energy down. I knew that all the memories from the past that do not represent love must therefore go as well as any thoughts, words and actions that do not represent love. For a long time it was hard for me to understand how we are living in a spiritual world and the effect we have on our life. I was stuck in my own illusion, repeating the past with a mindset of an unforgiving person and saw the world in accordance with my thoughts without realising what I was doing. This was a dream that I had created myself and I was stuck repeating the same pattern over and over again. A dream that was flawed and more like a nightmare, based on self-preservation that eventually led me to have many fear related incidents. I saw the world as evil where I needed to protect myself and created scenarios

out of my subconsciousness, because my mindset was unprotected and my heart filled with fear. This created a victim mentality where I blamed everyone else and didn't know that my thoughts, mostly those that I didn't want, were penetrating my mind and when it came to forgiveness I could see that it was possible to forgive but I didn't really see any benefit in it. Why forgive when I can just go on with my life and not think more of what happened? I thought to myself. I had collected a lot of experiences from hurtful incidents and broken relationships and thought that I shouldn't waste my time thinking more of these people I felt I had met by chance and wasn't going to meet again. Little did I know back then that if we only use our traditional senses to justify our anger, our primitive urge to attack, our basic lack of love, all the mistakes in whatever form they may be, we will only see a world of evil, destruction, malice, envy and despair and if we do not protect our mindset we are doomed to repeat the lesson. And boy did I repeat the lesson. Even though God came into my heart in 1999 and I was certain that he exists, I wasn't ready to let him lead and said to him: "OK, God you exist, thank you. I am so grateful and now I will continue with my life and see you at the end of this adventure." From there on and for many years I decided to let my ego guide me instead of God, choosing my own power which led me into a path that was rocky and ended with a mental bankruptcy where I felt more and more tired mentally and increasingly distrusting of others as I felt many people had betrayed me. I really thought that God wanted us to do this on our own but I was so wrong. When it came to relationships I did not have any compass, just went with the flow and met the men in my life that I wanted, but they weren't the right choice for me. It's because it wasn't a divine relationship. We weren't in the right flow together and the relationships became all strained with personality clashes. However this experience and the people I've met helped me find God so in the long run it was worth it, but I know now that it's not supposed to be so hard. We can learn lessons in a much easier way. It doesn't have to be so painful. As I did not get any education about God and the importance of inviting him into my heart and allowing him to help me I went on alone thinking that I had to do everything on my own and kept stumbling and crying afterwards because I was so confused and didn't understand what this life was all about. When we allow God to come into our hearts he starts mending it. He tells us what we need to fix and

what we need to look into, like some faults we've carried and we have to fix in order to become a better partner for the ideal person we are destined to meet. God will do the same for you that has also given yourself to him attracting your perfect partner. We might have to work on our patience, our lack of understanding others, if we have any rage issues they have to go. In my case I had to stop the negative thinking and that's very common. I was judgemental in my mind and thought often the worst of other people and though I didn't show it I told them unknowingly in spirit that I didn't trust them or thought they were not doing this or that correctly creating tension between us. I also didn't know how to properly love and thought I would get the love I lacked from others when God is the right source. He really wants to be with us and help us take the right decisions and let him lead. I honestly had no idea how much he wants to be with us and it was a pleasant surprise when I found him again. Life is supposed to be joyful and full of happy events and relationships. It is not supposed to be the way it is now. This world is satanic and the more you study it you see how awful it is. So many people are in the wrong relationship being unhappy, fighting with each other and bringing up another lost generation not knowing who is supposed to lead. Satan hates us and wants us divided and that is why he pushes people to meet other people that aren't compatible in spiritual growth which creates a warlike atmosphere in the home. I believe too many in the world today are not compatible spiritually because of Satan's grip and we cannot do anything about it until we give our life to God wholeheartedly, letting him help us fix the broken marriage and become a better man or woman. I can give you a drastic example. I didn't think it was possible to sink to this level but we did. Once a boyfriend of mine spat in my face after a quarrel when we came back from the grocery store. It was like a punch in the face. What is this? I thought. It's not supposed to be like this. This is crazy, I thought and I started to plan my escape from this relationship, because I couldn't leave right away. He also told me that he understood men that killed their wives if they left and that he could get away with it. He had been to prison so I took his warning seriously. I now know what this was. It was a satanic relationship where we hated each other. So many relationships are like this in the world. I am no exception. So many people are living in an abusive relationship where Satan is in control and they see no way out, but there is a way out,

sometimes people have to escape slowly otherwise it's too dangerous. There are also people that are much more covert and I have also had experiences with that where they chip at your confidence little by little until you have no courage to leave. That is probably the most common relationship and I have been there. People acting like they are nice but are passive aggressive and try to pick a battle only to blame it on you afterwards - gaslighting or the blame-game some people call it. The most satanic relationship I have had was with a passive-aggressive person that never showed his emotions but only a blank stare like there was no soul inside. That is an indication God is not present. That relationship was the turning point for me, igniting the urge to write this book. I had nothing left after this relationship and went to God, because there was no one else to go to for help for he attacked me spiritually and worldly afterwards and hasn't released the grip yet, because it is Satan, the energy that propels the hate within the person and Satan hates me for bringing you this book and helping you break free from his spiritual prison and soul trap. All these relationships I had to analyse and take a hard look at myself to be able to break the pattern.

God was surely the force that picked me up, but little by little. I went to him completely heartbroken and cried my heart out and while I was crying and connecting with him God quietly started to help me get out of the bad relationship I was in. In the beginning my circumstances didn't change but I felt like something had changed within me and I was able to go on following my intuition, telling me I needed to build myself up, go out into nature and walk a lot, go to the swimming pool and relax. I found little moments of peace and started to become grateful for that. People I love also called and asked me to do things together and by being around them I was recharged. I could see what God was doing and it felt good and I tried to choose the 'feel good' energy at every possible opportunity. However I was still repeating my old story, telling everyone and also even though I tried not to talk about it people insisted so it was like there was an invisible battle going on and someone (Satan) wanted me to repeat my old life. It's been a quiet uphill struggle fighting with this urge to tell others what happened to me in the past but God told me that I had to do it in this book in order to help others but stop talking about it out loud to others. The vibration of the spoken word has a lot of power, more than the written word and therefore this is the best means to relay the

message, but only to help others escape the prison like I am doing.

Behold a new law

You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, ignore the one who is evil. You have heard that it was said, You shall love your neighbour and hate your enemy. But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven.

Matthew 5:38–45

Christ came and brought us the good news. In the New Testament it says that a new law has overcome the old law of the Old Testament. This law is so powerful that it can abolish the old law and cancel out karma so you will not receive what you sowed. Isn't that wonderful? Who doesn't want to adopt such a law? The new law, which Christ brought forth is called 'grace' or graceful forgiveness which sets us free from the old law of karma, making God's gifts more accessible to us.⁴ In the Old Testament strength is equivalent of power and authority but the law of the New Testament (law of love) is the total opposite of that. Strength of love is not associated with authority, but more like humility and love where the mustard seed is larger than the kingdom of heaven (Matthew 13:31) and debt can be eradicated by grace alone. That's so beautiful and such a huge gift God has given us, but how come we do not adhere to this law? It is because the world we live in is still following the old law. It is the world of the Old Testament and it has been in rule for a long time, since the time of Egypt, even much longer and the law is might is right, with fear as modus operandi along with all the impossible rules and regulations, taxes and dues, not to mention all the violence, poverty and hunger. The law of the Old Testament is Satan's hell.

The Law of the Old Testament and the Law of the New Testament are two different thought systems that do not speak the same language, for they obey two different laws.⁵ They are based on two different emotions: love or fear.⁶ While fear separates, love unites. While fear hates, love loves. In love there is unity where we are all one in God, but in fear we are separated from everything. The law of love is the law of God and is really the only law, everything else is an

illusion. Thus the law of love is far more powerful than the law of power as depicted in the Old Testament. Einstein said that love is the law of life, which is both invisible and the most powerful force in the universe. "To give visibility to love, I made a simple substitution in my most famous equation. If instead of $E = mc^2$, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits."² Love is this energy flow I've described and is the only thing that is real. We need therefore to start applying this law in our minds to change our mindset and stop thinking according to the law of the Old Testament. The law of love is the only law we need to adhere to and God's kingdom is just waiting for us to change our mindset. In Romans 13:8 it says: "Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law." Love is the fulfilment of the law and without love we cannot do much. We may think we can do things on our own but it's just an illusion, nothing is real nor enduring unless done in love.

*Death of the ego is the removal of
the old law from your heart*

*Then I saw a new heaven and a new earth...
There will be no more death or mourning or crying or
pain,
for the old order of things has passed away.*

Revelation 21:1-4.

Our mind cannot support two thought systems at once so we must systematically eliminate one if we want the other to have more space. For many, fear has taken over their thought system and their hearts are closed, creating a vacuum within them because we've closed our heart from love and our God who created us. In order to get out of this vicious cycle of wrong thinking we must overcome fear and when it can no longer creep into our hearts we have won. We therefore need to stop involuntarily, primitive impulses of the reptilian brain that has been in charge for too long. The heart has hardened over time, for many in childhood and has become like a stone, but it should be soft and forgiving if we are to function properly in life. But how do we prevent fear? We need to break down the walls of the ego to get to the

core and in order to break down the walls we need to realize what the ego represents. The ego, this satanic, narcissistic energy only thinks of oneself and defends its right to exist at all cost. It considers itself to be god, but is morally blind and thinks only of itself and makes up its own rules. When the ego speaks it can be very demanding and selfish, yet at the same time it can introduce thoughts that drag you down. It depends on the situation and what your fears are, because they are tailor-made for each of us. This is how the void is formed in the heart because it has been separated from God. By separating us from each other we obstruct love from entering into our hearts and we believe the world we've made, which is the world of the ego. This world of the ego is where sin exists and what we perceive as sin is Satan manipulating us into creating in our own power. We have thus created a world of fear where sin belongs to. We do not need to become ashamed nor fearful when we contemplate this, but rather face where we might be spiritually and mentally, i.e. in our own personal hell (ego) where Satan reigns. "Since love is all there is, sin in the sight of the Holy Spirit is a mistake to be corrected, rather than an evil to be punished."⁸ Those are comforting words, because it is hard to accept that Satan could have such an impact on our lives without us knowing it, but it is unfortunately the sad truth. Many of us are overpowered by him without even suspecting it. However, the good news is that by realising this we can remove his stronghold over us. When we start seeing that we are loving spiritual beings we will undo sin because we no longer see a world of separation. Sin is therefore no longer our master for we are under grace (Romans 6:14) and thus we are saved from the covenant of the Old Testament.

Billy Graham said in his book *World aflame (Heimur í báli, Icelandic version)* that the man's deepest problem is spiritual, not social.⁹ That said, it is clear that this is foremost a spiritual struggle where the only solution is to eliminate fear, which creates this void in the heart, and face the real enemy which is the ego within you. This voice really doesn't want the best for you even though it convinces you that it does. In that instant you have decided to listen to Satan's voice instead of the loving voice of God.

Death of the ego (John 3:3) then is in essence letting go of the wrong thoughts, a wrong communication pattern that does not work and changing the egocentric mindset from I to us. When you start letting go of the

egocentric mindset and begin to reprogram your mind the spiritual death process starts happening. You begin replacing the old mindset, the thought system of the Old Testament with the new mindset of the New Testament. In the Bible we are encouraged to step out of the boat. I believe the boat is a parable to show us ourselves as a boat metaphorically on the raging sea of energies and by stepping out of the boat we are stepping out of fear and trusting God. Therefore to be born again is to open ones heart, learn to control ones mindset and recognise which thoughts are from God. Then you learn to see the world anew, through God's eyes and it's the most beautiful experience!

When we forgive sins we abolish the old law

We have distorted the world with our dual thinking and failed defence mechanism and now we are seeing something that isn't of God. By learning to recognise the perceptual error we will also learn how to look past the error and forgive. We need to learn to forgive everything, not because we are so "good" but because what we see is not the truth. At the same time we are forgiving ourselves, by ignoring our own distorted ideas about the self that God created in us and as us. The forgiveness eradicates the notion of separation.¹⁰ We need therefore to learn to forgive ourselves for not seeing us and others the right way. "Be innocent of judgment, unaware of any thoughts of evil or of good that ever crossed your mind of anyone. Now do you know him not. But you are free to learn of him, and learn of him anew. Now is he born again to you, and you are born again to him, without the past that sentenced him to die, and you with him. Now is he free to live as you are free, because an ancient learning (eye for an eye) passed away (Jeremiah 31:31–33), and left a place for truth to be reborn."¹¹

"We cannot heal hurt with hurt," said Sireen, a young woman while walking out of the courthouse in Mosul in Afghanistan where she had testified in a trial against a member suspected of being part of the Islamic State. "He is so young and didn't even realise why he was there," said Stacy Dooley the reporter for BBC and seemed concerned. Sireen is a victim of sex slavery in Iraq and she had been held captive by a member of the Islamic State (ISIS) during the Iraq war. Sireen has good reasons to think "eye for an eye" but after facing one of

the suspects she was no longer sure that punishment was the best solution. "I wish I could do something to get these people to change their minds and return to a normal life. At least realise that they've made a mistake. They hurt people, injure and kill but we do not heal hurt with hurt. I hope we can make them change their minds," Sireen said.¹² I agree with her, hurt people hurt and by ignoring the root cause we are not healing anyone. Also who are we to judge who is good and who is bad? (John 8:7). God makes the sun shine on good and bad people alike. He loves us all just as much but we complicate things by living in our own might and put ourselves in the judgement seat as we were some gods, which is one of the ego traps.

Satan's stronghold

While it's easy to see that Satan's law is bad, it's hard to break free from the shackles of this heavy unforgiving energy and the wrong mindset.¹³ The reptilian mind does not let go so easily. This is a process that requires a lot of work on your part. The mind is both lazy and set in his ways and in order to cultivate a new habit one must exercise discipline. It can take a long time to get used to a certain habit or even a vice that you might have developed. One of the explanation is that Satan has a stronghold over us and it is not so easy to break free. Also, with time we have become accustomed to thinking and behaving in a certain way. Therefore, it can take a long time to change your mindset. Many of us have a negative record that plays the same repeating mantra indefinitely, such as I am like this and that and you as well, and it takes more than one day, one week, or one month to change that mindset. How often do you hear others say: I'm so stupid, I'm very unlucky, or something similarly negative? We sometimes pay more attention to what others say, and when we think or say the same thing about ourselves we don't even notice it. We may also have a negative thought or belief that has been ingrained in us since childhood, and this thought may only occur in certain situations where we respond by default in a certain way. It is not always conscious and therefore we need to take a closer look at our thought processes and become more aware in order to be able to change the way we think in order to break this pattern we have since developed childhood and install a better and more constructive thinking¹⁴ where you learn

to stop when bad thoughts arise. By becoming more aware of this movie that you are creating in your mind you can eliminate events happening that you do not want to be a part of. Isn't it good to know that you can stop the process before something bad happens? I would think that is very liberating. The first step is to acknowledging the problem, then you can mend it.

The ego or fear uses lies and illusions to get to us and convinces us that we're separate from others so we will attack each other with words, thoughts and actions. The ego doesn't know the truth (it's another thought system) and uses lies to get to us and when we are not in harmony and balance it's easier for the ego to enter. Therefore we need to be aware of this force that exists, which is Satan and learn to ignore those thoughts of separation and lies, for otherwise it (the ego, fear, hell, jinn, Shaitan, Lucifer, the devil etc.) has gotten its hold on you. According to this it is quite understandable that we think and behave in a bad way when we are not aware of this satanic energy penetrating us and dragging us down to hell to the point of pulling someone to the brink of taking ones life or others. Those that choose that path will belong to another father, the devil and carry out his desires (John 8:44). Those who sin so terribly of course have to face their consequences, but in my mind, they shouldn't be condemned by us but much more understood with sympathy, as we know they have chosen to bypass the law of God and doing that they made a mistake that they need to correct. We do not know where they've been as children for example and why they chose that path. They have created their own world that turned out to be a nightmare and they need to repent and correct their thinking, let go of shame and see that their sin belonged to a life full of wrong thinking and they got stuck in the mud. When we see sin is of this world which is Satan's world it makes it easier to let go and forgive anyone who we think have done anything wrong to us or others. I have not have gone that far as I describe here above, but I have of course sinned as the next person and listened many times to the lies of the devil that tells me I am not good or good enough and I start acting in accordance to those thoughts and feelings I've been sent, which leads me in the wrong way, seeing others as my enemy when they are not, like when I was driving and gave the person passing me the finger because I became angry with him. I know my sins might not be large on the sinfulness scale and I am more of an outsider when I try to explain

the thinking process of people completely lost in his world, where they find joy in torture, such as satanists, but someone has to put a finger on it and explain the process though I will never be able to understand the terrible things that go on in the world of satanists. What I do know is that they are all a consequence of their upbringing. No one is born evil, we are made evil.

Come near to God and he will come near to you.

Wash your hands, you sinners,

and purify your hearts, you double-minded.

James 4:8

When you correct your thought process repentance will follow. Many people think that repentance is shame and humiliation and they're right. Repentance is about realising your responsibility of your thoughts, your actions and turning back by allowing God to lead you again. It is the realisation that everyone is responsible for their own thoughts and thus their own behaviour. This revelation will naturally accompany remorse because we will regret all the confusion we have created. I can only speak for myself, but when I began to face my responsibilities and see how I chose what was happening to me there was a lot of remorse. I cried when I discovered how I could have thought and acted so much differently than I did. This realisation that I had done wrong all by myself and made so many mistakes was very hard for me. I flinched at the thought when I felt the remorse of hurting people. I couldn't blame anyone else for this and I was truly ashamed for myself because I had chosen Satan's law, which is hate and war. There was also remorse before God because I knew that I had chosen to violate his will. I felt shame before him. However this death process was also an awakening which brought forth hope. As I was experiencing the remorse of my mistakes I had made in the past I also felt hopeful of being able to make better choices in the future. I could fix this by changing my mindset and forgive myself and others. That way I was able to change my situation and step out of the role of a victim, which is like a resurrection from the dead, because God raises you up with his loving thoughts and encourages you forward. I found out he hadn't let go even though I had. By dying to your ego you learn to be completely responsible for your own experiences in life and see that you are not a helpless victim of endless circumstances but you have chosen all the situations in

your life. This new life will be very empowering for you as you learn to choose more loving situations by choosing the loving energy. “The ego is your death, and the death of the ego is the beginning of your real life,” Osho said in his book *Creativity*¹⁵ and I fully agree with him. It was liberating for me to let go of victimhood or the egohood. Once I knew I had some power over my life and I wasn't a victim I was able to choose where I wanted to be energetically. Death of the ego is only a symbol of fear of God. Jesus came into the world to teach everyone about the law of love by showing others that the holy spirit is real and it's for everyone, it's the way of life with God. The law of the New Testament offers love and protection and it is those that have not yet changed their minds (mindset) who choose the “hell-fire” concept.¹⁶

*Bear with each other and forgive one another
if any of you has a grievance against someone.*

Forgive as the Lord forgave you.

*And over all these virtues put on love,
which binds them all together in perfect unity.*

Colossians 3:13–14

“To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you. All the rest must be forgotten. Forgiveness is a selective remembering, based not on your selection.”¹⁷ This was (and sometimes still is) a huge challenge for me. The thought of doing the opposite and turn the other cheek so to speak was unbearable for my ego. My nervous system and whole body trembled because my thoughts were based on revenge. This was the same as losing and not only was it a huge mental challenge for me but also a great physical challenge to decide to turn my other cheek to the person, it felt almost like crucifixion when I died to my ego. And so it was a lot of mental work for me to apply this law in my life and for a long time I was stuck in victim mode justifying myself. I mentally fought with the forgiveness and letting go of the pain and cried in sorrow. How can I forgive someone who has abused me? I asked myself many times. And willingly. How is that possible? I asked myself completely blind to the truth. I remember whispering into the air after laying sleepless in bed many hours into the night, “I cant, God. I just can't forgive him.” No matter how I tried, thoughts of all the negative memories in the past came into my mind and the ego's voice said: yes, of

course you cannot do that, you can't forgive that. This man is a monster." The more I thought about the past and kept puzzling the bad memories together I formed an image of a criminal in my mind. He wasn't even human anymore, he had become the devil. Then another voice, much softer and more gentle whispered: "I love him. Help him." This is not my voice, I remember thinking. There was absolutely no will in my mind to help him but I remembered noticing my thought pattern and said to myself: "Yes, I see where I am mentally now. I am in hell and I am painting a picture of my ex in the shape of the devil. I need to get out of here." I knew that I had momentarily gone off tracks by listening to the wrong voice. A voice that gave me ill advice and I had gone in my mind straight to fearful thinking which led me to hell. I whispered quietly to myself. "I see you as my brother, a child of God and I forgive you. I know that when I forgive you we are both set free and are both under the law of grace." I could feel a heavenly peace come over me and love filled my heart. This was of course for just a brief moment but I will never forget how I felt that instant reward of forgiving. "Inner peace can only be reached when we practice forgiveness," said Gerald. G. Jampolsky.¹⁸ Since then I have had to practice this many times, whenever I find something in my mind that I haven't forgiven yet.

Some situations can be very hard to forgive, because the person is too emotionally connected to the event and may need some time to find peace in their heart and that is the role of time, to heal the heart. Meanwhile those that are not emotionally connected to the person or incident need to step in and help by seeing the person who has made the mistake (sinned) with loving and forgiving eyes. It is so important that some see the one doing the mistake as a good person that has momentarily gone off the tracks and made a mistake, otherwise he or she might not want to return to the right track if everyone looks upon them with judging eyes, invisibly casting stones. I'm going to give a harsh example. Let's take someone that's taken someone else's life. Of course no one expects the person who lost a spouse, child or anyone close to forgive the perpetrator right away, although of course it would be amazing if they could and that meant that they have come a long way in their spiritual journey. It can take time to understand that God also created the perpetrator and loves them unconditionally, but hates the sin. In those cases, it is understandable that others demand

that the law of the world, the law of the Old Testament (eye for an eye) is implemented and the person who committed the unthinkable reaps just as he sowed. He does reap as he sows but not by manly powers. God will take care of that. It may therefore take time for you to get out of the mindset of worldly punishment, because you are rethinking everything with a completely new prerequisite. Not to punish? What do you mean? Not tooth for a tooth, but give the other cheek? Yes. We've heard this many times, but more often in theory than in practice. In South Africa, there is an ethnic group called the Babemba and it is interesting to study how they respond to anti-social behaviour in their society. When a person does something unjust and breaks the rules of society, all the villagers gather in a circle around the individual as each villager begins to say all the good things that particular person has done in life. Every single event is reviewed, every experience is described in detail and all the positive qualities of the person, the good gifts, strengths and deeds of kindness are listed. This can sometimes take a few days and does not end until all the villagers have talked about all the good memories and positive experiences and then the person is welcomed back into the community.¹⁹ I think they have a much healthier approach than we've been accustomed to here in our western world, at least when it comes to punishment. I can understand that the one who suffers the loss may not be in a position to forgive right away, especially people who have taken other people's lives and those that have lost loved ones. They must work on forgiving and find peace in their heart with God's help. Others, for example friends or relatives, even people within the legal system, i.e. those that are not emotionally connected to this event are more able to help the perpetrator by looking at him with nonjudgemental eyes so he can find peace in his heart to forgive himself for his flawed mindset and return to the right path. That is why the people in the judiciary system, law enforcement, prison custody and psychotherapy (to name a few) are extremely important in that sense. By protecting these broken souls who have grievously erred we can give them a chance to renew their faulty mindset. A big part of dying to one's ego is forgiving oneself for making bad decisions. Therefore, we should not judge at all, but deliver people from the shackles of wrong thinking (John 3:17). We have the opportunity to see the person with loving, non-judgmental eyes and pray for them to escape the

darkness of their mind so they can embrace love instead. Many people have managed to escape this dark world and they've been able to be a big help to others that are still stuck in the wrong mindset. To give hope and to be forgiving can move mountains. When we deny our brother and refuse to see his innocence (as a God's child) we deny our brother a heaven on earth.

I've had to forgive many people but some people were harder for me to forgive than others. My parents in particular, because they lacked the love you need to bring up a child with a healthy emotional life. Our parents are some of the most difficult people in our lives who we need to forgive over and over. I had parents that were marked by their upbringing, a war generation that were not helped to guard their mindsets, they didn't even know it was important and that is why they repeatedly fell pray to Satan and his wicked ways. I forgave them when I started to understand where they came from. Life wasn't easy for both of them. My father had to leave the house when he was 13 years old and start to make a living for himself. He once told me that no one even wished him happy birthday on his birthday and of course no gifts or even a cake. This was just one small story that he shared with me about his emotional life in his early days but it made me wonder how open his heart was if no one took extra care of him on his birthday. This hardens a man and that is why he was emotionally under developed. My father was the satanist in my life. No one except me and God know what he said and did to me when no one saw. My mother also faced many difficulties. She was only 19 when she became pregnant with my oldest brother, but her boyfriend wasn't allowed to marry her, which was a disgrace for her in 1958. Her mother and sister even tried to give her poison to make her have an early abortion, but my brother was supposed to come to earth. Her life became challenging after the birth. She had been studying to become a seamstress, but didn't get a chance to finish her studies so she had to abandon her dream. When my brother was born my mother was forced to go work at the farms in Iceland. There wasn't any social and welfare system in the fifties, no alimony nor any support from the government. The job in the farms was socially difficult and my mother told me that some of the farmers wanted her to do more than cook and clean and so she had to leave because of that. My grandmother (my mother's mother) offered to help my mother by giving her a loan and in exchange she would

take her youngest son and adopt him. My mother didn't want that but was forced to comply. That changed her and my brother's life forever. After giving him up for adoption and abandoning him my mother lost respect for herself. Society also played a big part by judging her as an unwed mother, for example inviting her to the family's birthday parties when everyone had already eaten, that is if she was invited at all. This of course gave an impression to others that she wasn't important and it was justifiable to show her lack of respect, which they did. This also harden's a woman's heart and that is why her emotional life was under developed. Today when I know my parent's story, how their childhood was, it helps me understand and forgive them wholeheartedly. When I first experienced forgiveness it was like being released from an invisible prison and for a moment I can see through the illusion and understand what I and others are doing and the reason why we chose fear and separation and were lost in hell.

*Why do you entertain evil thoughts in your hearts?
the Son of Man has authority on earth to forgive sins.*
Matthew 9: 4-6

Victim thoughts are thoughts that you entertain in your mind when you blame everyone else for your problems. They can feel good but nourish you in a very unhealthy way with bad results, breaking down relationships and making you become angry and bitter. A person who has become accustomed to thinking in that negative way is often not even aware of it and may find it very difficult to quit. It feels good to be a victim and quite rewarding when you can always blame someone else. All thoughts of disapproval, e.g. I don't like this or that, or this person is doing that which annoys me so much, even I hate this and I especially hate that person which is annoying me. Forgiveness has to enter that equation and for some things that hurt the heart forgiving needs to be done again and again. Jesus was asked how many times we need to forgive and he said 70×7 (Matthew 18:21-22). I see that now. I have had to forgive both my parents many times, as well as other people that became close to me. I've also had to remind myself over and over that I too have a flawed mindset and we are all doing the best we can with the tools our parents and the environment gave us in our upbringing. Some things are just harder to forgive and require us to forgive often. For example the man who was repeatedly beaten by his

drunken father? Images of the past can come up frequently and he has to forgive each time when that happens. What about the child that gets repeatedly bullied even though he's trying to improve his behaviour? It can be hard to forgive that. What about the mother that lost her child at the hands of a murderer? That's unthinkable and only at the hands of the most forgiving to be able to do that and they have to do it many times as well. There are countless examples. Forgiveness often takes time, with a lot of mental work to learn to see others who we know are perpetrators as human beings again, but with a terribly flawed mindset.

*To forgive wholeheartedly is to be free
from a mental prison*

It took time for me to let go of being a victim of abuse. I understood that I chose this experience myself but it was hard not to be able to blame someone else except myself. It was I who voluntarily went into fear mode with my thinking. It was certainly not always conscious but I did it anyway. The hardest part wasn't actually letting go of the perpetrator, the hardest part was in fact to admit to myself that I chose this all myself. It was like suddenly waking up and realise that I had had a nightmare and I discovered that the nightmare was an illusion that I created in my mind. I had decided to see the sin in others, but that was only a sign that I was in the wrong mindset. At that precise moment I started slowly dying to me ego. I could understand that there was no one to judge, not even me. "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life (John 5:24). Believe those words of Jesus. This is the death of the ego in a nutshell. You will not be judged, for God judges no one and then you will step out of hell, which is the ego and into the light. By this I am by no means downplaying everything that has happened to people, just pointing out the root cause of it. Although it does not excuse the perpetrator's behaviour, it may help others to understand, forgive and finally let go. It also helps perpetrators to let go of their own judgement, for guilt and shame keeps them chained in hell.²⁰

I'm kind of turning your world upside down by inviting you to look at yourself differently, and also everyone else as well as your circumstances. I know this can be difficult for some to face. For a long time, I too held onto

being a victim. It took me years to accept and take full responsibility of my experience. The reason it took me so long is that I found it much more comfortable to be in the role of a victim. As a victim, everyone is on your side and you don't have to take responsibility for your thoughts. You have every right to be angry and even if you hit back it is justifiable as you are the victim. Everyone is on your side thinking the same black and white thoughts, you're good, he/she's bad. Who doesn't want to be in the role of the victim? But who wants to be the perpetrator? No one. However this law of might only offers white and black thinking: good or evil with no place for forgiveness and it's so toxic, inviting passive aggressive behaviour creating hateful relationships. In essence we are calling for love when we choose to be the victim because we went to hell with the wrong thinking, straight into the darkness and experienced lovelessness. I am not at all saying that we wanted that even though we chose it. Those are two different things. It's the satanic energy, all the bad feelings and evil thoughts that we are engulfed in. With concentration you bring thought to life no matter what you are thinking about. Every time you think about the past you fall for the illusion and do not see clearly. Then you attract the same event or situation no matter if you want it or not. And when you realise this, that it's your responsibility to send only good energy and loving thoughts from you, you will change your story, for who wants to intentionally make oneself or others feel bad? Forgiveness is for us human beings (Luke 5.20–25). God doesn't have to forgive because he does not judge in his heart.²¹ He did not create sin, the Devil did. God knows who we are and is waiting for us to change our minds to see love instead of hate. I understand that it can take some time for us humans to adapt to this new mindset and learn to see wholly through the illusion and focus just on forgiveness and graceful atonement but I believe it's the only way out of hell.

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

Genesis 50:20

Then I had a one more romantic relationship where I thought I had met my prince charming but found out shortly that we weren't exactly a vibrational match, which I know now is the whole problem. The

disappointment was enormous. He wasn't who he said he was and lied and betrayed me in such a way that for a while I lost all faith in humanity. I thought I couldn't trust anyone afterwards because he didn't quit after we separated and stalked me for years. Some might think why did she choose so poorly. It is because of my upbringing and what happened to me in childhood. It's because of my satanic father. After this romantic experience I became very suspicious and distrusting of everyone I met which in turn had an effect on my relationship with others. Then one day I reached rock bottom. I had isolated myself and my thoughts became to the point that I saw no solution but to give up and leave this existence on earth. It wasn't that I was planning to do anything, it was more like a mental exhaust where I gave up and didn't see any future for me when someone was always watching and laying traps before me. I lay awake for many nights in a complete desolation. What am I doing here? What is the purpose of all this? I asked myself. Why doesn't he let go of me? I didn't know back then that it was Satan influencing that person to hate on me and also Satan influencing me to become fearful, distrusting and closing off from others and trying to influence me to check out of this existence, but that is his ultimate goal for all of us to entrap us perpetually in a soul trap again and again. To put it more mildly, this is exactly what happens when one is lost in their ego. It will end up by engulfing you. The self-preservation, the distrust and later depression gets to us all if we go on being egocentric individuals. The mindset becomes all confused when the ego convinces the person to check out of this existence. I was just a regular person and didn't think I had any real problems, but my mind wasn't on guard and I fell into temptation. This can happen to anyone so do not judge. Like many people I didn't connect the dots about the spiritual battle in the unseen realm until I learned what it means to guard one's mindset.²² When I realised this I had a big wake up call, because I didn't want these thoughts, but somehow debilitating thoughts were penetrating my mind without my consent. I knew in my heart that I really did not want to die and was extremely surprised at those thoughts entering my mind! I was experiencing firsthand the effects of the spiritual battle in the unseen realm and how some thoughts, extremely dangerous thoughts can penetrate your mind. It made me stop and wonder, what is happening? How come I have those thoughts I do not want? This analysis helped

me see how important it was to stop believing everything that came into my mind! It wasn't enough to just be positive. I had to do more. I had to learn to be a gatekeeper for the thoughts that tried to penetrate my mind and only accept the good ones and let the bad ones go. But how do I do that? I thought to myself. Many times I didn't even notice them entering! This was an invisible war and I did not know how to win it and to tell you the truth I felt helpless. Then a thought came to my mind. Since I had made my way to rock bottom all by myself and didn't see the way out maybe my Creator could have the solution for me, and instead of giving up I sought God. I started praying and meditating, actively trying to seek him and I don't mean just saying the Lord's prayer but really fervently praying like I had done in 1999 when God answered me and that meant crying out to the Lord. I weeped uncontrollably telling him that I had gone to the police and no one could help me and please help take those thoughts I do not want away. "Please God, help me," I pleaded many times. "I see no way out, I have been cornered in every aspect of my life," I said. I knew God was the only one who could help me. I prayed for a long time (some months) that God would take this pain away from me and protect me from the evil in my life. Sometimes when the battle is big it takes time for God to step in and help you, there is also the devil that is actively sabotaging all plans and we have to wait patiently for the right time and the right energy to act. I never took any drugs for those debilitating thoughts and do not take any drugs for anything, because I do not believe in that method to cure. Instead I sought God, which we are supposed to do, and I found my cure with the right mindset.

You might not have had the same experiences as I have but this could serve as a good reminder for you if you are battling depression and trying to get out of Satan's mindset, releasing those negative thoughts that bring you down. It takes time and patience. I had no idea that this was a cunning idea from Satan that crept into my mind with only one purpose to steal my joy, destroy me and kill my spirit.²³

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18

Satan's thoughts are debilitating thoughts, for example all thoughts of inadequacy, e.g. I am not good enough or

worthy, I will never be able to do this so I will react in a certain way to avoid looking fear in the eye. Do you have any obstacles that you avoid facing and fear keeps you down? I recommend taking a look at that, because most often it's your dreams that you cannot make come true because of fear of failure or whatever comes to your mind. I can share one such story from my life.

Many years ago I decided to take an exam to enter a choir. It was certainly not an easy decision for me. I had thought about it for many years but fear kept getting in the way of me taking that step and I didn't even consider the idea, but one day I worked up the courage to call the choir manager who arranged an appointment. When the day came I was still afraid and very hesitant but I somehow managed to go. While I was waiting for the other women to pass the exam I trembled and thought to myself why in the world was I doing this, the choir director would maybe start laughing and ask me what I was doing there. Oh, how I feared humiliation! Then it was my turn and too late to change my mind so I stood up and walked into the room. The choir director turned out to be a very lovely woman who welcomed me and in a motherly tone asked me what song we should choose. I don't remember the song but after I had sung a little bit the director told me with a smile on her face that I could be in second soprano, even first if I practiced well and then she welcomed me with a big smile to the next rehearsal. I was stunned when she said this and with a huge grin on my face I walked out and into my car where joy filled my heart. On my way home I couldn't stop smiling. I had managed to break through a fear of failure that had been holding me back for a long time. I felt so happy. I had made one of my dreams come true, but in order to do that I knew I had to break through the barrier of fear. This experience was such a huge stepping stone for me in becoming braver and ignoring fear and that is why I tell you about it. The fear I felt before taking the exam was so real with physical trembling and thoughts of disapproval disarming me. This experience was proof for me that my mind is not always being helpful and true. I could pass the exam, but my mind had deceived me. Satan had lied to me, saying that I wasn't good enough and I would be laughed at, which didn't happen. Instead I got accepted and had a few wonderful years singing with that choir. I even went abroad two times and sang with the choir at the Notre-Dame de Paris. This experience convinced me how my fearful mindset had paralysed me for far too long and stood in the way of my

happiness. I had allowed Satan to affect me and I wasn't going to let that happen any more. However, it was not that easy to get rid of Satan. Though I was aware of the fear being put in my heart and I knew ways to avoid that, I wasn't aware of the story of Lucifer and Jezebel. That's a very important story of Satans world. The people serving him are Lucifer and Jezebel, which are all the people that fall prey to his satanic mindset. I was not aware of this until I had finished writing my book and that is why the English version is so different from the Icelandic version. I also found out after I wrote my book in Icelandic that Satan is real and so is the incarnation of Lucifer and Jezebel.²⁴ God helped me see how Satan makes unsuspecting people do his bidding and how they become Lucifer and Jezebel by following his law.

Satan then found a new way to get to me and that was through the church. I was really naive and thought that everyone at church were good, honest people and had good intentions, but that's not always the case. The spirit of Lucifer and Jezebel can enter anyone and they find many lights at church that they try to spoil and lure into temptation. In the year of 2016 I had a supernatural experience when I went to Filadelfia church in Iceland. There I encountered a man and suddenly I felt a beam of good feeling energy that came into my heart and I heard someone say, I love you. At first I thought it was connected to this man but later I realised that it was a warning sign. I now know I had to have that experience in order to understand how the spirit of Lucifer and the spirit of Jezebel (jinns) goes into people, even at church so they become Satan-like towards others, making them think it is okay to use and abuse others without even repenting. They use religion to justify their presence there, because in their hearts they want to change, but they are not wholly committed, nor sincerely following godly principals. Just by saying, "I follow Jesus and Jesus is god," they believe they can become a new man or a new woman each day without really repenting and letting go of that sin. That is of course not enough. You can encounter the devil everywhere, also at church and today there are many women and men going to church in search of other men and women and not God. That man at church started being interested in me and for a while I thought that maybe we were destined to be together and so I allowed this interaction to happen, only to realise that it was a superficial relationship and no God was present when we were together. That made me question everything and I felt alone and without God,

because I thought this was a sign from him, but it was not the way I thought. This experience was important for this book because I had to know how someone can use religion to use and abuse others. Up until that moment I was totally oblivious to the fact. It was very hard breaking up with this person because his energy (the spirit of Lucifer) pulled on my energy, trying to reel me back in again and again. This lasted for some years until I finally pleaded to God to help me remove this stronghold, which he did and I'm glad it's now gone. However the spirit of Lucifer keeps pulling on me from the unseen realm keeping me from meeting my Immanuel that God has planned for me to meet and that is how this world is today. Satan uses Lucifers and Jezebels (people who do not guard their mindset) to pull on all the Immanuels and Maria Magdalenas of this world making no one compatible with each other and keeping Satans's world in place. It's ultimately through the mindset that everyone escapes the matrix of Satan and can become Immanuel and Maria Magdalena again. In plain language, Lucifer and Jezebel have a knack of spotting kindhearted people and know they can get some love from them and therefore pursue a relationship with them. This mentality preys on other people and uses their energy to uplift them instead of going to God for that. I have forgiven this person today and taken my responsibility also for pursuing this relationship even after I noticed it was unhealthy.

*Love the Lord your God with all your heart
and with all your soul and with all your strength.*

Deuteronomy 6:5

Our most important role here on earth is to love and forgive ourselves and each other for falling prey to the wrong mindset and believing that what we perceive is right. True forgiveness is the same as performing miracles and we can easily heal the world by healing ourselves first. God is love and if we do not feel love we are simply in the wrong place, wrong vibration and wrong mindset. When we fully understand that the mind and spirit is the only thing that is real we will see that fear is meaningless and has no other purpose than to show us where we are mentally. By becoming vulnerable and humble before God and revealing all our inner secrets we can develop a real relationship with him. After asking God to heal my heart and make it whole again I started praying everyday and with time I made

my prayer life a big part of my day, praying several times a day until it became a default mindset where I thought only good thoughts the whole time during the day. I often needed to put worship music in my ears to stay on track with God because there were so many attacks in the spirit world and I of course used the fruits of the spirit, which are joy, happiness, laughter, kindness etc. to ward off the negative energy. After praying like that for a while I started to feel much better and as I prayed on I began to realise God was answering me. At first I was very surprised but I could feel how the energy in my body changed when I prayed. My heart was filled with a warm vibration of love and appreciation when I thanked God for being there and sending me all kinds of gifts in the spirit. The feeling was tangible, I could very well feel the love, this energy vibration that was entering my body. God is surely energy I thought to myself. Einstein says love is energy and if God is love then he must also be energy. It's so obvious to me. When I met God in 1999 the feeling was so powerful like a bomb when the loving electric current filled my whole body. This time it was more subtle. The feeling was light and soft. I felt this energy fill my heart sometimes like God was happy about something I did or said and it made me feel loved and appreciated. It was a wonderful feeling. With time I could feel more and more love flowing into my heart as I connected more with God. We were clearly strengthening our personal relationship and it was wonderful. Not only had I found my friend again (maybe I've been lost for many lifetimes, it felt like it) who loves me unconditionally and I realised God's energy is the cure for every ailment, every heartbreak and crushed spirit. I then found out that in order to heal my heart I had to let love into my heart, which I was terrified of doing because I knew it would be a painful process. I was terrified of love, because I had been hurt so much, but that actually wasn't love, it was hate, I just didn't know better. However, there was no turning back and I started the recovery process taking one step at a time. For Satan crushes your spirit and the Lord restores it. With God's love he can help us get on the right track but all you need to do is ask, because God does not violate free will. If you do not want his help he will not insist.

The heart is the secret

*But the Advocate, the Holy Spirit,
whom the Father will send in my name,
will teach you all things and will remind you
of everything I have said to you.*

John 14:26

The heart is very important, much more than we realise. The Bible speaks 900 times about the importance of protecting one's heart, much more often than the dangers of fear.²⁵ Salomon warned us in the Proverbs 4:23 where he said: "Above all else, guard your heart, for everything you do flows from it." The heart is so much more powerful than the brain and emits extremely powerful magnetic waves. Why are we then not using the heart since it is so powerful? I believe it is the best kept secret in this world how powerful we really are and the spiritual wickedness in high places (Satan) has tried hard to hide this truth from us for a very long time, because we're so powerful when we manifest with God. It has been kept secret for centuries for the simple reason that if we followed it, the ones controlling the world would not be able to control us as much. We have been taught to think rationally with our brain and many of our beliefs and attitudes have been systematically instilled in us so we will only respond in a conditioned way. Emotions are a definite way to show us the wavelength of our mindset (our state of our mind) and by blocking the emotions we also close the heart chakra. In other words, when we are not feeling well the body has set our innate alarm system in motion and is telling us that we are on the wrong track and we need to change our mood. If we do not include the heart we lose the connection with love (God) that lives within us. Then we feel less compassion and love for others and love for ourselves and we end up being selfish, even morally blind and involuntary or voluntary tools of evil forces. However, if we include the heart in our decision-making we will have different answers. For we are not in balance when we rely only on our brain. We need to take the heart into account and let these two chakras work together. I would even go further and say that all chakras need to be in harmony for us to be able to fully function so we can fully connect to God. It is not enough that they work together, they need to be in the right frequency to work well together and this right frequency is at the same frequency as God's frequency and we

find it not only with a changed mindset but also the right feelings as well. The secret is to use the heart and learn to unconditionally love with it and Gods divine energy is the only energy we should fill our hearts with. God sees what is best for us and will never rule over us with a hard hand. We can trust it, but we are simply so afraid of love after hurting ourselves in our dealings with each other that we do everything we can to avoid it. If only we all knew that giving is the same as receiving²⁶ and we receive manifolds as Einstein's formula shows. The best thing we can do for ourselves then is to give God our love and learn to love God in other people. That way we will get back manifold that love we sent from us. Therefore, it is undoubtedly in our biggest interest to give our hearts to God and instead God will give us his heart, which is so much bigger and more loving than our tiny hearts (Mark 12:30).

When I lived in France and was at the university studying media I met a lovely lady that asked me to join her for the International Refugee Day. Afterwards we decided to publish a paper in support of those who had been tortured in their home country for speaking out against the government. Later I became interested in that subject and through that woman decided to interview a man who had been tortured while in detention in Iran. I had to go to one of the areas in town where there was a lot of crime. Not only were women reluctant to go there alone after dark, but also the police refused to go there on inspection after 8 pm. When I entered the building it led me into a corridor which was a bit dark and narrow. There were no lights functioning. When I walked further into the corridor to go to the stairway I saw a group of men standing together and talking with each other. When they saw me they all stopped talking and just stared at me. As I approached them in the dimly lit hallway, I could feel fear begin to enter my heart. They were standing a bit in my way and I had to talk them to get through. All of a sudden I could feel something telling me to relax and send them love and light with my heart, which I did. Just as I walked up to them I smiled as I looked at them trustingly. Then I asked for the house number because the house was unmarked and I was not sure if I was in the right place. Maybe they noticed the kindness in my eyes because that's what happens when you send love with your heart, at least they all became silent and unafraid themselves. Then they replied politely and instantly backed away to let me pass by them so I could continue

going my way. I am sure that I was helped react in the right way so I wouldn't give in to fear and by thinking kind thoughts I was influencing the right conditions and good happened. That is not to say that bad things couldn't have happened, only then would I have gotten a hunch or a warning that I shouldn't walk past these men, or even not to go there in the first place. No doubt we can all find such stories in our lives where we've experienced that we have been led by some loving force and even gotten out of trouble in an incredible, almost random way that we cannot explain. We might even meet an individual who becomes a key person in introducing us to another person or a new opportunity, or we walk right into someone we know when we're travelling abroad. There are countless examples of those loving gifts of exchange in our lives. Afterwards, we often doubt whether this really was a coincidence, but as I have mentioned before, I do not believe in coincidences. I know we live in a good world where love rules, we need to be in the right flow and then we are in God's world.

Closing the heart violates the law of love proclaimed in the New Testament. That is why it is very important to take good care of both your mind and heart to prevent anything other than love from getting in there and building a nest. Jesus said in the New Testament that we should not let anyone into our homes. The same can be applied for our heart. This is a trait that many of us have lost and some may even never have learned thanks to their upbringing and surrounding environment, making us like parasites leeching on other people's energy. Humanity has become blind and deaf, only thinking about our own good because we do not see nor hear properly.

For where your treasure is, there your heart will be also.

Matthew 6:21

If you do not have the spiritual protection you will be attacked in the spirit world and influenced by people who may not have the right mindset. It does not matter what they say, but any moment you can connect to the other person and if suddenly you start thinking negative thoughts you have entered the same wavelength they're on, and if the thought is not loving you will know you have decided to be influenced by a wrong mindset. If you do not correct yourself at that moment you will start attracting more negative thoughts and all of a sudden

you find yourself being negative, criticising and even arguing in your mind with someone else. By connecting with the right energy, which is another word for the holy spirit and by blessing and forgiving you both receive the atonement, helping you ward off negative thoughts because this magnetic energy repels the bad energy. When you connect with the holy spirit and send light and love to others you are actually sending the most powerful energy in the world to the other person and disarming if the circumstances are not loving. You will immediately get this light energy back because that's how the law works and you both escape the prison of the ego. In that instant you have managed to kill the ego, but only for a short time, because the ego (Satan) is clever and does not let go in the first attempt. There will be more lessons along the way until you defeat the enemy within you. Note that I'm not saying you should accept bad behaviour, of course not. It's about switching to a new mindset and choosing only what you want and not allowing people to abuse you. You might have to leave a situation that may have been bearable so far, but because you've changed your mindset and you now see clearly you might find out you are not choosing what you want at all.

The forgiveness, or the atonement is a total commitment. You may still think it is associated with loss and it can be hard to believe a defence that will not attack is the best defence. This is what is meant by "the meek shall inherit the earth." They will literally take over with their spiritual strength.²⁷ Where the past does not actually exist and is also an illusion we've made we shouldn't judge other people from our perception from the past. Every time we meet again it is a new moment in time and we should accept each other like we've never met and if we come from love we see each other the right way, as loving beings of God. When you decide to see your brother or sister in this light, without a past, you are at the same time performing a miracle – you have let love in and you and your brother or sister are born again with you and all mistakes of the past are erased in an instant. By letting the holy spirit into your heart, you will have the opportunity to rethink things, let go of fear and let the holy spirit guide you and lead on. "It is the Holy Spirit's goal to help us escape from the dream world by teaching us how to reverse our thinking and unlearn our mistakes. Forgiveness is the Holy Spirit's great learning aid in bringing this thought reversal about."²⁸ It can be quite a challenging task for

some to let in a new way of thinking, a new ideology, but just allowing yourself to question and ponder is the first step.²⁹ We have thus opened the door of our heart a bit where we reflect on our role and what role we have given to others as well. When I asked God many years ago if he exists the answer completely blew my mind. It was the first time I opened my heart and the holy spirit entered and changed me. Later when I finally understood the meaning of forgiveness and that I didn't know what was best for me it was easier for me to let go and invite the holy spirit more into my heart to guide me. With time when I started to let go of all the ideas I had made up about myself the truth could begin to enter my heart, pure and free from all shame. I learned (more and more) that I did not know at all who I was and what was the best way to respond to this world. There is no statement that the world is more afraid to hear than this: I do not know who I am, and therefore do not know what I am doing or how to look upon the world or on myself."

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*Without faith it is impossible to connect to God,
because anyone who comes to him must believe that he
exists
and he rewards those who earnestly seek him.*

Hebrews 11:6

What do you believe? I am talking about what you think everyday about all kinds of things and what you believe to be true. We have all kinds of opinions and beliefs about us and others and the society we live in that are just as strong as faith and some of them prevent us from living our best life. We do not even realise how programmed we really are; tv, family, politics... you name it – it all affects you and what you believe to be true. The subconscious is constantly receiving information which it processes as truth and command and unfortunately some information can be harmful to us, especially if it is repeated over and over again, such as "this is the new norm." What does that mean anyway and why say it? It goes straight into the subconscious, which unknowingly accepts it as a fact. "The subconscious mind cannot argue controversially. Hence, if it has accepted wrong suggestions, the sure method of overcoming them is by the use of a strong counter suggestion, frequently repeated, which the mind must accept, thus eventually forming new and healthy habits of thought and life, for the subconscious mind is the seat

of habit. That which we do over and over becomes mechanical.”³¹ Therefore, it is necessary to take an inventory of your thoughts and see what you believe, what your values are and opinions on various issues and ask yourself why you believe certain things. Was it because someone told you to? If you believe that God is with you and that no evil can happen to you, no one can deceive you or betray you it will become your reality. If you believe that you have to protect yourself from everything, such as people, animals, viruses, diseases or whatever - who is influencing that thinking process? Take illness as an example. Are you afraid you can get sick? If there are heart diseases in your family are you more likely to believe that the same thing will happen to you? Have you seen (read) research that suggests that and unfortunately confirms your belief? Traditional research does not include the spiritual aspect of the equation and therefore I urge you to reconsider your beliefs if it is purely based on traditional science. Just like in the experiment of the cells, the results changed depending on the thoughts (opinion) of the researcher.³² Charles Haanel wrote: “When you come to know that every form of disease, sickness, lack and limitation are simply the result of wrong thinking, you will have come to know “the Truth which shall make you free”. You will see how mountains may be removed. If these mountains consists only of doubt, fear, distrust or other forms of discouragement, they are nonetheless real, and they need not only be removed, but to be “cast into the sea.”³³ These are harmful beliefs that promote death. By learning to listen to your heart you will start noticing that not everything is as it appears in this world, including diseases and their causes. On a sidenote: viruses have never been isolated which might indicate that they actually do not exist at all.³⁴ That fact should shake someone’s belief if they are open enough to consider this information.

All things are possible to him that believes so you better have faith in the good rather than the bad. In the book of Matthew, Jesus said: “Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” (Matthew 17:18–20). These are strong words of encouragement, but also can serve as a warning if your belief system is based on the wrong law. As spiritual beings, we should pay attention to our belief system. I therefore strongly recommend that you take a good look at what your

beliefs are, in all areas. Do you speak life or death? Do you focus on other people's sicknesses as well as your own? Do you believe in miracles, that healing can take place through faith? Do you believe that people, like Anita Moorjani,³⁵ can get instant healing or has your belief, education, life experiences, or other people prevented you from paying attention to the spiritual miracles of life? I, myself have experienced so much from God that I know that there exists a much greater spiritual power than I could ever possess and nothing in this world can overthrow this belief of mine. My advice is to listen to your heart and trust that God is taking good care of you and it will be your reality. When you are in the same electromagnetic wavelengths as God is he will hold a protective hand over you. You can trust that, this is his law. In ACIM it says: "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."³⁶ This phrase became a mantra in my mind and I love it. It helped me let go of things that I thought I valued when I was cleaning my mindset. It helped me believe God protects me and knows what is best for me. Therefore I trust the process, this is going to be good and I allow things and people to leave my world, thinking everything is as it should be, God is in control and cares deeply for me and others.

Likewise, hope and trust in the good is very important when it comes to faith. Sometimes my hope is like a flickering light that never goes out. I am still holding on to the hope that I get my son back, but he was taken from me July 17th 2022 when I was arrested without a charge, all because of this book. In Januar 2024, when I am editing this book I still haven't been allowed to talk to my son or see him. Sometimes a storm comes like that but you have to keep on keeping on. Some days hope might flicker, other days the flame is blazing and hope is strong. If you are going through a storm, it is necessary to hold on to hope, no matter how small, and believe that there is something much better waiting for you or something you hoped for is soon coming. It is normal to go through spiritual storms, but necessary in those situations to take care to nurture hope and remember to trust that what you believe will eventually be. With hope, you can change your situation for the better. When faith is filled with trust you work miracles. You are thinking with a concentrated thought (I trust you God) which gives life to what you pay attention to and put your faith in, just as quantum mechanics teaches. Jesus often reprimanded people in the New Testament for their lack

of faith when the miracle did not work. He often said “your faith has healed you” and even became angry with people who lacked faith and said, “you of little faith, why did you doubt?” What does that mean? Faith, filled with trust is essential when it comes to miracles and it is a collective effort. The bigger the miracle more people will have to believe in it. Jesus would often rebuke evil spirits within people, because that is real. People with unguarded mindsets become possessed with evil spirits or demons. Too many people today are so sick with the wrong mindset and obsessed with bad beliefs that they can only be spiritually cleansed with the help of the holy spirit through a miracle, just like Jesus did in the old days. “Why couldn’t we drive it out?” Jesus said. “Because you have so little faith.” (Matt. 17:18–20). Even though your faith is like a grain of a mustard seed, with God you are powerful.

Faithlessness is wholly dedicated to illusions.

Acim, p. 399

Faithlessness leads straight into temptation of evil. Without faith we can do nothing, but what faith are you building your foundation on? Is it loving or hateful? Faithlessness is a belief in desolation and destruction. Then we go to war and judge ourselves and others harshly. Through the eyes of faith, the Son of God is already forgiven, free of all the guilt he laid upon himself and others.³⁷ When I judge another person I am saying that he or she is wrong. It could be that they make no sense and they might be talking from their ego and nothing makes sense what they say or do. In that instant it is better to tell them lovingly in spirit and not say it in words out loud to them, because they need correction at another level, a spiritual level. For their mistakes were on a spiritual level to begin with. You say it in your mind and their soul picks it up. You can only heal a person by recognising his or her sanity,³⁸ for example by saying in your mind, I see you as healed, as fit, as happy and I love you my brother/sister and bless you. Then you send love to the person with your heart (a warm feeling of gratitude) and ignore the person if he or she responds negatively. Some people find it uncomfortable to use the word “love” but the main thing is to find a word that signifies love so that you feel it in your heart and mean it when you say it mentally to your neighbour, as in love thy neighbour. Therein lies the miracle. You give sincere and unfettered love and receive the same in return

spiritually. Grace surrounds you and the other person and has healed you both. I encourage you to try. This will also have a very positive effect on yourself energy wise, for we are all inextricably linked. Therefore, it does not pay to think negatively of anyone, because it affects us too. Our thoughts are also not hidden from anyone in spirit. This can also give you protection if someone is bothering you in spirit and thinking too much about you. Especially if they are angry and sending bad thoughts towards you this will help you. You then bless the person, pray for him/her and they will stop bothering you in spirit or there will be a veil of protection around you that repels the arrows of the enemy, but you have to mean it sincerely, otherwise it doesn't work. You can have a ready-made mantra in your mind that you get used to saying when you meet people who are difficult. I sometimes do that and say, I bless you my brother/sister in Christ. You can also say, I see the light in you or what suits you best and represents love in your mind. We are not supposed to send fearful thoughts to others, such as thoughts of lack and unhappiness, because that is the energy the enemy uses and pulls us in the second we fall into temptation. Jesus said, "Let not your heart be troubled, neither let it be afraid." (John 14:27). This is a law we can trust. If we cannot send loving thoughts it means that we're the one's that need love the most and that lack in us has to be addressed.

Correct your thinking you correct your vision

When you are in the right spirit you are creative, because the Creator placed us here on earth to be his hands and feet and to create lovely things. Many of us have forgotten our soul's purpose and that is to love, not only us and other people but also the world by making beautiful things, such as buildings, furniture, fashion, artwork etc. I once read a biography of Gudmundur Gudmundsson who owned one of the biggest carpentry business in Iceland.³⁹ Gudmundur was a remarkable man. He built his business from scratch, starting in his home and eventually built a big factory in downtown Reykjavik. There were so many things remarkable about him. He was an entrepreneur that had a vision creating beautiful things for others, but what was most remarkable about him was that he was blind. He couldn't see the world most of us see every day, but nevertheless he saw far beyond many who have only

eyesight and no vision. Gudmundur was a carpenter with unwavering faith and he built some of the most beautiful Icelandic furniture that many people still own today, the so-called Max sofa set, in rococo style. He proved that sight is secondary. "The only thing worse than being blind is having no vision," said the famous Helen Keller⁴⁰ and I agree wholeheartedly. People in the business of creating, for example the art industry are so occupied with the end results and praise from men than creating something beautiful in honour of our Creator. So many of them have absolutely no vision nor faith and their artwork is proof of that. You see the material or recognise the spirit. There is no compromise between the two. If one is real the other must be false, for what is real denies its opposite, but choose the spirit, and all heaven bends to touch your eyes and bless your holy sight, that you may see the world of the material no more except to heal and comfort and to bless.⁴¹ When we look at the old buildings in Europe for instance and all the ancient artwork and fashion it is obvious they were creating with love and in honour of our Creator. There is so much divine art from the past but do we see worship of God in the modern art section of the museums today? Not much. Is it even allowed to point to God? Would Leonardo da Vinci today be permitted to show his artwork in the galleries? And the fashion industry. What happened?! Where is the joy and love in creation there? Not many of the models are in the right spirit I have seen. Are they being treated badly? Why the serious mode? And the garments? Is it beauty that they're thinking of or just to shock? It's good to ponder how far this world has gone from God, where he is not even permitted in art today. The art has become industry, hence the word 'fashion industry.' It's also mocking of the goyim and I will explain that later in the book.

When I started walking with God I became more creative. I picked up woodworking, which I greatly enjoyed. Then I starting learning how to sew as well as knit and I've made many wonderful garments today that I love to wear. This has given me so much joy and happiness. I feel like I've received a present when I've finished something lovely, like a dress I've made for myself or others. I also built furniture, for example a bench, like the one you see at an old church and it has served me so well. Many people have sat on it and it's still in perfect shape. It's like God gives me first the idea, a vision of something to create and he knows how much

I am going to use and appreciate it. Though it's for functional purposes, for me I'm also creating and making art with God.

Whoever lives by truth comes into the light.

John 3:21

In the thought system of God you are always telling the truth. "Truth and illusion have no connection. This will remain forever true, however much you seek to connect them. But illusions are always connected, as is truth. Each is united, a complete thought system, but totally disconnected to each other."⁴² If you want the holy spirit to come into your heart you have to let go of the old thought system which tells you it's ok to lie occasionally. The spirit of God wants to join you in holy communion and it is possible only if you tell the truth at all times and practice faithful service to God that loves you, but the holy communication cannot happen if you choose Satan's world of lies and deception. Therefore, these two systems of thought cannot be reconciled because they originate from very different thoughts about lack or abundance, fear or love. We can therefore not believe in both systems of thought at once, it would only become a thought error in our minds and when that happens, one is due to take over and it is the one who is greedy and wants your soul.

God is spirit, and his worshipers must worship in the Spirit and in truth.

John 4:24

It is incredibly liberating to be able to tell only the truth at all times and to be in perfect peace of mind, because you have nothing to hide. The feeling of having no secrets feels so good is best described as liberating, because truth frees you from the dark. I want to take it a step further and say that when you have a pure mindset you always tell the truth even in your mind and that's so important for everyone to know. God placed on my heart that I have to tell the truth at all times, also in my mind, because it's open to all. To have nothing to hide brings perfect peace of mind and "the truth itself needs no defence."⁴³ We no longer have to waste our energy remembering what to say or worry about whether others know the truth or how much they know. Those who try to hide the truth often spend a lot of time thinking, planning, and managing to try to control situations

instead of simply focusing on telling the truth. This is a kind of a spiritual prison that many are trapped in and even see no way out, because their lies often span many years. This causes great discomfort for the person because these superficial interactions are by no means rewarding and they always end in bankruptcy. "Truth-speaking will make you more aware of the impact of your behaviour on others," Gabor Maté said in his book *In the Realm of Hungry Ghosts*⁴⁴ which helps you analyse better your relationship with others.

Coincidentally, we become aware of what we are saying and doing and how it makes others feel when we choose to lie. "Rather than a limitation it is a source of joy when you are true to your word, you are in charge," said Maté who recommends everyone facing addiction to start telling the truth.⁴⁵

Truth is an integral part of God's law

Where the ego rules, there is secrecy, suppression, cover-ups and lies. The ego or fear loves the darkness, hiding its true self and separating you from others with lies and control. Those who live such a life will never be able to communicate honestly and sincerely with anyone until the mask is removed. Until then communication will be characterised by superficiality and control and others will feel it. Many people play this game and it might be okay for them, because these are the rules of the game for both who do not look for deeper connections, but they will always feel that something is amiss and deep down they find that the communication is not completely honest or sincere. Love is then not fully made and people live in the dark. They can continue that way and go through life for a very long time and because no one is defying their toxic communication. They are even incredibly unhappy and crave deeper and more rewarding communication but they do not realise that they must start themselves by taking off the mask and tell the truth at all times. This step can be easier said than done when you have lived your life full of lies. Fear will stand in the way and tells you that other people are not trustworthy and therefore it is best to continue playing the same game. So they stick to their comfort zone and do not dare to take the risk of opening their hearts and trusting God and tell the truth. However, I want to tell those of you who have lived this way that there is a much better way to communicate. First step to

escape hell is to recognise that our thoughts are open to all and the darkness cannot hide. This step usually entails a fearful realisation because our thoughts are not necessarily all loving. We become filled with fear when we realise that everything we've thought and done wrong is not hidden from others, but open to everyone. What does that mean? The spiritual realm is real and everyone knows subconsciously what you are thinking, many even consciously though they will not acknowledge it. When we understand that there is nothing we would want to hide even though we could we become free. The truth sets us free. This stage involves escape from fear and a release from the prison of hell. When you become willing to hide nothing you will start a real communication with others and you will understand what peace and joy means. The heart can only tell the truth and it is actually the best compass in life and in all decision making. When we think with our heart instead of our mind we allow the truth to flow through us not from us.⁴⁶

God's law protects you

How do you perceive the world? Is it angry bitter and shuts you off or is it joyful, loving and welcoming? Some people are brought up from early childhood to be extremely wary of interacting with strangers up to the point they become very frightened when a stranger approaches them. There is so much beauty that can come out of an interaction with people, whether they be strangers or not. A smile, a quick laugh, an invitation to meet someone at a mass or to join people that were going to the same concert. Both incidents happened when I went alone on vacation for a weekend to London in March 2018. It was so wonderful and rewarding to have an open heart. I had told God, I know you take good care of me and I am going to trust and be in the right flow, which I did. I had asked God to help me find a bookstore which he did and I remember how grateful I was when I found it, in the middle of a business quarter that was totally empty. It was so strange, like I had jumped into a parallel universe. I lifted up my hands into the sky in gratitude and the man from the store even came out and into the street to welcome me. It was very surreal. This bookstore was a Christian bookstore and exactly what I had prayed for. It's such a lovely memory. God's got you if you believe it. The love energy is a

protective energy we should always be connected to. As soon as we go off tracks and we feel fear or hatred in our heart we've lost the connection.

When I was 18 years old I travelled alone to China to visit my brother who was studying at the Fudan university in Shanghai. He invited me for a visit over the summer. In those days you had to write a letter in Chinese to the Chinese embassy, which he did, and then I had to go to an interview to the Chinese embassy before they gave me a permit to visit the country. It was in 1990, one year after the Tian An Men revolution and before mobile phones, internet and all the comfort we know today when travelling. I didn't even have a credit card, only some dollars and traveller's cheques. Still I managed to find my way there and spent four wonderful and eventful months in China. On my way back to Iceland I had to wait for two days in Copenhagen before I could take the flight home. I decided on a whim to go from the airport and find a hostel for the two nights I was there, but when I took the bus I must have missed the right stop because I didn't find the hostel anywhere. It was in September and the night was approaching. I walked around not knowing what to do. I didn't have enough money for a hotel so I kept on walking. I remember starting to feel the cold as I walked and I was starting to wonder if this was a good idea after going away from the airport. Suddenly I looked over my shoulder into an alley where I saw a trashcan and I saw a sleeve of a sweater that was hanging from the trashcan. I decided to walk closer to have a look and to my surprise and much happiness it was a wool sweater. Without hesitating I took the sweater from the trashcan and put it on underneath my jacket. I started to get warm right away. I was grateful. At this time in my life I hadn't realised yet that God is with us all the time and jumps in dangerous circumstances, even though we do not pray for protection. He loves us so much and does his best to help us even though we don't know it. As I hadn't reached out to God yet I missed my chance to offer him my gratitude for the little gift of warmth, but today I won't miss the chance. The streets of Copenhagen were totally empty by now and it was getting close to midnight. Then I noticed a work shed with all the lights on. I wondered if the door was open and decided to check. I was a bit stressed doing this as I knew it was forbidden. This was also not something I was used to do but the night was getting closer as well as the Northern cold. The shed was open. It felt good stepping into the

warm. It was like someone left it on for me, it had a bench, a desk and some chairs. I decided to lay down on the bench and try to sleep a little as I was jet lagged after my flight from China. A few hours later I woke up, reenergised and waited until daylight arrived and people started going to work. Then I took the first bus and found my way back to the airport. What is most memorable from that experience is that I wasn't scared that night, but I followed every hunch I got and grabbed my chance when it arrived. Christ said, "Why are ye fearful, O ye of little faith? Fear is misdirected energy and must be redirected, or transmuted into faith."⁴⁷ Today I am certain that the right flow of trusting was a key element in finding those gifts (the sweater and warm shed) that were waiting for me. I know that I wouldn't have been as receptive had I been fearful. I would probably have run past the trash can and walked with my head down past the shed or something worse, I could have met people with the wrong intentions. For years when I put on that sweater I remembered how I was helped that night.

I remember another story when I visited China in 1990. During that time there was not a lot of cars in the street. Most people travelled with bicycles or public transportation. I spent most of those four months in Shanghai and I loved exploring the neighbourhood while my brother was busy at the university. It was especially fun to see all the artisans out in the street, making food or artwork. There were even people cutting hair and they had just one chair and scissors and that was their workplace. One day I decided to broaden my horizon and go biking all the way downtown that is next to the sea (or the canal that leads to the sea). I thought it was fairly easy to find my way downtown, I had taken a bus a few times and thought I knew the way. I went early in the morning and it became quickly a very interesting experience. There must have been thousands of bicycles in the street, everyone travelling to work and I just went with the crowd and continued biking. No one was worried about traffic lights and it was a bit chaotic, it didn't seem to matter if the light was green or red, everyone was going their way. It surprised me that there were no accidents, so many people were travelling in every direction. However, somehow miraculously it all went well. Midway to downtown I started thinking, "this is a bit farther than I thought, I hope I won't get lost." Then I remembered I didn't have the address of the university written in Chinese with me and I only knew how to say hello, thank you and Iceland in Chinese and I was pretty

sure I needed a bit more Chinese to find my way back. But I had already begun my trip and too late to turn around so I continued biking and found my way downtown and had a wonderful day. After visiting it was starting to get late and the evening was approaching so I decided to bike back to the university. However when I started going back I saw that it was completely different from in the morning. I had forgotten to turn regularly around to see how the street looked and that is when I learned that valuable lesson to always look back regularly when you are in a new place, because it looks totally different when you are going back the same way. After biking for quite a while it started to get dark and I became increasingly worried. I was lost and didn't find my way back. There I was in the middle of Shanghai, a city with millions of people (we were around 250.000 in Iceland at that time). I stopped and didn't know what to do. A thousand thoughts raced my mind how I would never find my brother again, I wouldn't go back to Iceland and I'd had to live in China and start working in a sock factory somewhere. I didn't know what to do and stood there for a while watching all the Chinese people walking past me with curious eyes (blond hair and blue eyes were a rare sight in 1990). Suddenly I remember (and that was God helping me) Fudan! I can say Fudan university and ask someone to point the way and that is what I did. I asked a few people first and no one seemed to understand. Of course I had a heavy Icelandic accent when I was pronouncing Fudan. Then finally I found an elderly lady that had was friendly, she seemed to understand and saw how worried I was becoming. Fudan, she repeated and smiled and pointed to me to come follow her. She tried to talk to me but I didn't understand a word. Then she just nodded and gestured to me to continue walking with her. On our walk there were regularly some people that started walking with us and were obviously curious about what was happening, but they were all friendly and laughing. Middle way the old woman said something to me and gestured to another person that had started walking with us and said, Fudan...and something I didn't understand. Then she turned around and gestured to me that she had to turn around. I nodded and understood, she had been walking for a long time with me. So I kept walking with that new person that was now helping me. Soon there were more people joining us. They were all friendly and during the last bit of walk (with my bike) there were about four people walking with me. We walked for a very

long time and for a moment I was thinking, “where are we going?” It had become completely dark and the alleys were a bit frightening for me. I was completely lost and at the mercy of some people I did not know, but in my heart (and I know this was God) I felt I had to trust them. I felt that somehow everything was going to be OK. All of a sudden I started noticing familiar surroundings and then I saw Fudan university. Oh, how relieved I was! They were taking me to the right place all along! And I was so grateful! This was definitely out of their way, because we walked so long. I felt so much gratefulness towards those people helping me and after thanking them from the bottom of my heart I biked my way into the student dormitory at the University. I will never forget that elderly lady that walked with me for a long time with me, because she noticed my plight and told the other people to help me. She had a hard time walking, but still she took the time to help me. She didn't have to, somehow God must have told her that she had to help me. I will never forget her loving gesture towards me even though it's been more than 30 years since. This experience has also left me with the knowing that there are so many good people out there and we needn't become afraid. We just have to trust in God and silently ask him for help. He will then move people in your path that will help you. I have travelled a lot in the world since then, alone and with other people, and I maintain the faith and certainty that I am in a good world everywhere I go. I also trust that the people I meet are people that God has placed in my way to have a meaningful, joyful communication or if not, a learning opportunity. Through the years I have met so many wonderful people, not only in China but everywhere else.

Peace I leave with you, my peace I give you.

Do not let your hearts be troubled

and do not be afraid.

John. 14:27

I remember a dream I dreamt a few years ago. Well, it was more of a nightmare actually. I was in a basement of some house and there was a person running after me with a grim look on her face. I remember how she suddenly came right up in front of me and looked at me with the most horrible eyes. I could feel the fear crippling my heart. In an instant I somehow managed to run away from this person and ran into a room where I frantically

shut the door. However that door had a glass window in it and I remember seeing the person walking slowly up to the door and looking straight into my eyes like she was going to kill me. Then she opened her mouth and started screaming at me. Her face deformed and suddenly looked like a demon. It was worse than any movie for I felt like I was living it. All of a sudden I called out to a friend to come rescue me. I called on him a few times but he never came to help me. Then I decided to call onto God to come help me and in the split second I did that, I felt how I was pulled from this nightmare and I woke up in my bed in shock. I was so thankful for this protection that I whispered into the dark: "Thank you God!!" And right away I could feel like a warm cosy blanket of love, this wonderful energy surrounding me. It was like God was hugging me. I felt so loved and protected and I learned my lesson instantaneously. We have to pray for protection in the spirit world and also in the dream world which is in an alternate dimension. In Islam they say that your soul goes to Heaven when you fall asleep.⁴⁸ I know this is true, but if you are not fully God's (cured mindset) Satan will snatch you into his world and you have nightmares and hellish experiences during your sleep and wake up all tired. It has an effect on your psyche also. If that happens and you become aware in your sleep, call on to God to come rescue you and he will do that immediately, just like he did with me. Before I started asking God to protect me in my sleep I had regular bad dreams. I remember one where I was being chased around the house by two men. I managed to run out and the instant I thought of a neighbour woman that I prayed with often, I connected with God and he pulled me out of the nightmare. That made me see the connection, how protective he is, even in our dreamworld we need to call on him. Now I call on him in my prayers before I fall asleep. It can be hard to remember once you are fully asleep and you're being chased around in a nightmare. These nightmares and others I won't have time to go into here taught me how incredibly important it is to include God in all of my life. There is a raging war going on that continues when you fall asleep. People cannot do anything to save us and I learned how futile it was to call on my human friend who didn't even hear me calling but I immediately got helped when I called on God.

Thy will God, not mine.

Mark 14:36 and Luke 22:42

It may be that you have a hard time believing in my experiences, especially if you have never thought of God and the holy spirit, just like Nicodemus in the gospel of John (John 3) who had never heard of being a spiritual being. Many people do not even stop for a moment to think about where our soul comes from. Who do you think created your soul? It certainly wasn't your biological parents, I am sure of that. Those that have a university degree are in my opinion the hardest to convince to reach out to God and let him lead. They always need scientific proof, knowing that God's existence cannot be proven by worldly, scientific methods. They are stuck in their ego and it is almost impossible to reach them. Their doctorate is their defence, their shield and sword that tells them they know everything. The reverend Billy Graham said that the intellectual can not reach out and accept a helping hand, because he needs to have everything explained with the words of his thought system. He wants to know where the help comes from, how it happens, because he is controlled by preconceived notions that are limited and binding. From his point of view, his system is perfect.⁴⁹ So many people are stuck in thinking that only certain resources that the university community has accepted as truth are allowed to confirm a theory, which is often a citation to a document or academic papers that have been thoroughly edited and accepted as a trusted and valued source and they don't even question it. Scientist have a name for this process, peer-review studies, which is very limiting, but it means that you cannot prove a theory unless you have an older theory already existing. Otherwise it is not proven to be a fact. Therefore, it is impossible to introduce a new thought, a new theory into the studies. On the other hand, you can also find people without a university degree, that do not have any education, but are full of arrogance and you cannot reason with, because of stubbornness. They have decided how the world is and do not want to see or hear any argument against it, no matter how you try. This description is not far from Plato's allegory, where people are imprisoned in a cave and they watch the shadows from the fire and that's the only image and light they've ever seen. One of them manages to escape from the cave and comes back to tell the others about the light he has seen in the world and that the shadows from the fire are only an illusion, but they do not believe him for they have never seen anything else but these shadows.⁵⁰ Fortunately I was given a gift of discernment

and an open mind to be able to digest different theories, as well as my life and ego. For me, it's all about keeping an open mind and heart, whether you have an education or not, a whole lot of experience or none at all, because Satan tries to find a way to close our perception and logical thinking so we do not allow ourselves to ponder important questions about God and our existence. Our stubbornness can prevent us from knowing God so we remain content watching only shadows of a fire in our life. I decided to go out of that cave and analyse my thinking by cleaning my mindset in order to be able to communicate better with God and have guidance on what is best for me. That was an uphill battle. No one can imagine how much of a struggle it is in spirit when you decide to change your mindset. All kinds of attacks will follow that make you for example miss the alarm, fall asleep, your mind wanders to things that suddenly need fixing or full attention so you will have to limit or even stop your prayer time. You get a phone call or an email that needs sudden attention or someone responds to you in a very negative way even though you were extremely courteous. Satan doesn't want to miss one of his slaves and he knows right away what you are thinking and starts the attacks right away. So be prepared to fight and be persistent in changing your mindset. For years there were so many attacks, but I persisted and fought with spiritual weapons of war which are the fruits of the spirit (joy, laughter, kindness, loving others). I of course cried a lot also and that's normal. It's necessary for healing, but I got up quickly when I got wounded and fought on.

Do not call to mind the former things, or ponder things of the past.

Isaiah 43:18

Finally I was freed when I let go of the the bad thoughts of the past that were bringing me down and there wasn't any hate in my heart for anyone. It was an amazing feeling of freedom of being free from anger and hurt. I knew no one can hurt me unless I allowed them in the first place. I can only describe it as like being resurrected like Jesus when fear and hate has no longer control over you. I accepted my challenges and responsibilities with fearlessness. At the same time I let go of any expectations and experienced a peace of mind and love for everyone. I also understood better the verse: "Forgive them, for they do not know what they do"

(Luke 23:34) and I try to remember that every time I don't understand someone or a situation. The solution lies in the right faith, to believe in love, this unconditional love of humanity and that we can do something about division, tragedy and illness. You decide whether you look at the person as he or she is in reality, a perfect creation of God, or with the distorted ego-glasses where the person is sinful and imperfect in any way you choose. Condemnation and sin does not belong in God's world and if we are to create a kingdom of heaven amongst us we should stop condemning each other for something we have judged wrong. The only thing that has gone wrong is our thinking, where we have momentarily moved into the ego of the mind where fear belongs with separation, condemnation and sin. We need to convert to a loving religion instead of a religion of fear and hatred, that is inverted faith, ie. belief in evil instead of good.⁵¹ Of course I'm not always clear about this myself and I like to state that I'm also learning like everyone else. It would of course be nice to have achieved this level of maturity and patience, but unfortunately I am still working on dying to my ego and there are still some people that manage to push my buttons and help me see what I need to look at and work with. I often thank them lovingly in my mind later when I acknowledge the lesson we took part in together. In that way I see communication as a certain gift. When I do not respond lovingly to people or situations I need to look at my state of thinking. I mentally scroll back to the communication to see how I could have been thinking in the wrong way that made me see an illusion. Instead of being angry with others, I am thankful for the opportunity to see clearly again.

Let go and let God

When you invite God into your heart and life he will eventually ask you to be his hands and feet in other people's lives. It can be quite a challenge to begin with and to follow what he is asking you to do, because most of the time it involves opening your heart, stepping out of your comfort zone and sharing with other people, just as I'm doing with this book. A few years ago I had a very strong urge to write a few letters to a person who was in prison in the United States for exposing crimes. This feeling did not leave me, and even though I resisted for some time, the thought didn't leave my mind so I acted

upon it. This happened several times. I remember when it first happened I was doing the dishes and the urge became so strong that I had to stop in the middle of doing the dishes and go straight to the computer to write what was on my mind and that's how my letter writing to this person started. It didn't come from me, that's for sure. It came from God. I even went to my church with a letter to a pastor that was visiting from the United States asking him to help this person in prison. I hope they did. This kind of behaviour, to act on what God was putting on my heart, was completely out of my comfort zone and also character as I usually try not to interfere with other people's lives, however this is part of being a disciple of God, to exit the comfort zone and do and say what he puts on your heart. There I was trying to influence another person's life, someone that I do not know at all, but hopefully it was helpful, but I remember always when I was done writing I felt a huge presence of love, as a thank you note from God for obeying and doing my part. This warm feeling was also a confirmation that this was from God and not me. Nowadays, God is asking me to do more and more and I try to obey as much as I can. It can be just to say hello to someone I don't know, smiling and asking how is your day going so far. I've had people opening up and say they have a lot of stress and we can then talk a little about it and I try to choose the right words that come to my mind and speak life into their being. The exchange almost always end with a warm smile and a thank you, have a lovely day. I try to say God bless also more than I used to. It was a bit strange in the beginning, like I wasn't allowed to say this but I try to say it with love in my heart. Many people are suffering today and they have few or maybe no one to talk to. This could be their chance to open up and make them think in a different way afterwards and hopefully remember God. This is also a very important lesson in dying to my ego, because I am deciding to follow what God wants and reaching out to others for him and that is sometimes hard. It is hard to do to begin with, because I am a bit shy and sometimes I am making contact with people that are angry or I might insult, for example God has asked me to say things out loud at church and I've also stood up during a sermon to show others how the holy spirit is channeling through my body (mostly my face) and been repeatedly told to sit down, which is an attack from the spirit world. Satan doesn't want people to have their visual proof that the holy spirit is real. Sometimes after an interaction I say to God ok, I said

what you wanted me to say, but I don't know if I said it the right way. If I hesitate for a second the moment is gone and the phrase I'm supposed to deliver ends up being different. It's because of the attacks in the spirit world. There might be a negative thought that has entered the spirit of the other person or my spirit destabilising me so I lose confidence. This is the war for God and his people. It's not only here in the carnal, but also the unseen and that is why it's so important to react in the split second he asks you to.

There have been situations where I have not obeyed God or hesitated and it's too late and that's not good. I remember one time I was at a tourist place and I had a strong urge to talk to a person but I ignored it. Afterwards the feeling couldn't go away that I had somehow done God a disservice, because I knew I had to do this. This was maybe the only time this person would have had a conversation that reminded him positively of God. We never know how important it is. I remember another incident when I had gone to church for an evening mass. It was during Christmas time and there were not many people at church for this particular mass. However a young woman took a seat close to me and I didn't give her any further attention until in the middle of the ceremony when I noticed her crying. I even tear up now when I write this, but I remember I had a strong feeling to reach out to her and hug her. I knew I didn't have to say anything, but then fear got a hold of me and I froze. I will always regret not doing what I was asked of because you never know, it might be the most important thing in the world for the person right there. That is what happens when you do not listen to God to help him reach others, because God might not get another chance in a long time to connect to that person, even in this lifetime and that thought makes me so sad and I regret not obeying and giving this gift God wanted to give to this person. I have to remember this very well so I will hesitate less and less, knowing how important this battle for souls is. We are fishers of men when we become God's hands and feet, you and I and it's serious business (Luke 5:10).

When Christ calls a man, He bids him come and die.

Dietrich Bonhoeffer⁵²

Today, I really want to hear and obey God, because I know that when I obey God I feel good and I know I'm in the right flow of energy. I also know that when I'm giving

I will receive the energy back in some form. I'm not saying that out of selfishness, but it's good to know that you do not lose if you give love, but on the contrary you always gain. Take for example an individual who creates in his own will. He starts a business and might start earning a lot of money. However, everything is on his term and in his interest. He is making a lot of money but does not pay the subcontractors and might not abide by the agreements made. So many people around him are losing by doing business with him. Such activities always end in bankruptcy because these circumstances are not at all in God's will. When God's in business there is a balance of give and take. To give means to receive and if God asks you to give, it's good to comply. The comfort zone is a total lie, it's not where we're supposed to be. It's the ego telling you to "stay safe and save lives," but it's a lie. The comfort zone ends up being painful where we only care only about ourselves and our needs, but end up being disconnected from others. We're not supposed to live in such fear. All these interactions that I have when I am being God's hands and feet, though challenging, end up being rewarding for me in some way and something I live for, like writing this book for you dear reader and asking you to join me in this spiritual battle.

During 2020 I had to step out of my comfort zone and speak my truth, not only in this book but also out loud to others. It know it was God's truth because I faced so much hatred, ridicule and rejection from people. They were threatening me, hating on me in thoughts, words and actions. They were like screaming at me in spirit and I could feel their hatred towards me. These were just normal people like you and me that had taken on a negative energy and allowed it to consume them until they hated me to my face just for voicing my opinion. This hatred is pure Satan controlling their thoughts, threatening me with words and bullying. There were even Christians that became so hateful that they stopped communicating with me. It was unbelievable, but very revealing. The amount of hate they had in their heart surprised me. I know God is loving, uniting and promotes peace and understanding and that is not at all what they were promoting. I learned so much during that time. I learned to stick with God and truth. This is so important, I thought. I see this is Satan working through other people getting them to hate on me just for speaking out. I have to continue. This is not love, I thought. Love is accepting. Accepting different opinions.

It was a good social experiment also to see the effects of media and education and how easily controllable people are. I instinctively knew how important this battle was and I knew I had to die to my ego, which told me to stick to my comfort zone and say nothing and just go along with the crazy narrative, but this was so much bigger than me. I couldn't sit and watch. I had to speak out. However, when you decide to do that, Satan instantly knows. He has taken over this world and those that follow God have to be prepared to die for God when you work for him. Satan will come for you in any way possible, but my God is a big God. He's much bigger than Satan.

Then again in 2022 I faced another kind of attack from society. It was because of this book, *Death of the ego*, because I warn against pledging allegiance to the brotherhood above God. Also whenever you introduce a new thought that is loving and forgiving the spirit of wickedness will come barging in with insults and attacks. Along with this book and the flow of information I was posting on Facebook in 2020 I faced a big attack when I was arrested on July 17th 2022 without a charge. However and this is the basis of my book, this war is between God and Satan and we are their soldiers, on either side of the war. God placed on my heart what was about to happen because there had been an incident at the prison I was working as a prison guard a couple of days earlier. That day I sat in front of my computer all alone when to my surprise I started channeling someone important. This has never happened to me before. There were two prisoners working there and they came to see what was happening and then just went back to work. After this channeling I fainted and the men working there came to my help. I was then allowed to go home. Afterwards the human resources called me to tell me I could take a few days off and come back to work after the weekend. The real story is the energy battle behind what happened. In there I was working for God, being kind to everyone and non-judgmental and that did not suit Satan, as we're supposed to hate those that have done wrong in life. A few days later, or on Sunday that weekend something strange happened. I don't know exactly what, if I got poisoned (along with the incident at the prison), but I missed my granddaughter's birthday party, resulting in my daughter coming all the way to Eyrarbakki (40 min. drive from Reykjavik) to see me. When she came I felt she was a bit strange. To begin with, I thought it was Saturday and that can happen for

anybody, but I hadn't figured that out when my son came back from his father's house (he was with him every other weekend). I just said, "oh are you back so early..." My son just shrugged his shoulders and headed for the computer to play. Maybe he thought early in the day and that's why I didn't realise I had skipped a day. I made some coffee and sat down in the living room to talk with my son a bit. Some minutes later my daughter showed up. She just came walking in to the house with a concerned look on her face. A friend of hers was with her. I was surprised to see them and said, "hello, what brings you here?!" She said, "it's Sunday, why didn't you come to the birthday party? And you didn't answer your phone." I replied, "no it's Saturday, shouldn't you be at home preparing the birthday party?" I hadn't realised that my phone was out of battery, but I didn't tell her. I was so sure it was Saturday and didn't realise yet that I had made a mistake and was very surprised. About my daughter, for years now we've been polite with each other, but distant. Not like a family, but it was totally different when she was younger. She changed when she left the house and I believe I know now why. It's the world that got to her. My daughter also had to go through cancer therapy a few years ago, but that can change someone's personality. It's important background story to explain my side of the story and why I reacted the way I did. Also, she is a vegan and this diet is not as nutritional as people might think with lots of deneurated, fake food that kill the spirit. Additionally, I believe the covid vaccines she had received (4 shots) hurt her body and soul connection. Unfortunately vaccines are not that healthy as they're made to believe. There are heavy minerals in it that pull on your energy (remember, it's all about energy) so you become depressed and hateful. I also felt like she didn't have much compassion, understanding and love and that is why I am sharing this, in the hope that she sees this to better understand my side. That day when my daughter came she was not understanding at all and a bit negative like she felt I was not ok and it didn't matter what I said she just repeated the same thing, "are you alright?" I said, "yes, I'm fine " and tried to talk to her but she wouldn't listen, just continued asking me if I was ok. I thought she was acting strange so I decided to do a little cognitive test and asked her to confirm to me the name of my granddaughter (her daughter) on the photo in the living room. I said, "just tell me, what is her name," but my daughter just looked at me questionably and

didn't reply, just said, "mom" and then asked me the same question if I was ok. I said, "yes," but insisted on that she would give me her daughter's name, but she wouldn't. She just sat there silent for a couple of minutes. Then I felt God's Holy Spirit pour upon me and saying through me to my daughter, "I rebuke you, Satan." My daughter didn't say anything, just stood up and walked out of the house. I thought she had left, because I had been impolite. This is sort of like a Christian way of saying F... off and I thought she had gotten offended, because I decided to reply to her impoliteness. Only about 15 minutes later the police showed up at my house. They just came walking straight into my home, without ringing the doorbell. There were about 3-4 police officers arrived and soon after more police officers came walking in with my daughter. "What?!" I thought. "The police!" Normally, if people are worried about you, your mental health or something, they call a doctor, but no doctor ever showed up. My daughter called the emergency hotline and the police was sent. "Unbelievable!" I thought. Then, one of the officers started talking to me, asking me non-trivial questions, "like it's a good day outside, the weather is good isn't it" and "what's the name of your cats." When that happened I felt again the holy spirit entering me, and said to him: "I rebuke you, Satan!" This is the only thing I said to both my daughter and the police officer. It's not illegal. It can best be translated as offensive, but not breaking the law! The police didn't leave though I asked them several times and I specifically told them that they were entering my house without a permit and they had no charge to arrest me, "so please leave the premises," I said. They didn't move. My daughter left there with my son and I haven't seen or heard from my son since that day! When the police didn't leave, I decided that I would leave my house instead and I went out to the garden from my kitchen door. When I did the police followed me into the garden, walked in front of me and pushed me back into the house again, breaking another law (freedom of movement). When that happened I became angry and walked straight from the kitchen to the front door where I grabbed my keys to leave and opened the door. When I was just exiting the front door one of the police officer came at me and grabbed my left arm and twisted it. I said, "let go of me," and tried to get loose, but he grabbed even harder on my arm until my coat ripped (on my shoulder). I felt that he was going to break my arm if I continued to pull, so I

let go and allowed him to push me back into the house and that's what he did. He pushed me into the living room and I retreated into my bedroom where I went to the Bible and started reading in it, not knowing what to do, just hoping that they would go away, but they didn't. Instead the children's protective agency in the area came walking in! I was flabbergasted! Why on earth were they there! I am a good mother and this was not about my son in any way, that day he just came from spending the weekend at his father's house and he was fine. After some time, maybe 15 minutes or so, and without any discussion 4 police officers came to me and picked me up like a lamb on it's way to the slaughterhouse. They held me on each arm and leg and carried me like that out of my home and right in front of my neighbour who saw everything and didn't say a word. Then they put me on the ground and ushered me into a police car. Like I was a criminal! This was just for saying out loud to two people, "I rebuke you Satan." I never knew that wasn't allowed. I didn't fathom how serious it is to say that to someone in this world! As you know now, one of those two people I confronted was a police officer and that matters in this story, because Satan owns the judicial system and maritime law is part of his system.⁵³ Then the police drove me to the capital, which was way out of their jurisdiction and to one of the hospitals. There I was held in a waiting room (for families of patients) for many hours. The hospital staff came shortly in the room with a trolley full of needles and medications. I said right away, "I am not taking any shots! You can take that away, thank you." Then they pulled it away, just to bring it back again about an hour later. They did this several times and I always said no. I had to stay there for many hours, or until the night. Didn't get to call anyone, even though I requested to call a lawyer. Then in the middle of the night the hospital staff gave me some food, which made we feel weird and maybe I acted weird, I don't know. Again, I think I might have been poisoned with something. When they all came back in this waiting room, where I was alone and pulled my sweater up (my left arm) and injected me with two shots (from two needles). Then they did the same with my right arm (2 needle shots there as well). I have no idea what they were giving me and they never explained anything to me. Right away, when they stepped back after the 4th shot, I could feel my nose stifling and I said to them, I cannot breathe through my nose (I said with a nasal sound) then I felt I couldn't

breathe at all and I said to them, "You are crazy, you're not in your right mind. You are trying to kill me!" and then I lost consciousness. Next thing I know I wake up (the next morning) in the emergency ward in the hospital. I was fully dressed, but had a bloody needle in my arm (not connected to any machine). Shortly after I regained consciousness an employee (dressed in black clothing) came and said, "come with me" and I went off the bed, having trouble moving and slowly followed him. I never take any medications and I could feel there that I was like all numb like all personal power had been removed and I just did what I was told. He took me to an ambulance and he and another colleague drove me to the next hospital. I would like to note that there was no doctor that came to talk to me, nor a nurse or any medical staff, just this employee who took me to the ambulance. When we arrived at the other hospital there the same man handed me a mask. Now, this is important, because during 2020 I was very vocal, actively fighting against mask wearing and never wore a mask. I even put on a niqab instead of a mask and it protected me from evil remarks. But that day when he handed me the mask I put it on without saying a word, but inside of me I knew I had been given some drug to comply and I had no way of walking out of this situation. Who gave me this drug? I will probably never know and also the 4 shots I received that I believe killed me. Hopefully I was reanimated, but I never got to know what exactly happened that night. When I was sent to the other hospital I told the staff there that my back was hurting very much and I didn't know what had done to me. The nurse said here's a medication to help you sleep, it's pain medications. That's the only time I had any medications during that whole month. I never got any reply form the medical staff about what had happened to me or my back. However, what happened in the next couple of days in that hospital was surreal. I was admitted to this mental ward, bound with legal documents based on lies. The first doctor said I could go home the next day. However when the next day arrived she said that she had never said I was allowed to go home and when I replied with an angry voice, she just nodded and decided with a colleague in front of me to send me to the ward with maximum security. After that meeting she came into my room and gave me a document where I was legally bound to stay there for 10 days. I never accepted this and always said let me go! They took away my freedom for a whole month and

even prolonged it for three more months, but I was able to get out after that one month. During that time I was not even allowed to go for walks, to the store or church, but everyone else were free to do so. I got a lawyer who fought to get me out but my case got 'ping-ponged' between legal institutions for a whole month until I got out. That is my story. This is exactly what happened. When they try to get to you, either they try to smudge a crime on you, but I was working as a prison guard in the largest prison in Iceland and an honest citizen so they couldn't choose that method, instead they try to make you look insane and that's what they did, even though they have no proof. However it is possible to lie in medical records and that's what they did. My side of the story was also never in the medical reports, not one word from me. Only the doctors opinion, based on lies. This month of incarceration destroyed my reputation and livelihood. My son was taken from me without an explanation. Additionally, what I didn't expect is that the truther movement in Iceland, that had been supporting me through 2020, suddenly went silent. Why is that? It's because even though they were searching for truth they did not include God in the equation. Some automatically think that you must be insane if you choose to be on God's side. Can you imagine! What kind of a world is that? Heavily indoctrinated world, where we are supposed to deny God. So instead the truther movement naively jumped on that narrative and thought that since I mentioned Satan I must be insane. They have absolutely no idea about the Synagogue of Satan that controls the world. It's the oldest trick in the book! Divide and conquer, as well as problem, reaction, solution. That's their method. Remember next time you hear or read about someone that has been unveiling some truth that it might just be a way to get rid of him. Many of us are just a fictional story in the news media that was put out there to get someone out of the way, like so many politicians, musicians or anyone with a big platform. That is why I need to speak out about this event in order to protect me from the same people that took me and also to inform others what can happen to them. However God saved me and that is why I am still alive! I would therefore not disown God if I were you in the same situation! That night of July 17th 2022 I was injected in the hospital with 4 shots which killed me instantly. I suffocated, but God saved me with his hands and feet, through a good medical staff and the right equipment. This was in fact a ritual sacrifice to Satan and then God

saved me and has me now. Please, heed to my advice and you will be free. This abuse I experienced for a whole month is a very important part of this book and cannot be ignored, that's why I'm including it. Satan is REAL and he owns this world and many people. It was him attacking me through people that he can control. I was awakening too many people with this book and to the fact that God and the holy spirit exists. Satan would have none of that because he's in the business of destroying light beings. During that month I felt often heavy, like there was a magnetic energy being sent into my body. I don't know how to explain it technically, but it felt like I had a truck load of lead being pushed onto my body. Every night God helped me so I could breathe better. There was also hardly any air in my room. The window had a thick plastic barrier with a holes of the size of a pencil in it on the bottom, but the air was coming in from the top. The hatch to open the window was broken so I couldn't get fresh air in. The vent was pushing in dusty air. I could feel it was not fresh air I was getting. In the first few days the staff came in my room every 15 minutes, even in the night to wake me up. It felt like torture after, because I could never sleep a full night's sleep. They offered me medications, but I always refused and then they went away. In the beginning the food was ok, but after a week or so I started to get dizzy after eating the meals. There was obviously something in the food, but I had to eat. When I finally got out I looked awful. That's what you do when you've been killed and revived. My hair was lifeless and my skin had a bluish tone to it. I decided right away to eat raw foods to regain my health and that was the best decision I made. It took me a few months to become my old self again.

So, this is my story. This is what can happen when you choose God, but you have to. It's so important. I managed to help my son know God, but not my daughter. I can only hope someone helps her know him. I know that she and also my son are being attacked by this satanic energy in the form of negative self-talk, discouraging and debilitating thoughts. Everyone is. Because of lack of God, this satanic energy is sucking the life force out of my daughter because of me and my light work on earth and it makes me so sad knowing that I'm powerless against it. The only thing I can do is pray for her and write about it here in the hope she and my son will later read this.

The God of peace will soon crush Satan under your feet.

Romans 16:20

Dietrich Bonhoeffer was a German Lutheran pastor who was arrested for speaking out for liberty and freedom during the second world war. He wrote a very important book called *The Cost of Discipleship*⁵⁴ where he talked about when you come to Christ you have to be willing to die to the world and overcome your fear because when Satan knows who you're fighting for he comes for you at all cost. Bonhoeffer died in the concentration camp during the second world war. There were not only Jews that died there like what is projected in the news and history books, but everyone fighting for God and unity in this world! That knowledge is being suppressed. This battle I have been forced to face in the recent years exposing Satan has only made me stronger. This is Satan's world and I'm on enemy ground, but I'm not alone for there are many of us that are united in spirit, where we fight the battle. It is first and foremost spiritual and it is where the battle starts. Everything else is consequential. In this war I have gained courage that is divine. I know God is on my side and I conquered my fear of dying because I know when my time comes God will pull my spirit out of my body and I will not feel a thing, just like what happened at the hospital in July '22. When I started suffocating, maybe it was my heart that stopped beating, but at that moment I knew I had to call on God and that's what I did and he pulled me right from my body and so I have no memory of any pain of dying or being resuscitated. I want to share this gift God gave to me to share with you who also joins this battle. We will not suffer at all. Call on God and he will come pull you out of your body so you won't have to suffer physically. We are more afraid of physical hurt than anything else and since we are spiritual beings fighting a spiritual battle we shouldn't worry, the body is secondary when you choose God. God takes good care of us.

In this battle I have learned what real freedom is, it is when you get free from the shackles of Satan. Through the years God has helped me pay off my debt and making my dreams come true. God is big and can make great things happen for you. Therefore, do not give in to fear or hatred. Death of the ego within you is the door to a new life where happiness blooms and dreams come true. However, like I said, this mindset requires discipline. You have to change it. It's the only way to live prosperously. This is a lifestyle change, with a complete

change of mind where you become a more loving person. It will take time to get rid of the ego, for it is Satan battling you. Your heart will bleed when you break the chains, but in time you will see that it was all worth it when you become free from the ego mindset that kept you in hell.

Today, thanks to God, I am mostly fearless and I have a peace of mind that is of God, knowing who grabs me and takes away the fear if something happens. He helps me take care of me in every way physically, mentally and spiritually. He also replenishes me with energy and has helped me understand the importance of my chakras. He makes my body new again and rid of all disease just by thinking of it. He is the God of all and knows you. He wants to lead you so you can have the best life possible. Once you give your life completely to God and die to your ego you discover all of the fruits of the spirit and that is a wonderful journey that I am still discovering with every day a new adventure. I am laughing every day now and taking care of feeling good so I remain in the right vibration.

Chapter 5

To transform and adopt a new mindset

*“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.”*
Romans 12:2

*Whoever desires to love life and see good days,
let him keep his tongue from evil and his lips from
speaking deceit.*
1 Peter 3:10

As you know now the mind can be a tool for good or evil depending on how you use it. It is therefore important to use it correctly, but in order to do that you need to practice, or do brain gymnastics as my mother would

sometimes say. The same goes for the mind as any other part of the body, we need to do exercises to strengthen our body and it also applies to the mind.¹ The ego is clever and we are also slaves to habit. It's good to be aware of that before we start taming the mind and learning to choose only loving thoughts every day. We might be able to reverse our thinking for a short period, but then we fall into the same old negative thinking pattern, especially when we do not get what we want and we don't understand why. Many of us are so used to seeing the glass half empty and our mindset is often like an old album with songs from the past that contain contradicting messages. There are so many people in this world that are used to looking in the mirror at themselves and only see the past and everything they've done wrong. They look at their reflection and they don't like what they see. They feel they cannot change anything and think to themselves that they will always be that man or that woman of the past. Then they go out into their daily lives with this broken self-image and continue to project this ghost of the past outwards and maintain the vicious circle without even noticing it. They are being bombarded with wrong thoughts and a wrong mindset of the ego that tries to convince them that they are not good people and that there is no hope for them. But they're wrong. Every moment, each second, there is a new opportunity to change your mindset and become a new person. You can decide it here and now. But on your way to a renewed mindset you will stumble. It's unavoidable. I don't know how many times I've made a mistake. The hardest part is changing this old record that insists on playing a wrong message in the back of my mind. We are what we do again and again, for example a talent is not one particular gesture, but rather a habit over a long period of time.² This change of thinking takes time so be patient with yourself and willing to start again even though you've stumbled and found yourself thinking the wrong way. Be thankful you noticed where your thinking was and then choose a positive thought instead and carry on. Charles Haanel couldn't have put it better when he wrote: "Mental strength is secured in exactly the same way that physical strength is secured, by exercise. We think something, perhaps with difficulty the first time; we think the same thing again, and it becomes easier this time; we think it again and again, it then becomes a mental habit. We continue to think the same thing. Finally it becomes automatic; we can no longer

help thinking this thing. We are now positive of what we think; there is no longer any doubt about it. We are sure. We know.”³ I also need to gently warn you before you start all that mind work, because when you start letting go of the ego and get used to letting God lead you, your life will literally collapse. It’s inevitable. We literally go through a metamorphosis almost like the larvae before they become butterflies, except our bodies do not change.⁴ This change is painful on psychological level when we go through our personal emotional pain, because we think we are losing something valuable, when in fact what is leaving our life has to go. Most of us have built up a complete illusion entirely based on the ideology of the ego. In that world, love, unity, forgiveness is not really important. Also in that illusion we are not creating anything real, lasting nor desirable, so it all has to go way. Therefore if you have not been living a life full of love your life will collapse before your eyes, but do not worry, it is part of the cleansing process. The ego will tell you to be scared. That’s to be expected. What is really happening is that the ego is squirming inside of you, being ignored and of course it does not want that at all. But remember that the ego is not you. You are not your thoughts. You have only chosen to listen to the wrong voice. So let go of this voice that gives you wrong advice. Instead trust the process and allow everything to change, even collapse if it has to. As time goes on you will learn to project another thought or idea onto the movie screen of your life and this time the vision will be filled with love, gratitude and acceptance. Remember you cannot lose anything that God has intended for you. It is so much more easier to let go of the ego if you belief that God wants the best for you and you only need to step aside so that he can bring into your life everything you need.

By renewing your mindset you will need to change your story. We all have a set of stories that we tell people in life, some are heroic stories, others not as adventurous, and for those who play the victims like I did, the stories often revolved around how others were not good enough and were treating me badly. I had some real pity stories to tell about my life and when I started working on changing my mindset I not only started noticing them but I also started feeling awkward when talking about it because I knew what I was doing. I was trying to make me look good and avoiding any responsibility. Once I was chatting with a friend in a cafe I started noticing this. We were talking about our

childhood and I started telling the same story about how neglected I was when I was a child and she replies: “Oh, that’s sad to hear, I had such a good childhood, a good upbringing and wonderful parents.” I remember rejoicing with her but at the same time I was sad that I didn’t have the same story to tell. Afterwards I started to think more about this conversation. Could it be that I’m not helping me by telling the “truth” I thought to myself. And as this was my truth as how I perceived it, what if I didn’t see it correctly? Could I talk about other incidents from my life instead? Happier stories? Telling this story was starting to be tiring to me. Then I started reflecting on so many good things from my life and I remembered that my life has not been a tragedy the whole time. I seemed to be focusing on things that I felt were tragic for me – and for what? To get sympathy? To get love? I think so. Why was I choosing to ignore all the good memories? I remembered when my father and I went to our relatives in the country side when I was young, all the camping trips with my mother, the amazing memories with my best friends from childhood, all the cozy times reading on the sofa under a blanket, birthdays, parties at the university. My life was full of good memories, but I seemed to always choose to focus on the bad ones. I knew this had to change. I had to stop focusing on lack and disconnect and stop talking about what I felt I didn’t have or hadn’t gotten. I needed to change my story. In the Bible it is written: I am what I am and talks about when God spoke for the first time⁵ and refers to the importance of being careful with the words you choose, because you are part of God. If I say something negative, then I AM that.⁶ So choose your words wisely.

*Truly, I say to you, whoever says to this mountain,
‘Be taken up and thrown into the sea,’
and does not doubt in his heart,
but believes that what he says will come to pass,
it will be done for him.*

Mark 11:23

When I got that allergy when I was a teenager the doctor gave me very strong antibiotics with steroids and said I could gain some weight from the steroids. I had always been thin and didn’t know what it was like to be overweight so I didn’t listen to him. Then my appetite started to increase and I started to gain extra weight, about 15–20 kg. It was a big shock for me and I didn’t feel good in this new body. I started trying all kinds of

diets and ate very unhealthy. That of course didn't help and I continued to gain weight and felt worse and worse. Then one day I was walking up the stairs on the third floor where we lived. I was tired and felt so heavy with each step and remember thinking to myself: this is not me. I'm thin. I am healthy, fit and thin. I remember I stopped for a few seconds and then decide to take on the belief that I was a thin person and I continued walking up the stairs. From there on I stopped worrying about my weight and then about three months later a miracle had happened. I felt I did not change anything in my life, except I stopped dieting and ate regular meals. I did not exercise more, but all of a sudden my weight had dropped and within a few months from that I was back to my ideal weight! The only thing that changed was my mindset. I had stopped worrying about my weight and instinctively learned that the world within me is governed by "I" and "I" is part of God. So when I say 'I', I'm creating with my Creator^z and I had changed the way I spoke and thought about my body and with time created a new body. Words are powerful. We can speak life or death and it is not without reason that the Bible warns us to choose our words carefully (Proverbs 15:4; 16:24; 18:21). This story and many others from the past I have had to take a thorough review and learn to see that many of them do not help me at all. They keep me in my own personal hell and I do not want to go there in my mind anymore. Being a victim is not such a good life after all. It's like being trapped in quicksand. The more you think and speak about the negative things the more you attract it to you until you get stuck. I realised that if I wanted to change my life, I would have to change the way I think and speak, especially about the past. I had to reprogram myself by changing the script in the back of my mind.

*Do not confess that negative thought in your mind,
rather speak life to every situation around you.*

Proverbs 30:32

I started thinking about the good memories of the past and bringing them to light. I had so many good memories from when I was a child and going to visit my grandparents in the countryside, e.g. when I was feeding the orphaned lambs with milk from a coca-cola bottle, when we were collecting the hay in the fields in the summer and all the family gatherings. These were good times. I could see that I had a really good childhood.

What an opportunity to be able to go to the countryside, but also experience the city life. I had wonderful friends and so many good memories connected to them and now I focused on them. All these memories were in my mind, but somehow I chose not to pull them forward when looking at the past. It was a satanic attack influencing me to think only of the negative. Next, I looked at memories of my mother and my childhood. She provided well for me and she deserves that I remember that. By changing the stories in my mind and seeing my parents with loving eyes I was reprogramming myself. It's easy to do it once but I knew I had to do this often to get used to it because I had been thinking this way all my life. So I wrote in a diary a new story for all my family members and friends that I had had a negative experience with. Then I read it many times to make the story sink in until I started to automatically remember them myself. That was just one part of my deprogramming.

Some experts say you need just 21 days to change your mindset, but for me it took longer and I am fairly sure it takes a long time to reprogram the mind. Just like when you go to the gym. You do not build muscle and get in top shape in one day, not even in three weeks. When you start the mental work you will also have more spiritual attacks, so it's good to be prepared. There could be thoughts that come into your mind, like old scenarios, shameful experiences, old sins and habits and you need to guard yourself from those thoughts. It took me 4 x 3 months to open my heart and learn to discern my thoughts and see when I was living in my own might. I will therefore freely admit that this mental work has proved to be a challenge for me and I put a huge emphasis on it when I say that this work requires both concentration and discipline on your part. To keep on track I recommend connecting with God as soon as you wake up in the morning. Some people choose to read the Bible or other religious texts which is good, others meditate and do physical exercises. I did all of that and also did the exercises in A Course of Miracles (365 phrases for a whole year, but 3 months at a time) to help me connect with God and think only loving thoughts. You can find the ACIM exercises on the internet. I recommend doing those exercises as they really help remove mental obstacles, fears and triggers. We have so many preconceived ideas about us and others, including God and religion that keep us from staying in the right mindset. There is bound to be

something or someone that comes along (in essence a spiritual attack) that will push your buttons to make you fall again into temptation of the old thought system and I did that many times in the beginning, but as I progressed the more I saw the attacks coming and was able to contradict them also with a loving thought if I fell for the temptation to judge.

As for you, be strong and do not give up, for your work will be rewarded.

2 Chronicles 15:7

I first started the ACIM exercises in 2008 and I have not yet been able to complete all 365 exercises for each day of the year as I have had to restart the course at least four times. I'm telling you, the ego really does not want to let go that easily, so be prepared for it. In the beginning it was extremely hard for me to remember both to make time for the exercises and remember the phrases that I had to repeat to myself. I had to put a reminder on my phone every 10, 15, 30 minutes (depending on the exercise) to remember to do the mantras, otherwise a whole day would just pass by without me thinking about it. But after about 3 months something started to change within me. I noticed my views about others, how I perceived them, were changing. Somehow people weren't as much of a threat to me as they would have been before and I started responding more lovingly to situations that were challenging. This world I had built up was slowly crumbling down. In the beginning, when I did the 3 month's exercise for the first time I got really scared because of this change and I abruptly ended the exercises, went back to my comfort zone and resumed my old life pattern. It was because I saw that my relationship would fall apart and I guess I hadn't learned my lesson yet. Three years passed by until I decided to give the lessons another go. Of course, I had continued to bump into obstacles in my life, with people and experiences because I was still living in my own might and I was fed up with it. I tried the lessons for another three months and again I freaked out when the same process started and everything begin to crumble (meaning my relationship and work environment) and I quickly went into my old old safe zone and put the book away. But then I decided to try again for the third time. It was after the New Year 2016 when I started the exercises again. This time it was different. I had

gathered enough experience to know exactly what was coming and was much more prepared when my world started to crumble again. I had been having problems in my relationship and then it ended exactly in the third month of the exercises. This time I was mentally prepared to let go and let God lead, so I kept going on with the exercises while watching everything collapse around me. While all this was happening I carefully placed my trust in God and said repeatedly to myself that I cannot lose anything that God has intended for me – therein lies the peace, as the course teaches. I knew then that I could therefore rest in complete confidence that if this relationship ended it would be either because God was working on it and making it better with him in it, or because I was supposed to wait for someone else that God had intended for me. It's good to know that I can rest assured that everything is as it should be rather than experiencing regret and doubt of having made the right choice. With this new mindset, I recovered fairly quickly from the breakup. It didn't look too good for me for some time, I didn't have a lot of income and job opportunities, but still I let go and gave God room to reorganise my life. Over time my wounds began to heal, my income started to increase and joy and laughter started to fill my life again. I began to take small steps to accomplish my dream and found doors opening for me and new opportunities awaiting. It was exhilarating! God was working through other people and I could see more and more how he worked through me as well. Each day had become a gift from God and I began to wake up excited to see what was in store for me that day.

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Hebrews 12:11

I started waking up early in the morning at 3 am to be with the first in spirit with God. That's the right time to begin to pray with him. I began by saying the Father's prayer before I stepped out of bed, then I made some coffee (which is a stronghold I still have) and went to my prayer room where I started talking to God, my father and friend. I have all kinds of different projects with him, sometimes I read in the Bible, I meditated by seeing me in my mind as a light that shoots up, like a direct beam straight from my crown chakra all the way up to heaven

to replenish my energy. I sometimes wrote down what came to me, all kinds of advice, ideas to do something, questions and answers to those questions. Some of those questions were: God, what will you have me do? What do you want me to say and to whom today? Then I would receive answers. A picture of person with a thought of what to do and say and I tried to act on that accordingly. Then I often danced also. I put worship music in my ears and then I would just dance around and be in the flow. I love that. While I was dancing I was worshipping God and sending good energy out from my chakras by turning and seeing God's energy coming through me, through my hands and then spreading all over the earth to people and places. I also imagined opening the flood gates of heaven by seeing it in my mind opening up and the golden energy came flowing down onto the earth to all the people. This is an important prayer technique I would love for you to participate in when you think of worshipping God. It is possible to do so many things, paint and sing or whatever comes into your mind and is loving. In essence you are creating with the heavens, that is our Master Creator of Heaven. Most of all, it is important to be in the right spirit, the spirit of love and gratitude.

*In the morning Lord you hear my voice,
in the morning I lay my request before you
and wait expectantly.*

Psalm 5:3

I wasn't always in the right spirit when I woke up in the morning, because of the spiritual attacks in the night or even right before the alarm clock went off. I would get an urge to go back to bed because it was so cold or I thought I will just knit or do something else rather than dedicate that time to God. The battle for our souls is immense. We do not realise it and when this happened I missed my chance of being in the right spirit with my Lord and my day would go all wrong with me picking up the wrong thoughts and being in a terrible mood. God is always with us, sometimes it just takes a lot to connect to him because of the attacks in spirit. It's good to know about this so you are prepared for this mental battle. The pastor Warren W. Wiersbe wrote a very good book about the spiritual armour of God, called *Stand, Putting on the full armour of God*.⁸ In this book Wiersbe gives you advice on how to be mentally and spiritually strong to protect you in this battle. He refers to the verse

Ephesians 6:10. "Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against the flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes you may be able to stand your ground and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit and pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people, that is everyone in the world." What a powerful verse! Today, I put up the shield of faith daily with the belt of truth and breastplate of righteousness et cetera as I work my way through the spiritual obstacles of the day.

When I finished meditating in the morning I did the exercises in ACIM where I talked to my subconsciousness by repeating the mantras. I pray in the morning and evening and often during the day as well, repeating different phrases depending on the exercises. I also made my own mantra for myself which is: "I am happy, healthy, healthy, rich, lucky, productive, smart, and I feel good." I repeatedly said this to myself until I began to believe it. I repeated it in my mind when I went for a walk with my dog, each word for every step again and again until I knew it in my heart. This is the mental work that you do step by step and in the end you will succeed, I am certain! God needs you! Isaac Lidsky came on TedX with an important message about mind training and the importance of discerning your fears and not giving up. He said: "It is a learned discipline, it can be taught, it can be practiced. Hold yourself accountable for every moment, every thought, every detail. See beyond your fears. Recognise your assumptions, harness your internal strength, silence your internal critic, correct your misconception about luck and about success, accept your strength and your weaknesses and understand the difference. Open your heart to your bountiful blessings. Your fears, your critics, your heroes, your villains – they are your excuses, rationalisations,

short cuts, justifications, your surrender. They are fictions you perceive as reality. With that empowerment comes complete responsibility.”⁹ A big part of this relationship is praying to God with our heart, not just in words or thoughts as I’ve pointed out, but with love and longing for his companionship. We need to pray with our heart to him and pray as a child, for we are his children. When a child cries wholeheartedly their parents come running right away, ready to comfort and heal, but if the child is acting out and the crying is not sincere the parents will be less likely to respond to the child. It’s the same with God. He responds right away when we ask sincerely.

*Blessed are those who keep his statutes
and seek him with all their heart.*

Psalm 119:2 (NIV)

As you begin to adapt to a new mindset fear will slowly give way to love in your heart. Your life begins to bear fruit, slowly but steadily. You begin to experience inner peace and tranquility that is more valuable than world’s riches. You start to wake up excited for what is ahead and when you look in the mirror you like what you see. That is a big step, to learn to truly love yourself and be proud of who you are. There are going to be some people reading this that have to overcome a very painful past where they’ve made cruel decisions and committed horrible deeds, like Satanists. Sins are all kinds and let us not be the ones who decide which is worst. That is not our job. God forgives and loves us unconditionally, but those of us that have made bad decisions will need to repent of their actions and forgive themselves. “It is important that the survivor comes to realise that there is no sin that God cannot and will not forgive if they come to Him and ask forgiveness. Jesus said: “Father, forgive them, for they do not know what they are doing.” We need to do the same. These individuals are or were thinking according to a different thought system and are not aware of the power of the Holy Spirit. They have lost their way and are trapped by the ego where fear and hatred causes evil things to happen. That is why we need to forgive them and thus set them free (Luke 23:34). Jesus was a disciple of God who taught us to choose what we want and to reject what we do not want, and by learning to choose the right thinking we are finally choosing the right life we want. Therefore, we must think only of the good, beautiful, and perfect as

stated in the Bible (Romans 12:2) and be very vigilant to the serpent's lie (Genesis 1. 3:4; 8:44). When people come to realize this truth that they have been forgiven, they will resign, leave the secret societies and choose freedom, that is if they believe they have the physical freedom to do so – and there others come into the picture, as an outstretched hand of God who forgives and does not look to the past.

For God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7

Today I try to monitor my thoughts and do not allow any negative thoughts to linger too long, but of course it happens that I fall off tracks. That's to be expected and then I just pick myself up again and correct my thinking. This spiritual struggle is definitely hard, but once we become more aware of our thought process and correct it when it's wrong we can escape many painful experiences. For example, I'm much quicker to recover now if I'm out of tune. I quickly shake off any negativity and think only about something good and say thanks for all the good things happening in my life. Then I assure myself that only good people are entering my life and many gifts that God wants to give me are awaiting, and I don't mean necessarily material gifts, but spiritual gifts like the love and kindness of others, joy, good jokes, laughter, fruitful ideas etc. I am aware of my responsibility to see the fruits of the spirit in my life, to be grateful and recognise the good that comes to me and taking responsibility for my thoughts to pave the way for the gifts of God into my life. In Acim lesson 26 it says: "Are you invulnerable? Then the world is harmless in your sight. Do you forgive? Then is the world forgiving, for you have forgiven its trespasses and so it looks on you with eyes that see as yours. Are you a spirit, deathless and without the promise of corruption and the stain of sin upon you? So the world is seen as stable, fully worthy of your trust, a happy place to rest in for a while, where nothing need be feared, but only loved. What your Father wills of you can never change. The truth in you remains as radiant as a star, as pure as light, as innocent as love itself."¹¹ The world you live in is according to your thoughts so choose carefully each thought. Attack thoughts have nothing to do with your life and should therefore be eliminated from your mind. In a split second you can decide to change your

thoughts and change your life's course. It's a very exciting moment when you realise that you are the author of your own life story and can decide right here and now whether you want your life to be a sad story or a love story depending on your thoughts. Which would you prefer? I hope you choose love story.

*You therefore, beloved, knowing this beforehand,
be on your guard so that you are not carried away
by the error of unprincipled men
and fall from your own steadfastness.*

2 Peter 3:17

It is entirely up to us to reach out and strengthen this bond and our sensitivity to our divine connection. God speaks to you all the time, but you do not always hear him as you might be listening to your ego which speaks louder, also as I mentioned earlier in the book you can be influenced by other people if you haven't changed your mindset. Then you are on the same negative wavelength and it's easier to talk to you in spirit and influence you to say or do wrong things. Satanists know this. Even though I've have drastically changed my mindset this can happen to me just by going to the supermarket or going to a formal event. When I notice it happening I quickly forgive myself for choosing a fearful thought instead of a loving thought, then I pick up my spiritual shield and armour and correct the mistake by remembering something that warms my heart and makes me laugh or smile. It's that's easy but at the same time difficult, because if you haven't changed your mindset you most likely will not even notice that a negative thought has broken through the barrier of your mind and it's not welcome there. The holy spirit serves a purpose and one of its tasks is to be a guardian of your mind, letting you know right away when an enemy thought has attacked your home.

*Be very careful, then, how you live
—not as unwise but as wise,
making the most of every opportunity,
because the days are evil.
Therefore do not be foolish,
but understand what the Lord's will is.*

Ephesians 5:15–17

The renewal of your mindset will change your life. It certainly happened to me. I know there are many people

in the world who have gone through much more hardship than I have, but in essence we have all allowed fear to take root in our hearts. There are people that have experienced a real hell on earth that I cannot even fathom. Some were abused as children as I was and didn't have a choice to change their environment and that can influence their whole existence for generations to come. Many of them do not know what it means to be free and to think independently because from an early age their minds have been controlled and they've been taught what to think, say and do in every circumstance. Hypnosis and brainwashing are known tools to control other people. All kinds of societies, fraternities, churches, denominations and even the media etc. are used to control how we think, not to mention your own family that can heavily indoctrinate. Some families are not godly families, but more like an institution, a part of a bigger operation and a cover to brainwash the children from an early age. For those who have been through such terrible brainwashing these exercises are very helpful. Many of those who have suffered this kind of brainwashing are under a great deal of stress and insecurity because the brainwashing is all about filling the person with hatred and fear of others and doubt about themselves right from childhood and making them dependent on the family and the community they're in.¹² These exercises are especially useful, because they do not take the person into the past but focus on the now and help the individual find serenity within themselves which is the first important step in achieving recovery. They will experience all sorts of emotions in this process when they learn to deal with hateful and fearful thoughts and put new thoughts instead of the old ones, new thoughts that fill them with security and peace. Charles Haanel said: "It is this personal devil which makes men fear the past, the present and the future; fear themselves, their friends and their enemies; fear everything and everybody. When fear is effectually and completely destroyed, your light will shine, the clouds will disperse and you will have found the source of power, energy and life."¹³

Having said this, I will never belittle the effects of fear and hatred. What some people have experienced even since they were children (in this regard I'm talking about satanism) is hell-like and I will never be able to understand or put into words the atrocities they've had to endure. For such individuals, they are literally escaping hell when they reprogram their mind and open

their heart. And for the rest, it's like recovering a lost son or daughter (Luke 15:11–32). By seeing them in a new light, a miracle has happened. Therefore we must be tolerant and show each other great care and respect. We're all playing our own story in the back of our minds which can be hard to stop. For some it can be really hard to learn to see themselves as a good person. With time you begin to find reasons to be proud of who you are, allowing yourself to love God in you and you will see, wonderful changes will be on the horizon for you.

Chapter 6

The prayer

“Our Father, thou art in Heaven, holy is thy name...”

Prayer is man's greatest power!

W. Clement Stone¹

We are spiritual beings and prayer is the common language for all of us here on earth. As soon as we realise this fact that everything is energy, including our thoughts, we become more aware of the importance of prayer. When you pray, you are not alone. You have the Holy Spirit with you. There is so much power in you, the same one who created this world – think about it! It is amazing when you realise that God is really a part of you. We are at the same time such small beings, but still so powerful, as we are a part of a much larger matrix than we can ever imagine. Loretta Young said: “I believe that prayer is our powerful contact with the greatest force in the universe”² and I know that is true.

Prayer is said to be in three stages: *the prayer of the mind*, which is everything you think; *the oral prayer*, that is everything you speak out and in fact everything you say during the day and then *the prayer of the heart*. When we pray with our heart we are opening a door into another dimension where the Holy Spirit dwells³ and that is the most powerful prayer. That's why it's so important to let go of all blockages and open your heart fully, because when that happens miracles start happening in

your life. You have come in contact with the divine – the holy spirit who welcomes you and wants to do everything with you! “Seek ye first the kingdom of God and his righteousness and all these things shall be added unto you.” (Matthew 6:33). By seeking God first we will receive all things we need. So, let us not resist and be in our own strength, but seek the holy spirit where we get help with all our concerns. Everything else is a complete waste of time. “True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that – it is spiritual transaction with the Creator of Heaven and Earth,” said Richard Foster. Just think about it. In a deep prayer and by that I mean a deep transcendental prayer you are talking to God! How magnificent is that? You have come home in the fullest sense of the word. Spiritually, you have left this realm (the three-dimensional) and briefly visited Heaven.

Pray as though everything depended on God.

St. Augustine⁴

I go to God for everything today. In my mind I just pray to God and ask, “God, can you help me with this issue I have?” It doesn’t matter what it is, sometimes it’s just how to find something that I’ve misplaced or how I reconnect with people that I haven’t talked to in a long time. He guides me in forgiving but also putting boundaries so other people learn to respect me as well and he even inspires me to dress well and take good care of myself, eat healthy and go regularly to the gym to work out. I didn’t know that this kind of a relationship with God is the way it’s supposed to be. He wants us to come to him for everything, even the smallest details. After the police arrested me and I was put away in that hospital I was constantly praying for help, talking to Abba Father and asking him for guidance and what was my next step after this attack. He diligently answered me through those prayers and helped me get free a month later. God works in mysterious ways. Sometimes you don’t ask any questions and just follow your intuition on what to do. I hope you do the same and pray to God for advice about anything and that you go to him for help, for he knows exactly what to do in each circumstance.

God has also placed on my heart to include this important message in the book. You have to ask God to pull your soul to Heavens after you leave this existence. This message is for those that have never had a relationship with God and don’t think he exists. There

exists a middle world, Satan's world in between earth and heavens so to speak. People hear a voice telling them not to go into the light. This has happened to me so I can tell you about it. If you don't believe in God you will listen to the voice and you won't go into the light, which means you stay in the middle world roaming the earth as dead people. God asked me in spirit to tell everyone that reads this book about this because this could be an important message for someone in your family that believes there's nothing waiting for them after this life experience, but there is and if they don't go into the light they won't go to Heaven.

Whatever you ask in prayer, you will receive, if you have faith.

Matthew 21:22

Lets say you have a question that you want an answer to, God is often trying to give you the answer, e.g. through other people, a song on the radio, with a certain feeling you get (intuition) and sometimes it's almost like you can hear the answer in your inner hearing, but for that you need to relax and let go of all thoughts and listen effortlessly. It is good to experiment for yourself to verify that you are hearing correctly and activate the right hemisphere where your imagination is and when the connection is established you can often feel a loving energy coming over you and into your heart. That is the holy spirit. In this state of mind you can ask about everything you need answers for and then you meditate to pick up the answer. Remember the answer is always a loving message and it might not be what you want to hear but rather what you need to hear. Sometimes the answer doesn't come right away. As we know God works in mysterious ways and we cannot just order an answer from him – remember we are not in control, he is. It has to come in the right time and often we have to wait and practice patience until our prayer is answered. You aren't ordering fast food, you are asking God Almighty to put together a miracle, big or small and he needs time to tune into the right frequency, softly influence and change circumstances without creating a havoc. It takes time and practice to refine this relationship and acquire maturity and patience (because the holy spirit teaches us and influences us), but once it's established you will pick up the answers. That is how I connect with God and ask for guidance. It might be a loving thought that I need to hold and gives me peace of mind (I love this, I

appreciate that). There may be some exercise from the book that I can suddenly hear in my head if I'm stressed, e.g. "The peace of God is within me now" or some songs or lyrics that are uplifting. God has a wonderful sense of imagination and surprises me all the time. The answers come in so many different forms and I know I have to be open and discerning as well, because if I'm not in the right loving energy I will pick up another answer that leads me down the wrong path. This is how it works – God and Satan are both working in the unseen realm, one is helpful, the other is not and it is up to us to be in the right vibration to find the right answer.

*Jesus turned and said to Peter, 'Get behind me, Satan!
You are a stumbling block to me;
you do not have in mind the concerns of God,
but merely human concerns.'*

Matthew 16:23

The flow of energy into your chakras is like a soup or a whirlwind with God and Satan fighting a battle for our spirit. To all the families that fight for God, Satan tries especially to come into your home and family and destroy the family unit, by poisoning the minds of your spouse, brother, son or daughter, even your parents. Unfortunately I wasn't aware of this until after I started my battle for God so I was a bit too late warning my daughter. It wasn't enough to just teach her the Father's prayer. She was already grown and she didn't listen to me when I tried to warn her about the unseen realm and spiritual attacks, e.g how they can make you think persistent thoughts about something you do not want and influencing negative feelings towards others. However I began earlier with my son and prayed actively with him in the evenings before going to bed. For about six months period I repeated the same prayer with him, where I said, "will you please Jesus come into our hearts with peace and love. In holy God's name, Amen." On May 5th 2022 I was picking my son up from school. He came to the car and said, I forgot my schoolbag I'm going back to get it, and then he ran in to the school. Then when he came back with his bag he was very serious and as soon as he steps in to the car he said: "I was walking into the school and all of a sudden there was something like energy that came from outside of me and into my heart for a few seconds." Right away I knew this was the holy spirit and a miracle had happened. I told him that and he agreed, this was Jesus that came to

be with him and guide him and I told him that this was a huge moment in his life. God and Jesus were letting him know that they exist and from now on he is a God's disciple and I told him how the holy spirit is like an unseen special gift, like he's a superhero that will fight for God and help others know God from now on and he was very happy to hear that. I also told him this is just the beginning, it's not at all over. On the contrary God is now going to be with you and guard you. I am still praying for my daughter and hoping she reads this message and hears how important it is to ask God to come into our hearts and the hearts of our children, otherwise the world, or Satan will get to them with his poisonous mindset. Satan takes but God offers love and they fight with weapons of thoughts in the spirit realm. A loving thought from God, filled courage and messages of 'I can do this' energy comes into our spirit inviting us to take that thought. Then Satan comes luringly with another contradicting thought, 'you cannot do it' and sends discouraging thoughts like a hammer into our spirit with an energy that pulls on us. When we are in the right flow of energy with good thoughts we will not fall into temptation. Even when we are praying Satan is actively trying to sabotage us and everything we do, so we need to be aware when we are praying what kind of answers come to us. If it isn't loving it's not of God. If you are angry after praying you shouldn't pay attention to any messages that come in. It means that that the wrong thoughts of separation have entered. Therefore you should avoid listening to those thoughts and of course any prayers with words of division and death are not going to be fruitful.

*A prayer offered in faith will make the sick person well,
God will raise them up.*

James 5:14-15

Many years ago I was in a summer cottage with my friends when I woke up during the night. I felt people standing around my bed next to me. I did not see anyone but I sensed them very clearly standing around me. I remember there was a tall man to my right and then two women to my left. I hear the two women talking together and they are discussing whether I will make a phone call or not. I remember how I froze when I heard what they were saying. I had received a phone number to call a medical medium a few days earlier and I was planning on calling him to ask him to pray for my mother

who had become ill with cancer. I had not told anyone close to me that I was going to call that medium and to tell you the truth I wasn't particularly convinced that the prayer was going to work so this call really was not a big priority for me. But this experience completely changed that thought. I remember thinking, how could they know about this medium? And who are these people? and I became fearful. The moment I had that thought, I feel the person on the right (it was a tall light being) looks intently at me and raises his right hand up to gesture the two women to stop talking. They stopped talking immediately and then they disappeared. After that I laid in bed completely mind blown. Questions filled my mind as to why, but what stood out was the confirmation that I should definitely call the medium and ask him to pray for my mother, which I did right away after that weekend trip.

I have had many other experiences that have confirmed to me the importance of prayer and holding a strong belief. Of course it's important! We are spiritual beings and prayer is our native language. When we pray in spirit we all speak the same language, that is what speaking in tongue means and if we pray with the wrong mindset we will experience all kinds of suffering and illnesses. I know that when we pray with love, we connect with the Holy Spirit and through him we can work miracles, heal the sick, solve and fix everything that has gone wrong due to the wrong mindset. Prayer in my opinion is a medium of miracles.⁵

*And I will do whatever you ask in my name,
so that the Father may be glorified in the Son.
You may ask me for anything in my name, and I will do it.*
John 14:13-14

Ask not what God can do for you but what you can do for God.⁶ That is so important. God needs our helping hand to make this a better world and that means that we offer our services to him without asking for anything in exchange. You could start by asking him in the morning, Father what will you have me do or say today? And then follow every lead that comes to your mind. I try to do everything my Father asks of me, because I know how important it is, even though it's just praying for someone. Ultimately I know that gesture is a gift to God and his answered prayer for this world. I also cannot stress enough when I say that when we are praying we need to pray in God's will. That means pray for God's will for

everything you desire or think for yourself or others. It is a fact that when we want something in God's will, God will bring us what we need. It is enough to ask: "God, I ask you to send me (fill in what you want) what you choose for me, which is in my best interest and is in your will." In those circumstances where it is in God's will, everything is in balance and nothing is being taken away from others or ruined for anyone. Circumstances are perfect and everything is as it should be, in perfect balance and blessed and in harmony with the Creator. Remember that God is your supply and it is your divine right to have plenty, but not from taking from others.⁷ We've been taught to believe in scarcity and that there is not enough for everyone, but it is wrong. God wills you to have everything you need.⁸ Therefore, we should pray big and love and give much. Also remember that you are under divine protection when you are in the law and God is never late when it comes to answering prayers.

To think is to pray

Prayer is translation.

A man translates himself into a child

asking for all there is

in a language he has barely mastered.

Leonard Cohen⁹

All thoughts are prayers in one way or the other. What are you thinking and subconsciously asking for today? There are no neutral thoughts and you decide whether to choose a fearful thought or a loving thought. Thoughts are magnetic and one negative thought attracts many other negative thoughts and before you know it there is a raging storm of negative thoughts in your head or positive if you're in that vibration (hopefully!). Therefore what you think is very important and also what you believe, because you are praying at the same time as you think. Your thinking is living energy and takes on life as you focus more on a subject and think more and more about a certain topic. When you give feeling to a thought, whether it is good or bad, things begin to happen as you start creating. But what are you praying for? Are you aware of that? Are you thinking and praying on your own or with God? Even when actually praying are your thoughts negative and fearful or are they loving and positive? You may be thinking of something that has

happened to you in the past and has caused you some sadness or even great discomfort, perhaps rightly so, but that doesn't matter. It will affect your prayer. Also if you carry unforgiveness it will have an affect on your feelings and also the way you are thinking and that of course affects your prayer life. You might be attracting more bad moments if you haven't forgiven. Unforgiving thoughts have a definite effect and you will not be a good prayer warrior without a change of mindset.

To speak is to pray

It is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.

Matthew 15:11

The tongue has the power of life and death (Proverbs 18:21). Words and thoughts have a tremendous vibratory force¹⁰ so make sure you are talking about what you want and not what you do not want, because both are equally effective. Also when you talk about other people and situations, that is also a prayer for that situation and everything you ask for others (or say about others) you will also receive. In James 5:9 it says: "Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!" If you think about it for a moment, you will no doubt find an example in your mind where you experienced the same condemnation that you had shown to others.

There is an old saying that people should only use their words in three ways: *to heal, to bless or to enrich*. What an individual says about others will be said about him and what he wishes for others is at the same time what he desires.¹¹ In James 4:11 it is written: "Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it." This tongue we've been given can therefore be used both to bless and also to condemn. One is for our benefit, the other is not. What are you going to say today and to whom? Many psychologists today have become aware of this and help their clients think and talk about a better reality instead of the problems. This traditional conversational therapy where the patient talks on and on about uncomfortable things from the past is fortunately becoming less present in psychotherapy. If

people are going to get out of their toxic pattern it is best to talk as little as possible about what is causing the anxiety, except to dissect and locate the problem and not to tell the same story over and over again. It is much better to learn new techniques to replace unpleasant feelings and thoughts with better thoughts and feelings. Cognitive behavioural therapy¹² is based on this methodology and many therapists are working miracles on patients with this method. In the same way, we should avoid talking about illness, death, loss, deprivation, and learn to refine our word choices so that we speak only of what we want. Not to mention when we talk or pray about people who are not in the right energy and may have become physically or mentally ill. Then we do not heal them by speaking about the wrong, i.e. illness, grief or loss. Otherwise we will only amplify the issue. The best thing we can do is to speak life for us and others and not mention a single word about illness or scarcity beliefs. The person we are talking about has gone into the wrong flow and we are trying to help him or her out of this wrong energy and into the flow of health and abundance by seeing them healthy and prosperous.

Pray for each other so that you may be healed.

The prayer of a righteous person is powerful and effective.

James 6:16

A few years ago my father was hospitalised and when he was recovering from the surgery a seam in his thigh suddenly opened up. It happened when I was with him in the hospital room. A nurse was telling him he had to stand up and move. When he did that blood started gushing from a seam that opened up in his thigh and he fainted onto the bed. Fortunately a nurse was there and soon after a team of doctors came into the room. I was ushered out and shortly after I was allowed to come back into the hospital room just to say goodbye to my father because he had to go back into emergency for a repair surgery. Before I came into the room a nurse had said to me that they didn't know how the operation would end. The vascular system in his feet was not good and they did not know exactly what could be done for him, but I knew what I could do. I walked back into the room to my father's hospital bed and said, "You're fine. They are just going to fix the seam a little and I will see you tomorrow." My father looked at me intently and then

nodded and I hugged him before I went out. Then I went home and prayed fervently for him while he was in the operation. The next day I went to the hospital to see my father, who was exhausted after the operation, which was successful, but he could not get out of bed. I said to him: "Now you have to see yourself walking around. You may not be able to walk right now, but you should use this time wisely while you are lying in bed and see yourself walking and being healthy. It matters what you think so do these mind exercises and vision yourself get out of bed, walk in the hallway and imagine yourself healthy. See you go out in nature, where you are in perfect health and I will keep the same thought. I know that when two or more people come together in prayer God is with them (Matthew 18:19–20). Therefore it is so important that we help see each other in the right light, happy and healthy. It is sometimes hard to believe in oneself or to believe that healing has taken place, especially when one is ill or suffering. Then it is invaluable to have good friends who can help by keeping the faith for you and never doubting your health, just as Jesus did. "The friend or "healer" sees clearly the success, health, or prosperity, and never wavers, because he is not close to the situation."¹³ Do not think about the afflictions the person you are praying for has. If you do that you are only supporting the illusion that the person sees in him or herself and you are not promoting their health by looking at the lack (e.g. lack of health, riches etc.). Instead, you must help them remember that they are healthy by sending them loving thoughts of health and abundance and acknowledging the presence of God in that person. For he who is sick, or lacking something, has only for a moment forgotten that love (God) is the strongest force in the world and that is the only thing that is real and where there is love, there is no disease, no scarcity, but only abundance, joy and health. My father listened to me and did exactly what I asked him to do and it took him approximately two months to get back to his full health and leave the hospital and go home. He had amazing results in a very short time, which is a miracle considering he was over eighty at the time. But do not believe what I say. I think the best way is to experiment and prove it to yourself if this works, but keep in mind that you need to be vigilant about how you think and speak at all times and, above all, what you believe. Faith moves mountains, do not forget that. "A man can release, through his spoken word, all that belongs to him by divine right. He must,

however, have perfect faith in his spoken word,"¹⁴ said Florence Schovel Shinn.

To do is to pray

*To pray is to change. This is a great grace.
How good of God to provide a path
whereby our lives can be taken over by love and joy
and peace and patience and kindness
and goodness and faithfulness
and gentleness and self-control.*

Richard Foster¹⁵

Everything you do in life is a prayer of some sort. That's why I try to watch what people do rather than what they say, because many people lie but we know them by their deeds (Matthew 7:16). A good deed done with love is very precious. You can feel it when something is done out of love. You will feel love and gratitude in your heart. It's because love has been shared. You cannot keep love just for yourself, the law does not work that way. This is also how you can feel when something is not done with love, you get a sting in your heart or it's like it sinks. "Love is God in manifestation and the strongest magnetic force in the universe. Pure, unselfish love draws to itself its own; it does not need to seek or demand."¹⁶

*Rejoice always, pray without ceasing,
give thanks in all circumstances;
for this is the will of God.*

1 Thessalonians 5:16–18

I decided to give to God and joined a church choir in Seljakirkja, one of our lutheran churches in Iceland. That was a wonderful and giving experience. Then when I went to Filadelfia church to be in service of God. There I was asked to translate the pastor's services from Icelandic to English. I try my best each day to be a good representative of God here on earth that responds lovingly to every situation that I am in. It might be just a smile towards a stranger or offering to help someone with their groceries, whatever God puts on my heart I try to respond to and be a good servant of his. I have also been blessed in my encounters with other people. A friendly smile, a joyful nod and a laugh, an invitation to a concert or other venues, parties and lots of fun

memories from friends and family. I recommend going to a local church if you want to grow in your faith.

I remember particularly one unconscious prayer request that I had put out.

I was not guarding my mindset and didn't pray to God for a few days. After that I started to feel bad, but as I had done some mind work already (with ACIM) I quickly realised that I was listening to the wrong voice and that's why I was not feeling good. I immediately took a few minutes to talk to God and asked him to take these wrong thoughts away from me. Just a couple of hours later I received a phone call from a friend that was offering me her apartment in Reykjavík for three weeks while she was away on vacation. That was such a nice gesture of her. That meant I could be closer to my family and friends and also have a little vacation on my own. The same day another friend called and asked me if she should pay me a visit that evening and the next day a third friend contacted me. I noticed this especially and knew it was no coincidence that they all contacted me. This is how God works. He goes through people and sends them to comfort you and help, but he can only work through those that are a willing vessel for him. When I noticed this I was able to take a step back and see how how present he really is in my life and it made me humble and thankful. God is so close to you and knows you so well. He is indeed the great comforter, you only need to ask and it will be given to you (Matthew 7:7-8).

Army of peace

Be on guard. Stand firm in faith, be courages, be strong.

1 Corinthians 16:13

You must be certain by now how important it is to send only good thoughts and love to people (when you think or talk about them). All thoughts are energy and no thought is less powerful than another thought. Peter Deunov once said: "You should pray for each other, you should send good thoughts to your friends and pray for them, wanting them to be blessed, and the Lord, when he blesses them, will bless you also."¹⁷ When we realise the responsibility that every thought counts we will begin to pray and think about people and situations in a much different way. If you want to pray for people, just think,

speak and ask for a positive outcome for them. Do not even mention the negative, let alone think about it.

Could you imagine becoming a prayer soldier as you pray with your heart for peace in the world and you focus on seeing only the good in everything? I would like to see that. Being a prayer soldier means that you are a walking light in this world and think, speak, pray and perform everything in the Spirit. Saint Francis of Assisi said in his prayer, "Make me an instrument of your peace."¹⁸ I have said that to my Father and I wish for the world to do the same where we put our trust in God's power and ask him to help us be his messengers of peace at all times. This is so important. I can not stress enough the importance of being messengers of peace and not war. If we want to change our situation for the better it is the only way. Because I believe we have won the battle, we simply have to believe it to see it and then this world where light has triumphed will appear. For other believers of God, it doesn't matter who did what or not, a loving faith will save us in the end.

Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.

Matt. 18:19-20

I dream of a world where everyone is aware of the power of prayer. A world where we all hold the same vision of a beautiful and miraculous world. "However, the devil's agents keep the human race so busily engaged scratching for a living, or seeking riches and carnal pleasures, that the vast majority never has time for prayer."¹⁹ I dream of a world where we've become aware of this trap and we are collectively changing it by living in the fruits of the spirit, loving God and everything else. Let us pray for that vision to come true and we will become like soldiers, except we use our prayers and we use the right law, the law of love by thinking, praying and acting only in love. The word "soldier" has of course a negative connotation, but I suggest reversing the meaning. The strength no longer lies in power and the use of force, but in having an open, forgiving heart that sends only love. "From now on we must always be connected mentally and whole-heartedly with all people around the world, because salvation is in our joint prayers – "unity makes strength". And when the minds

and hearts of the people unite, then the Kingdom of God will come on Earth.”²⁰ In that world we only see the light of Christ in everyone we meet and every moment is holy and I dare say, I look forward to seeing that world with you.

*Set your minds on things above,
not on earthly things.*
Colossians 3:2

Chapter 7

A new worldview

*“At the proper time we will reap a harvest if we do not give
up.”*
Galatians 6:9

*‘I know the plans I have for you,’ declares the LORD,
‘plans to prosper you and not to harm you,
plans to give you hope and a future.’*
Jeremiah 29:11

For a long time now the world has been led by fear. With a hardened heart we have let fear rule us by listening to the wrong voice in our minds. With time there has been changes in the collective thinking of the world, which is silently transpiring in our midst, and is more important than any which the world has undergone since the downfall of Paganism.¹ The whole world is facing the dawn of a new consciousness, where a new thought has been liberated and the truth is allowed to rise and shine brightly over the masses. A new power and a new consciousness is emerging, where customs and beliefs and ruthlessness disappear and are replaced by a new vision, faith and service. Physical science have shown us how reduced matter becomes molecules, reduced molecules become atoms, and reduced atoms become energy. Each world becomes more subtle and spiritual as we move away from the visible and closer to the invisible, from the dense to the subtle,² which opens up the discussion about God and his existence. The old world, the world of the carnal and the mortal is loosening

its grip and the ancient law of the “eye for an eye, tooth for a tooth” is becoming obsolete. However, there is still a certain force in the world that wants to prevent this truth from coming to light, because when it does, and it will, the worldview that we have been collectively projecting will soon collapse – because in truth man’s freedom is hidden.

The invisible force that is dominant in the world is Luciferianism. It’s a group of elites (The Cabale)³ that have been in a key position for a very long time and have made all the important decisions. The world has been like their own private club and we have been their slaves, or as George Carlin said, “ It’s a big club and you ain’t in it.”⁴ The media is their mouthpiece to shape public opinion and they use maritime law to enslave us from birth. Furthermore, corporations, otherwise known as a morally blind legal entity, is a cunning idea that the elite invented to gather power and store their funds.⁵

The ideology of the elite based on the Old Law of the Testament, where might is right and totalitarianism is on its way out. Over time, this group of elites have gained control of the world by putting key persons in positions of power all throughout society where they can control all discourse, law making and policies. This also includes business, world of politics, science, media, educational institutions, industry, religion, and not to mention secret societies such as the Masonic movement that I have already mentioned. The ultimate goal of the elite has of course always been to gain power and control and for a very long time they have been able to control the collective consciousness, mainly through culture, television and media, but times are changing. A new wave of energy is coming in with full force and the ones governing the world cannot stop this progress.

For a long time the traditional science has ignored the important part energy has on our lives, but this knowledge (that atom is frozen electricity) is now becoming more widely known by everyone and when that knowledge becomes common knowledge the world will change completely.⁶ Consequently, the science of quantum mechanics, which has been at the forefront of technological development in the world, has also been ignored when examining the connections between the mind and matter. Researchers have been bullied if they venture into that path and students are even warned not to spend time on such projects and are told that it will affect their future if they decide to do so.⁷ Why is that? Yet the science of electromagnetism has been

embraced by high-tech companies and technology has advanced a lot since we discovered the relationship between electricity and magnetism. They do not venture any further than using it for technical measures. It's because spirituality is forbidden in science. Hence, anyone that makes a groundbreaking discovery in science pointing to God and has some sort of a platform in society is being kept in invisible shackles where fear reigns. Scientists all over the world are steered and heavily influenced by politics, money supply and even the church so they cannot say just whatever lies on their heart. Those that have had the courage to publicly criticise this censorship in science and the worldview have subsequently lost their jobs, honour, and livelihoods. Fortunately, more and more people are waking up and realising that it is fear that controls them and when they decide to remove fear from their heart they will gather the courage to tell the truth, taking a truly groundbreaking step for humanity. One for all, all for one.

We need to face the truth in order to make changes

So far we have learned that the universe is one indivisible, dynamic whole in which energy and matter are so deeply entangled it is impossible to consider them as independent elements.⁸ With this in mind, we cannot continue to ignore the fact that we are all connected and “everything you do to others you are doing to me” (Matthew 25:40). Having said that I come to a very difficult subject which has to be addressed. We can no longer close our eyes to the fact that this Luciferian worldview is accompanied by satanic treatment of adults and children, which is one of the biggest secrets in this world. They are bound in shackles of fear of torture or punishment to them or one of their family members. This is just the top of the iceberg. The satanic rituals has taken the lives of so many people. Millions of people around the world have disappeared every year. Many of the young people end up in terrible torture and enslavement camps where they do nothing but work, sewing clothes or constructing our phones. Others have an even worse ending that I cannot mention here. We must therefore begin by acknowledging the fact that we have systematically ignored this terrible tragedy. We have chosen to look

past this horrible fact and it's time we face it and do something about it. Dietrich Bonhoeffer said that the "the test of the morality of a society is what it does for its children,"⁹ and if we look at the numbers of children that vanish each year¹⁰ we cannot but reach the conclusion that our society is at a brink of a moral collapse. Was Bonhoeffer talking about the same thing as I am, the satanic Luciferians. Is that why he lost his life in the concentration camp? Why was he there in the first place? He was fighting for justice in the world, for freedom and he paid with his life. So many Christians have been killed when they start fighting the same battle as Jesus did. In order to be aware and able to respond properly, we must face the problem and its perpetrators. The truth needs to be revealed. In that way we can read better into all situations and look at regulations, directives and institutions to see if they are really protecting children or a path to their destruction. There are signs on the road that SOS – in case of emergency call 911. What does the SOS represent? Is it Synagogue of Satan? Jesus criticised this establishment and said, "let the children come to me." Was he maybe talking about the problem of human trafficking and ritual sacrifices? Maybe he was just spreading the Gospel but unfortunately both trafficking and sacrifices have been practiced for thousands of years and connected to pagan religion from Egypt where human sacrifices was a common practice (Genesis 13:15 NIV; Ezekiel 8:9; 12; 1 Corinthians 10:18–22).¹¹ Also, Martin Luther, the German pastor that started the Lutheran movement in the middle ages wrote a book to warn against jews that practice ritual sacrifice.¹² Why did he have to do that?

My people are destroyed for lack of knowledge.

Hosea 4:6

I know this is a very hard thing to digest but this is the truth and we have to look it in the eye. If you take the time to do some research (quickly, because Big Brother is deleting resources as fast as the wind blows) you will find out that everything I am saying is true. This is the hard part of the awakening – realising just how sick the world has become. The fact is that we cannot fix it until we know the whole truth and the longer we try to ignore it the longer the problem persists. The truth is sometimes hard to digest, like in this case, but it's better than a sweet lie. Our children are our most valuable future and our most precious gift from God and if we

continue to turn a blind eye to evil how are we going to eradicate it if we do not even know what it is and what it's doing (Hosea 4:6).

Because you have forgotten the law, your God will forget you.

Hosea 4:6

It is not always an easy way back for those that have fallen into the temptation of mammon (Matthew 19:23–25). The mindset has become very sick. Fear has taken over the heart and selfishness is in full charge, shutting out love. It takes nothing less than a miracle to get through the thick shell of these individuals and get them to understand that their mindset is what needs to change if they want to live a better life. That is why the Bible's warning message about the dangers of accumulating wealth is so clear and serious. It really is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God (Mark 10:23–25). Do you remember the story of the insider who stole all the billions from the countries in Europe?¹³ It is rather unlikely that people in that position like they were will open their heart voluntarily unless they see a real benefit in it. Firstly, they are unaware that their mindset is wrong and will continue to do as they know as long as they make a profit (Luke 23:34). Secondly, most of them haven't been put in a place where they learn to reflect on their thinking and behaviour. They're just mirroring a past they've been taught. That's why I believe that we, who have not fallen for mammon, should try to help them and instead see the good in them.¹⁴ I do not have the big picture anyway, therefore I will not judge. Who among you is sinless? In the Gospel of John this is written. Whoever says he is in the light and hates his brother is still in darkness. Whoever loves his brother abides in the light. Whoever hates his brother is in the darkness and walks in the darkness and does not know where he is going, because the darkness has blinded his eyes." (1 John 2:9–11). Those are true words and the church should preach that more often, because it can be very challenging for someone who has fallen for temptation to find his or her way out by themselves, because without our help they are alone and blinded in the dark. We can help them by looking at them with kind eyes and accepting who they are in Christ – a son and daughter of God. That will help them find their way back out of the

pits of hell. Knowing this, we should see everyone, even those who have broken the covenant (the law of love) in any way, with loving, forgiving eyes, because if we do not, we are also in the dark and have lost our way. No doubt it is difficult for some to accept this and I can understand that. There are still moments where I go into my ego and judge others, but I don't hate anyone. Not even those that have committed terrible atrocities. Even if it's true, you're not supposed to hate. God did not put us on this earth to hate each other.

Today there are increasing moments where I can hear the Holy Spirit and ignore the mistakes of others and I can't tell you how good that feels when that happens. I feel like I managed to solve THE test, but I know there will be more tests of faith and forgiveness, because I need more practice and that's okay. In ACIM it says: "Every situation, properly perceived, becomes an opportunity to heal the Son of God. And he is healed because you offered faith to him, giving him to the Holy Spirit and releasing him from every demand your ego would make of him. Thus do you see him free."¹⁵ Yes, it is through God who gives us strength that we can do everything, even forgiving the unforgivable (Philippians 4:13).

Therefore have we erred from the way of truth.

Wisdom of Salomon 5:6-8

From all of the above, it should be clear that psychopathy and sociopathy is based on a distorted thought system which explains the current culture of psychopathy happening in our society today where more people become obsessed with themselves and trapped in addictions. It is time to sober up and take a clear look at our lives and take responsibility for ourselves, not only our actions but most importantly our thoughts. Psychopaths and sociopaths are stuck in the victim role, in the reptilian brain and cannot find the will to change their circumstances by taking full responsibility for their lives. The easy way is just to blame everyone else.¹⁶ So instead they avoid facing themselves because deep down they know they will have to admit that in some cases their own behaviour was neither fair nor just. Their whole worldview would collapse by doing so and many avoid going down that path even though it's the path to light. In addition, the rest of us have strengthened them in their beliefs about themselves by looking at them with the same judging eyes as they have learned to look at

themselves and the vicious cycle continues. Most, if not all, learn to lie as early as childhood to avoid discomfort and punishment, and many go through life like this, lying to everyone, including themselves and do not dare to take off the mask of fear of others. This is one of the main characteristics of those who live in their own power and do not follow God, or rather do not listen to God's thoughts or follows them. I am definitely no exception and learned early on to rely on myself and not be honest. I pretended everything was always fine. The more important the topic, the more closed-minded, smiling and pretending nothing was wrong, saying: "How are you, I'm fine? Always busy? Yea, gotta go, talk to you soon." The answers were superficial and the truth far away. In any case, I didn't believe my feelings mattered and so I traveled through life like this. So many avoid facing their circumstances because they know they will have to admit that their own behaviour wasn't kind or holy. We all play this game and think that others do not realise but that's a misunderstanding. We're all acting out, either it's the truth or a lie. There are no secret thoughts and our subconscious knows the truth. Please don't misunderstand and think that I'm saying that all liars are bad people. No one is bad in my opinion, not even Hitler. I am simply pointing out that there is not much difference between us and we shouldn't judge others for maybe falling deeper into the same mind trap as we do. Some might call this a great simplification but I believe this is the only way out of the maze. I read a story about Saul in the New Testament. He was a roman Jew and could best be described as a psychopath. He was completely indifferent when it came to the feelings of others, thought only of himself and was controlling and cruel. Saul hated Jesus and fought fiercely against the gospel and killed many of his followers. Then one day Saul had a divine intervention where Jesus confronted him in spirit and to make a long, but beautiful story short Saul turned his ways and began to believe in God after this holy encounter and preach the gospel of Jesus with great fervour. He then later took up the name Paul and wrote some of the most remarkable letters in the New Testament and was imprisoned for preaching a new way of thinking. There we see an imperfect, weak jew who makes a complete change of heart when he gets to know God and lets him into his heart. This story is so important and relevant for todays psychopathy crisis. It really is possible to change your ways any minute and choose another way of

thinking. After that, Paul conveys the good news from Christ which has changed my life and the lives of many others around the world. So, should we judge others? Even those that we have condemned as psychopaths? I would say no. Not at all. Everyone makes mistakes in life and some are certainly more expensive than others. Jesus was asked what is the most important commandment and he replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. The second is: Love your neighbour as yourself." (Matthew 22:37–39). That is how we should love God and people, including those who have violated the 'social agreement'. Our role is simple, we have to forgive and not judge.

What good hath riches brought us?

Wisdom of Salomon 5:6–8

Let us return to Gudmundur's story and his woodworking business in Iceland.¹⁷ It says in his biography that he and his wife decided one summer to rent out their house to earn some extra money. During the summer the people renting the house grew potatoes in the garden and when Gudmundur and his wife returned in the fall the harvest had all been gathered and stored in the cellar of the house for them to enjoy during the winter months. How kind of those tenants! Do we see such generosity today? What on earth happened to us? How did we end up so utterly selfish? If we want to change the world maybe it would be a good start to change how we treat others. If there is no heart there is no value in it, we are either a giving individual or not. Jesus asked Simon to take care of his sheep." (John 21:15–17) meaning love my people (humanity). Psychologists say that one way to get out of depression is to help others. It is a good way to get out of bad feelings and into a loving feeling, because you take your focus off of you and onto others, from me to us, or from the ego to God. This exchange is at the same time a gift to you because you withdraw from the loneliness that the ego has imprisoned you in and into a loving community with others. The elites of the world should consider taking this path instead. It is much more loving and giving for them. For example George Soros, the business mogul who has a lot of means. He could do so much good in the world and go down the right path that way. Money can serve good, it is not the root of all evil – Satan is.

Not many know what human tragedy George Soros had to endure as a child and young adult that shaped his personality into adulthood. Soros is a Hungarian Jew and was 14 years old when he was put in one of the extermination camps in the second world war. In an interview he told how he was forced to take all the valuables from other prisoners before they were sent to the gas chambers. "I was 14 years old and I would say that that's when my character was made, that one should think ahead, one should understand and anticipate events and when one is threatened. It was a tremendous threat of evil. I mean, it was a very personal experience of evil," said Soros in an interview in 60 Minutes and he went on to add that as a child you don't see the connection and he could have just as easily been on the other side of the fence and was more like a spectator watching things happen.¹⁸ His reaction is typical of someone who thinks with the reptilian mind, anticipating events and protecting the self. No one will ever convince me that George Soros escaped unscathed from this life experience. He was just a teenager, trying to save his life and I don't think he had the capacity to understand the consequences of his actions. He also said in this interview that he had a handler and I think that's a very important part of his story. The big players on the worldly scene all have handlers that 'correct' them if they go off script, but which script? Is it a loving message? I doubt it. Unfortunately he had to take the path of the business mogul, thinking only of multiplying his fortune, but in the end it doesn't mean anything. You don't take money with you to the grave, do you Soros?

For evil to flourish, it only requires good men to do nothing.

Simon Wiesenthal

As we learn more about people and what they have been through and their story we can see why fear controls their lives. Even though it will never justify their actions it can help us understand better. The psychologist Viktor E. Frankl also survived the Holocaust like Soros, but he took the other path. He was a prisoner in one of the extermination camps and he said afterwards in his book *Man's Search for Meaning*: "No one has the right to do wrong, not even if wrong has been done to them."¹⁹ Frankl was an adult when he entered the camps and was able to break away from the

mentality of fear and therefore reacted differently than Soros. Frankl never spoke of having any handler or outside pressure like Soros did and was in that sense less of a prisoner than Soros. Both of them were only trying to survive this terrible war, but they chose two different laws. While one law gives back lovingly, the other takes an endless spiritual toll. Sigurbjörn Einarsson, former bishop in Iceland said in an interview that “God does not love what men do and is of the devil. But he loves the man. And his love is, of course, the only force that can save those who have walked in darkness.”²⁰ Those are wise words from our former bishop in Iceland.

My conclusion is therefore so – it is too easy to label others as morally blind, psychopaths or evil people or try to treat them in a simple way as unsaveable souls. When we think of people in this way we become guilty of not seeing the light in them that they so desperately need.²¹ Those whom we have labeled as morally blind need to face their fears the most and we are not helping them until we begin to see the light in them instead of the darkness. In that regard we have also sinned against them, so to speak, because by not seeing them as they are – children of God, that should be full of love, hope and light – we ourselves have lost our way and chosen to see the darkness and not the light as we should. In Acim it says that “if you attack whom God would heal and hate the one He loves, then you and your Creator have a different will.”²² Instead you should look at your holy brother or sister and let them lead you home. This means that we choose to ignore their mistakes (sin) by seeing the light in them. By doing so, we are not encouraging the person to continue to sin, but rather to turn back from sin and into the light.

By seeing the light in others, we magnify it and also enable the person in question to see themselves in a loving light because their subconscious mind accepts the healing thought as truth (James 5:19–20). Many are trapped and suffer from great shame, which is understandable, but the shame keeps them in prison. Sin keeps the person in the wrong thought system and seeing correctly. By seeing him or herself in the right light the person will automatically leave the other world and enter the light with all the others. Many that are trapped will be happy to hear this and it will not take long for them to turn to the right law of thinking. I know that even those who have long been on the path of destruction will be ahead of some of the devout

Christians attending church for many years. Hence “the last will be first, and the first will be last.” (Matthew 20:16).

Welcome to the machine

We wearied ourselves in the way of wickedness and destruction.

Wisdom of Salomon 5:6–8

As we briefly examine a side of history that is never spoken of in history books we begin see these (occult) spiritual influences everywhere in our society and culture, sometimes called the spirit of Lucifer and Jezebel, where the focus is on death and destruction. We see everywhere an increased lust for profits over the wellbeing of others. Our God given nature is being attacked with the production of genetically modified seeds that can be patented and sold for profits. They cannot patent the nature so that is why they choose instead to manufacture seeds to own and sell on markets. However that has unforeseen consequences. Farmers who want to use traditional seeds that have been collected from the previous year are bullied and even fined to force them out of business and stop farming and traditional seed saving.²³ That is completely crazy! Genetically modified food is denatured food²⁴ that doesn't nurture our bodies or soul. It is both inanimate and unnatural which makes you wonder why they are producing and promoting this kind of 'food'? It is purely for profit and something else quite sinister. William Guy Carr asked: “Why do those who plot our subjugation force us to eat denatured foods in this day and age, if it isn't to weaken us mentally as well as physically?”²⁵ I think that might be the answer. Naturally produced crops are much more nutritious of course and so I ask myself this important question: Is the main goal of Satan to create obedient slaves that do not have an independent thought, willing to eat toxic food, sugar, poisonous brew and pay for everything on this earth? Looks like it. As I've already mentioned Satan runs this system and owns this world. With increased development in technology, such as transhumanism,²⁶ people are becoming more like zombies, forgetting that there is a God in them, making them serve and bow to authority here on earth and willingly accept everything they're being offered.

His wisdom is profound, his power is vast.

Who has resisted him and come out unscathed?

Job 9:2–4

Some people want to classify the ruling elite into a certain group of men and women, but the Old Testament mentality does not ask about class, status, gender, or ethnicity. However, one might wonder why the English version of the Gospel of John says “for fear of the Jews” and not “for fear of the crowd” (John 7:13, John 9:22, John 19:38, John 20:19) as Paul Helleayer said in his book *The light at the end of the tunnel*. Jesus also said in John 18:36 “My kingdom is not of this earth. If it were, my servants would fight to prevent my arrest by the Jews, but now my kingdom is from another place.” Ask yourself: why did he say that? A wise man once said: “Don’t just tell me what he said. Tell me why he said it, so that I will better understand the meaning.”²⁷ I am not pointing a finger at anyone here, just asking certain people to turn from their evil ways. We were made to live in harmony with each other. Could it be that Jesus was pointing out to the Jews that the wrong god is being glorified? Or better yet, that they believe in a god who preaches separation despite the fact that energy and matter are inseparable? Take note that Satan is not concerned whether the souls he wins away from God are white, black, gentile or Jew. All are fish in his net and separation and elitism is his game and that is how he gets through to your ego.²⁸

The reason why I place so much emphasis on this is fact is that this so called ruling elite has for far too long been allowed to control people in key positions of power, as well as within the Freemason society, which is their modus operandi to control key people in higher positions and institutions and get everyone to agree that a one government on earth is a good idea.²⁹ It is of no importance who is in position of power in this one world government but we can conclude that this elite would be in power and ownership of the world, hidden in the form of private and corporate companies, various foundations cloaked as anthropological institutions as well as ownership of all the major media outlets and international organisations. The sinister goal behind this plan is to repress our beautiful individuality and hide God. However, we are all born different, with different fingerprints as we should be. If God wanted a homogeneous world, there would be only one kind of

tree, animal, only one tribe of people with the same skin tone, but that is certainly not the case! We are as different as we are many. How awesome is that? All the colours of the rainbow is the key. One world government is inherently evil and could never serve the interests of many different ethnic groups, cultures, traditions and interests (Isaiah 30). Christ said: "Therefore go and make disciples of all nations." (Matthew 28:19–20). We need to let everyone know how the world is so we can collectively turn from our wicked ways of the egocentric mindset. It's not just the elite it's also the rest of the world who participates by accepting this worldview as it is. The people who control the Luciferian society at the top want to keep this as secret at all cost so we do not become aware of their goal of making the people of the world slaves to the machine; physically, mentally and spiritually. They cover the truth with a thick fog of lies in form of propaganda. "Instead of Holy men, we have allowed the Synagogue of Satan to place evil men in control of all those in high places. It must be obvious to all thinking people that the reason Christ told us we must start at the bottom and up, using men and women whose minds have not been brought under the control of the Synagogue of Satan (by propaganda introduced into our seats of learning and all other channels of public information), is because He knew that all those in "High Places" don't realise they are being controlled by the agentur of "The Synagogue of Satan".³⁰ While all this is happening mankind is being kept busy working to make ends meet so they won't wake up and do the most important things such as pray and establishing a living relationship with God. That is one of the reasons why I wrote this book, to let everyone know about the diabolic plan that awaits us if we sit idle watching TV and do nothing.

Freemasonry and all the other secret societies might have been established with an honourable goal in mind in the beginning but they have become a multilayered triangle, that functions more like a mafia where people unite to share a common goal – power. The esoteric teaching taught within their establishment is only for their own benefit and gain and only those in the highest degrees learn the real truth about what the order is really about. Luciferianism. Freemasonry today is therefore mainly a brotherhood with the motto: "I scratch your back and you scratch my back" and the esoteric ideology has given way to the egotistical teaching of the Jesuits, which has no roots in the original ideology.³¹

*Blessed are those whose ways are blameless,
who walk according to the law of the LORD.*

Psalms 119:1

For a long time great truths have been withheld from us in order to control us better. The truth is that the hearts of people around the world are held hostage through fear and we saw a clear display of that in 2020. Those who rule know the truth that we are spiritual beings and they control us through our collective consciousness, as well as enslaving us through maritime law³² and strawman transactions,³³ media manipulation, culture, politics and education. The goal is to maintain the old worldview (which derives from old Egypt or earlier) to maintain the seat of power. And we need to understand that we, as a collective, have given them this power and all we need to do is take back that power peacefully in the spirit of the New Testament and this is the most important message of my book: We do this by perceiving the truth of the situation we're trapped in and turning inward to seek God and create a new and better world from there. The elite knows this and they are relieved that we are all peacefully waking up to create a new and beautiful world with them in it as well, of course, because they detest this world we live in and are much more trapped than we are.

The esoteric teachings taught in Freemasonry are true but have been abused. Freemasons know that the atom is frozen electricity but this fact has been kept secret from the public for a long time and is very important.³⁴ But why do they not come forward and warn others? Remember their initiation ceremony that I talked about. It was to capture their hearts and fill it with fear and you know by now that when the heart is filled with fear it paralyzes the person. That is why they close the hearts of all Freemasons, as well as all the people in the world in order to control us all. In the Protocols of the Learned Elders of Zion it is stated that "according to the ancients, the heart (lamed) is the king (Melek) of the organism and the seat of life. The destruction of the heart causes death of the organism and the seat of life and in symbolic language it also means that the destruction of the king brings about the downfall of the kingdom."³⁵ Which means that the heart is the key to God. Satan takes over by numbing the heart and the connection to God.

*Have I not commanded you? Be strong and courageous.
Do not be afraid; do not be discouraged,
for the Lord your God will be with you wherever you go.*
Joshua 1:9

Therefore the members of the Freemasonry order as well as all the other secret societies that partake in maintaining this old worldview need to go through a significant introspection where they ask themselves what kind of a god they actually serve. “The vast majority of people don’t seem to be able to realise that upon this earth there are considerably more people who serve the Luciferian cause than there are people trying to put God’s plan for the rule of the Universe into effect upon this earth.”³⁶ That is correct. However the ones fighting for God have no idea what is going on, but we will multiply very fast once people start to know what is going on. Unfortunately too many people are driven by the ego and are in search of power and worldly affairs but do not realise what agenda they are supporting along the way and that is a big part of the problem. It is often not until the latter part of life that people begin to connect the dots, when they are less focused on material needs and more on spiritual needs. In light of all this I’m really crying out in despair to you who reads this and is perhaps tied to such a secret organisation or a supporter of the ideology of the old world to consider to change your mindset and face the fears that control you. God can protect you from all evil, you only have to talk to him. With time he will show you that he is on your side by putting signs in your path and if you are stuck in this world you won’t have to worry, God will gently steer you so you won’t get hurt. He has done that for me. I have been in dangerous circumstances and God is with me, gently helping me move through obstacles. When you start believing that love is stronger than the old law of hate you will move mountains. “The Scriptures promise that if we make the TRUTH known to all the people of all the remaining nations, the (knowledge of) Truth will set us free from the bonds of Satan with which we are being more and more securely bound as the years roll by. Satan is still Prince of this world as you’ve read in the chapter on hell and our task is to shorten the time when the prophecies related in Revelations are brought to pass. It is our duty to bind Satan by making his evil plans known, so that he may be cast back into hell for a thousand years (as foretold in the 20th chapter of Revelations), and so hasten the day when Satan

again breaks his bonds and brings chaos, tribulations and further abominations for the people of this earth. In order to prove our sincerity we must, in my humble opinion become DOERS of His Holy Will, and not HEARERS ONLY, of His Word.”³⁷

Jesus turned and said to Peter, ‘Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.’

Matthew 16:23

“You can say evil, the Luciferians, the Satanists, whatever you wish to call it, it (Satan) is a real entity,” said the businessman Ronald Bernard³⁸ who managed to escape one of those secret societies, called Illuminati. Many who are still stuck in that world do not know how protective a connection with God is and therefore do not trust that protection, but it is true. God offers divine protection when you believe in him. Love protects you from all evil, but you must believe it wholeheartedly and at all times (Daniel 6:11–23; John 3:5–6). God has tested my faith, or should we say taught me slowly how to trust him so I wouldn’t make a big mistake when danger arrives. It has been a valuable lesson that I won’t forget and now I listen and obey when he gives me a sure sign. Note that it is not my goal to encourage people to come forward and tell on people, companies, institutions or deep state secrets, but rather to encourage the same people to break free from this fellowship and the evil spirit world that controls them and they can only do that unscathed with a changed mindset and unwavering trust under the law of God. I will never encourage people to recall bad things from the past as it is a trap that keeps the heart in fear. It is more important to start a revival so that fewer people are attracted to this fellowship and working in the dark behind the scenes. When we sign an agreement to keep secrets by all available means in spite of wicked deeds and promise not to divulge possible evils we break the covenant with God. The truth should be above all, always. Otherwise we are not under the right law and reap according to the old law. The fellowship in this sense is no different from any cult where people are held captive and ruled by fear. Fear is the same currency in all these societies and those who dare to break the rules are threatened with punishment. If Freemasons and similar organisations are to continue

their work, they need to begin to acknowledge the nature of the fraternity and see for themselves that this strict demand for secrecy and punishment if the pact is broken is not based on Christian values. There are many good people within these organisations who do not realise this simple fact or avoid thinking about it, but it may be time to ask themselves if this is really the right forum for good deeds. "Why any sincere Christian would want to join a secret society, and work in the dark, behind the scenes, instead of in the open, spreading the LIGHT OF TRUTH as revealed by Jesus Christ is difficult to understand, said William Guy Carr."³⁹ The story goes that Lucifer was the son of God and he had free will, just like everyone else ⁴⁰ and Immanuel was also son of God but he conquered Satan. Lucifer did not conquer Satan. He fell prey to Satan's mindset when he chose his own might. Hence, those who believe in Lucifer can just as easily believe in other people, for they are just as powerless compared to the Kingdom of God. Therefore, it is extremely important that we make no such agreements to the Luciferian doctrine or swear allegiance to people and organisations no matter what.

The important role of the Jews

*And since they did not see fit to acknowledge God,
God gave them up to a debased mind to do what ought not
to be done.*

Romans 1:28

In my opinion, Jews are special victims of the mentality of the old world and unfortunately many of them are not even aware of it. Christ came and taught us the one of his tasks on earth was to release both Jews and Goyim from the bondage of Satan and his institutions.⁴¹ Many Jews have fallen for the biggest lie that they're the only chosen ones and the rest of humanity is not. Satan is the father of all lies and they got deceived by the cunning lies of the Piper. It's of course the ultimate ego trap that keeps them shut off from others and separated from God. In their heart they should know that God loves all of humanity, not just a few. A study of history indicates very strongly that those who have directed the Luciferian conspiracy have made it their special business to make as many Jews as possible defect from God and have used them to serve the purposes of the high priests and priestesses of the Synagogue of Satan,

which Christ himself told us is composed of "...them who say they are Jews, but are not and do lie."⁴² This does not surprise me, Satan doesn't really care who you are just as long as you are egotistical. Few Jews have read the gospel in the New Testament and the commandments and therefore have not learned much about the Law of love that I am discerning here in this book. I do hope though that as many Jews as possible read this, because I know you are trapped and Satan doesn't want you to read this. Did you know that there is one chapter in the Hebrew Bible that clearly speaks of Jesus but is never mentioned or taught in Judaism? It is Isaiah 53. Ask yourself: Why is this section being omitted? In my opinion, Jews should demand an answer because I consider this chapter to be quite important. For some reason, Jews are not to hear about Jesus and the connection with the New Testament and the gospel he came to teach, which cancels the old law.⁴³ In addition, there is a strong belief worldwide that Jesus was a prophet and our brother, but not among many Christians that have a connection to Judaism. They believe Jesus is god. Why are Christians taught to believe in Jesus as a god? History books that explore the existence and origin of Jesus tell us that he was both a Jew and a priest (rabbi). Is that true? Then how come Jews don't believe in him, the Jewish god? I would think that would be normal. Instead they say he is not their god. Could it be that they know that Abba father is God and not Jesus? I believe Jesus was a prophet, as well as my brother and he taught us to believe in God and I also believe the real reason for Jesus' crucifixion is that the gospel and the new religious movement, Christianity, threatened the Roman Empire and the Jewish religious foundations⁴⁴ and so they killed him. The Torah, the Jewish book of law, teaches so-called esoteric Judaism based on the Old Testament, where might is power and their covenant is with Satan, their god. Furthermore, they are taught to separate from non-Jews maintain a focus on the world and the material and have a worker's mentality, ie. a strong focus on work and to accumulate wealth. In Judaism there seems to be less emphasis on spirituality and morality and the Talmud is much worse, proclaiming an angry and punitive deity (5 Deut. 4:24) who differs between Jews and gentiles and he is hard to please. Therefore, Jews have to perform many rituals and sacrifices, have particular eating habits and go through various hardships and punishments in order to atone and

become worthy in the eyes of their god. Naturally, this causes built up tension and disappointment to the point of anger and rage when they do not meet all those awful requirements and they never feel worthy of their god's 'love'. Ask yourself what kind of a god is this that doesn't offer love, but promotes hatred and separation from the rest of humanity? The only answer I can find is Satan. Their god is Satan. And he's an angry god, awful god that is not kind to them and makes them do horrible things, even to their own children. Oh, I feel for them, I do and I pray for their release from hell. I pray to God, Abba father release them, make them call out to you from their hearts!

Consequently a certain group of Jews (that might not call themselves Jews but are) do not consider God as their Father. Instead, Baphomet of the Talmud is their father and they seek world domination. In Talmud they are taught that they are superior to other non-Jews (there Satan is lying to them) which creates a separation from others and the belief that they are in a never-ending war with non-Jews (John 8:44). The forgiveness and grace that Jesus preaches is not present at all in Talmud, especially concerning the gentiles and this naturally affects their relationship with non-Jewish people. I believe this causes a great spiritual struggle within them as it contradicts what their heart really tells them⁴⁵ that we're all one as quantum physics teaches us.

And those the Lord has rescued will return.

Isaiah 35:10

Jesus said: "Very truly I tell you, everyone who sins is a slave to sin" and since sin is separation from God Jews also fall prey to the wrong mindset. They're just like the rest of us. They too bit the apple and fall prey to sin. So there is no difference between us and them, as Jesus rightly pointed out. Jesus strongly opposed to the Kabbalistic teachings and the "Chosen mentality" of the Jewish people and Talmud (see Luke 11, John 8 and Matthew 23) and taught everyone to love only a loving, forgiving God which says we are ALL Chosen.⁴⁶ "The Jewish sages understood that Christ's way of commenting upon the old Law introduced, instead of hatred toward foreign nations, brotherly feelings and equality of all men in the face of God, thus denying the Jews their privileged position as masters of the world."⁴⁷ Not only did Jesus point out the double standard, but he

also challenged the banking elite and their monetary system (world economy) which creates scarcity for many and abundance for others. In addition, Jesus united Jews and non-Jews with his sacrificial death on the cross because Jews do not punish their own in this way, only Goyim (1 John 2:2 NIV; Ephesians 5:2; Romans 3:25; Isaiah 53:3–9). In light of all this, it can be concluded that Jesus was maybe not a Jew. Perhaps he was a Freemason (illuminati) that broke free from the chains of darkness and exposed the truth, but there are various speculations that confirms this theory,⁴⁸ for example the Greek word τέκτων or tecton was used to describe Jesus and Joseph as masons or builders in the New Testament, but in modern Greek the Freemasons are called tecton.⁴⁹ Were they maybe freemasons that realised that you should never pledge allegiance with men above God and broke free from that secret covenant?

Repent, for the kingdom of heaven has come near.

Matthew 4:17

Fortunately, many Jews are waking up to this lie that Satan has taught them, but more is needed. They also need to wake up and learn to forgive themselves and see the rest of humanity as their brothers and sisters, which we are. If I would have known sooner how important it is to change my mindset I would have started sooner. That is my advice to all Jews, to take this seriously, because this fight for our souls in the spirit realm is real. Jews have been programmed from an early age to fear everyone who is not a Jew, which creates suspicion, distrust and alienation. This, of course, applies to the situation in the Middle East. It is not loving to imprison others and denying them universal human rights such as basic needs and freedom of movement. Many Israelis have chosen fear and shut themselves off by building a wall⁵⁰ and separate themselves from other people such as Palestinians.⁵¹

As we are all descendants from Adam and Eve we are all chosen, hence we are all Jews, the chosen children of God. Everyone needs to turn from the old law that has occupied our minds and move to the new mindset, the law of love and forgiveness that Christ preached in his day and Jews are no exception. I believe that as soon as they wake up to how they've been lied to and how much fear is controlling them the world will start to change for the better. They need to

follow our brother Christ, which is love for all. In that sense, I could say that Jews are the chosen ones, because mountains will move when they wake up, let go of their ways and change their mindset. A new world will then come. When Jesus called the covenant “new,” he made the first one, The Old Testament obsolete and what is obsolete and outdated will soon disappear.

However, what about Muslims? someone might ask. The same goes for Muslims and hindus, those that practise spirituality – everyone else has to wake up⁵² and take a hard look at themselves and examine their religion, their thinking and behaviour towards others. If it contradicts love it has to be erased from the mind. We can only succeed by adopting a spirit of forgiveness and a loving attitude towards all and that means all of us. The enemy (Satan) comes like a thief in the night into the minds of everyone and does not ask about nationality, class or status, let alone religion and poisons the minds of those who are not vigilant (Proverbs 4:23).

The freedom of the individual is essential

*If my people, who are called by my name,
will humble themselves and pray and
seek my face and turn from their wicked ways,
then I will hear from heaven,
and I will forgive their sin and will heal their land.*

2 Chronicles 7:14

There is one thing we must not fall for, but it is to rise up in anger towards one another, even those who have wronged us. This time we have to learn the lesson. The Reformation began as a movement of a group of people that rejected the authority of the Catholic Church and heralded a new vision with a personal relationship with Jesus. The reformation, though being successful in a way with the birth of the Protestant faith, ended with many people being persecuted and executed.⁵³ I can well understand that people will become angry because of all that is happening in the world once they learn the truth. It's only natural to feel angry when we notice the laws, regulations and everything around us exploiting us and depriving of our freedom, but we must not get angry with each other, especially not with the Jews who have been enslaved by Satan. That's what the forces of darkness desire the most. They want to divide us, because they know when we are not united we can

change nothing. But how do we change the world? By turning from our wicked ways of hating and fearing. Forgiveness represents our function here⁵⁴ and as you recognise your brother as yourself, thus do you perceive that you are whole. We consider forgiveness as the ultimate 'sacrifice' so to speak, but in reality a gift has been bestowed upon us.

Above all else, we need to learn to love God and love God in all people, just as Jesus preached. This is very important and is the only thing that can save this world! We have to take ourselves out of the slave programming and reprogram our minds, where we deny the old, adopt the new, ignore fear and focus on the light in everyone. This is how we will transform everything and finally bring peace to this world. Do not get me wrong, I'm not talking about accepting or allowing continued exploitation. Jesus was not a wuss. He protested the authorities, the Synagogue of Satan. However we overthrow by the same means the elite uses, with the spiritual power through our collective consciousness and we do not comply with authoritarian rules and regulations. The way we think is so important and you can change the atmosphere where you are just by thinking in a positive way. Imagine if many people would do that? We would end up by tilting the scales. So, if we do this collectively, as a group of super prayer soldiers that have a new vision we will be successful (AND WE WILL BE). Then we have to start choosing the right people in positions of power, people that have the same vision and adhere to the law of love, people that are honest and consistent, working for the whole and not themselves or a small group of personal interests. There have been many people who entered politics with a beautiful vision but were swallowed soon after by this rotten system that doesn't allow free thought. On the other hand this system is so fragile that it could take only one person to trigger a thought wave of change, like a little rock that is thrown into a lake and creates waves that become bigger and bigger.⁵⁵ The pawn in the game is just as important as the Queen. Remember Jesus. Also Gandhi and others, but of course one person cannot overthrow the world structure, we need to unite to do that, with this collective vision of love. If we do this as a group or community we are like a loving army where we, instead of going into physical battle, become spiritual warriors preaching only love and things will start to move in our physical existence. We are not all destined to go into politics. You will find your role and destiny once you look

within and talk to God. As politics represent our current collective world view this new world view I am talking about has to be brought forth from within through prayerful meditation and it has to be born of humility. So we need new leaders that are humble and sincere. Though we have not been aware, we are all responsible for this worldview displayed right now and also the way we think about others, including our politicians and elects. We have forgotten for a moment that every day when we are meeting other people we are meeting God. Every moment is a holy moment (Luke 13.34–35) and how do you want to perceive people? Do you wish to perceive God in them or Satan? What you focus on in others will grow.

*I am responsible for what I see.
I choose feelings I experience, and I decide
Upon the goal I would achieve.
And everything that seems to happen to me
I ask for, and receive as I have asked.*

Acim, p. 448

Once you become aware of how you think and what dialogue is going on in your mind you can start to consciously create a more beautiful world. By seeing all the good, beautiful and perfect, e.g. noticing what a lovely dress someone has, how beautiful a building is, or handsome or beautiful a person is, how good that animal is and fun he or she is and so on, then you are in the right energy being grateful for all the beauty you see in the world. You can start right away envisioning this new world. For example, what do you want to have? Free healthcare for example? Then see that. Picture it in your mind with scenes, people going to free healthcare, including you. Do you want free daycare also or do you want to stay more at home taking care of the children? Do you want politics based on honesty, truthfulness and care for others? See it, pray for it. Or a culture that is true, respectful and beautiful. Then picture that as well. You can send the picture to God and ask him to make it come true. That's how we are supposed to build a new earth, by seeing it and asking God to make it for us. It would be wonderful also to create prayer groups where people take a certain idea for the new world and pray life into that with God. That would be best. Then we put those prayers into action when the time is right. We are all responsible for the way the world is today, not only the elites and those that might be in charge of the

collective narrative. Each and everyone of us plays a part in this collective experience. By watching the media propaganda we all partake in a ritual sacrifice where we see constant fear, division and destruction in the world and then we collectively create more of that! When we all think about the same fearful media story we perpetuate the problem. We have to stop doing that and instead focus on creating something peaceful and beautiful instead, then the world is going to change very fast. If we believe we live in a good world it will appear to us.

It is true that when you look around you with your physical eyes, the world looks a bit like it is on the brink of destruction, but it is more of an unveiling that will bring about changes. Truth is coming to the surface and we need to fix the problem, but do not despair for there is a new worldview at the horizon, but everyone has to know about it so you have to help spread this information. On September 11th 2001 The National Economic Security and Recovery Act was supposed to be implemented in congress, but only about an hour earlier on that same day the attack on the World Trade Center happened which put the world into a shock and changed the whole course of events.⁵⁶ This law eliminates illegal banking institutions (the FED in USA), illegal transactions, illegal collection of income tax and abolishes compound interests on secured loans etc. In the following GESARA (Global Economic Security And Recovery Act) will be implemented for the rest of the world. This law⁵⁷ (NESARA and GESARA) will stop the exploitation of the elite and the advancement of their world domination and instead give humanity the opportunity for a new, much more just world with God's law, the law of the land, as a form of rule and not maritime law. It is important to note that money (bills and coins) will be part of this system and not only digital. At the same time the other side is trying to implement a financial system that is completely traceable, digital and controllable and that is not part of God's world.

However it is not enough to just implement new laws and a financial system to change the course of events. What is also needed is our willingness to change our mindset, because that is the root problem. Satan has us collectively in his pocket and we need to break free from his mental shackles in order to make any real and lasting changes. Truth is part of God's law and it needs to come out, but so does forgiveness, love and hope. By collectively changing our mindset and breaking from fear

that has controlled and held us down for so long we can make this change. Let's not make the same mistake again. Together we can change. A new world awaits us and it is very exciting! But for that to happen, we all need to get involved in changing our mindset in order to make it a reality as soon as possible. Are you ready?

God listens to the godly person who does his will.

John 9:31

Ray Anderson was one of the owners of an industrial company called Interface FLOR, which produces carpets amongst other things. A few years ago, he was asked to give a speech in his company on environmental protection. At that time he knew nothing about environmental protection and after researching found a book by Paul Hawken, *Ecology of Commerce*,⁵⁸ he thought he could use for this speech. To make a long story short, his life changed dramatically when he read this book, and Ray described that he had felt like a spear in his chest, so powerful was his change of mindset while reading the book. He immediately set about finding ways to make his business more environmentally friendly by ceasing to run on the earth's resources and making the company completely sustainable. Shortly before his death he said in an interview that he is very proud that their business plan for sustainability had emerged very clearly. "We know our cost is down, not up, so that dispels a myth and exposes a false choice in the environment and the economy," he said and added that there's no amount of advertising at any cost that they could have done that would have created the good-will that this effort created. "You're talking about authenticity at its very, very best. This is about a way to make a big profit and a more legitimate one that's coming out of the expense of future generations and not the expense of the earth," Anderson concluded.⁵⁹ This is an amazing story about great progress in the world of business. Just imagine, it is actually possible to run a sustainable and profitable company! All that is needed is the good will and a change heart. Profiteering and plundering is part of the ego which always seeks to devour more. When we steal from each other or exploit we are working with Satan, resulting in today's majority of mankind living in poverty and deprivation as corporations and nations come in with fake facade of anthropology, only to exploit. Many people in Africa have come to realise the scam and are

aware of the exploitation of resources and labour, but still many haven't found the key to their source of power that lies in the right mindset. It does not help to get angry. We make the best decisions in the power of love of all and in that state of mind you will find the solution that suits everyone. We all need to wake up because we are collectively guilty of supporting the exploitation of others and the earth, for example by trading with a company that runs slave factories in other countries to keep the cost down. We have forgotten that we are created in the image of God, made to serve one another not to exploit. Whatever work we do it is a service to others, whether it's in a factory, in law enforcement, or care-giving. No job is more significant or important than the other. At the end of the day we are all in the service of God who happens to dwell within us all. Ponder that. Therefore, by helping others and not just a few brethren you are also helping God. The result that works for everyone is the right solution. Politicians should definitely consider this when making decisions for a community or a country. Decisions that only profit a small group of people are not a viable solution in the long run and will cause great dissatisfaction and frustration for others that know, especially when it comes to unethical trading of national resources or exploitation of any kind.

*Many are the sorrows of the wicked,
but he who trusts in the LORD
loving kindness shall surround him.*
Psalm 85:10

Chapter 8

The world will end in laughter

*Hear me, my brothers, hear and join with me.
God has ordained I cannot call in vain,
and in His certainty I rest content.
For you will hear, and you will choose again.
And in this choice is everyone made free.*

Acim, p. 668

Your faith has saved you.

Luke 17:19

The subject of communication and different ways to relate to people has occupied my mind for years. As I grew to know about the importance of guarding ones mindset and living in the fruits of the spirit I also got to know how important it is to have God as a guide and that is what I want to convey to you and the whole reason why I wrote this book. For I know God loves you so much and he misses you! This is exactly the message I received from him in 1999 - how important I was for him and also the rest of humanity. I remember it so well. Afterwards I knew God loves us all so much and that I had to tell everyone! That is my most important message and to get you to think of God and how much better your life is when you invite him in your heart. For many it's not even your fault, maybe no one has told you about God and how good he is or they might have told you lies, that he is not good, which saddens me, because I know how wonderful God really is. Satan manipulates the world and not only tries to hide God but he also lies to you so you don't even think about if he exists or not – but he does exist and God knows you and feels your pain. God sees you exactly the way you are, his light and a child of his and he doesn't judge. He knows we've been enslaved in hell where fear dominates and he wants you to reach out to him so he can help you get back to heaven.

Fear became an increasing part of my book in the end. As I learned who is the author of fear is I began noticing more and more the effects of fear in my own life but also within society (the event of 2020) and I could see that my education in the field of sociology and journalism, as well as living abroad in France gave me a deeper understanding of the world and the grip of fear Satan has on it. However I didn't mention him in my Icelandic version of this book because I really thought he was a figment of our imagination, but when I felt Satan's presence right in front of me in the spring of 2022 there was no escaping the fact that he is just as real as God is. He just hides his presence from us and that's how he deceives the whole world and people following him do exactly the same thing. That changed my whole perspective and that is why I had to drastically change the book and include information about this satanic energy and the effects of Satan (Shaytan and Jinn) in society, e.g. through law enforcement, judicial

system, etc., as well as people who are not aware of this negative energy controlling them. It is therefore my sincere hope that this book awakens as many as possible to the cunning energy of Satan that sows poison into our minds to create division in order to destroy our lives. Also, by opening our eyes to the fact that this energy exists, as I've tried to explain, we are pulling it into the light where truth exists and where Satan doesn't want to be nor can exist, and by doing that we are making him utterly powerless. God and Satan are energy and vibration. While God is a colourful and beautiful energy, Satan is void of colour, black and greyish. His energy is a blackhole that pulls on you and sucks the energy out of you, but God's energy fills you up.

Blessed are the pure in heart,

For they will see God.

Matthew 5:8

This road of self-discovery I've been on has been long and very revealing to me. It was a hard process to open my heart, like going onto stage in front of a large audience completely open and vulnerable, showing everyone this is me and I'm not perfect. At the same time I was looking at myself in honesty and taking responsibility for my life's decisions. I had chosen to listen to Satan's voice and be a victim most of my life and to leave that role was a totally new way of living for me. In my analysis I discovered how fear had a grip on my life in obvious and not so obvious ways. I realise that I chose myself those feelings of fear with unforeseen circumstances, such as financial worries, problems in my personal life and workplace. In this book I have examined a few circumstances in my life where I allowed fear to take a hold of me, but I intentionally left some shameful experiences with me because I'm still in the process of forgiving and that's normal. It takes a whole lifetime to digest some things. I know that your heart is no different from mine. Your experiences might bear a different name, but the pain is still the same and we take our time to learn in different ways. It is supposed to be this way, we shouldn't share everything with everyone for the other persons will keep a mental image of the sufferance which will have a permanent impact on the image of the person sharing the story. However you can share everything with God and that's what I do today, I go to him for any kind of help.

Although I was fully assured that God loves me, I had misunderstood that God gives us the power to choose him or Satan and we decide whether we live in love or in our own might and that is the mistake I made after our encounter in 1999. I lived my life in my own might and I regret the time I lost making the same mistake over and over again. I know I am simplifying but that's how I see it in essence. Satan is not my god. Only God is and I do not fear him anymore, for I have God, my Father, Abba Father that protects me. I call him Pabbi minn.

When looking back on my life I can see I've already come a long way. I feel that something has indeed changed within me. Even though I stumble sometimes and fall prey to victimhood (which is Satan influencing me), which is less and less nowadays I am much quicker to gather myself and go back into the good vibration and trust that everything that happens to me is good and benefits the whole. One fruit of a fearless mindset is that I now dare to speak my mind, even though it goes against community standards. It demands courage and it is well possible when you have no fear of other people and their opinions. In the beginning of writing this book I wasn't so courageous and I said to God, "I can't do it. They are going to hate me. All the people playing victim will hate me." But I had to do it. There was no other way. I often began writing, but fear was still within me, whispering, "you hypocrite. What do you know? Don't interfere in other people's lives." And I thought how can I write about love when I, myself, am afraid of love? Do as I say – and then I am struggling myself. Isn't that the epitome of hypocrisy? It is. Then it came to me that I was at least trying to help by opening up my heart and explain this inner struggle, which is more than goes for others. So I continued writing and examining fear. Then I reached another chapter in my life where I had to face the fear of humiliation by publishing my book. I could picture the outcome, especially from people who are not willing to take responsibility for their actions. "How is it going to be," I thought to myself, but deep down I knew that someone had to open up this discussion, so I had to face this fear of humiliation and rejection and publish the book. I knew God is with me and therefore everything would be alright. Then spring of 2020 arrived and I went against community standards by protesting the will of the government. It became more and more obvious as I read and studied what force lies behind and so I had to speak out. However, wherever I went I faced hatred and

humiliation because I wasn't wearing a mask, but it didn't stop me. Instead God filled me with courage to face the enemy (Satan in people) and helped me get rid of fear of humiliation just in time for the publication of my book – so thank you God. You always know what to do. I don't see the big picture and usually it's afterwards that I see how clever your plan is. I do not have any animosity towards the people that hated on me, only gratitude for giving me the push to publish this book and to wake everyone up. Later by being arrested for rebuking Satan again I was taught not to be afraid and above all trust in my God. Someone has to open up a discussion about Satan, his rules and regulations and how he deceives us into thinking he is not real.

For me A Course in Miracles was a very good workbook to follow. The lessons were clear and by repeating them like a mantra and ask Jesus to remove fear when it came into my heart I managed to remove that old programming. I also wanted to point out that the emperor is not only without clothes, but also deeply afraid when it comes to relationships with others. At the same time I am encouraging you to rethink another way to communicate and see a way to communicate lovingly with others to rebuild the world that is being destroyed by lack of love.

Quantum science has given us a wonderful gift. This gift gives us an opportunity to see that we can influence our environment by looking inward. It shows us that we are not really solid material. We are part of a large consciousness and we have a much greater impact on our reality than we would like to admit. By choosing the right thoughts and the right environment we can rebuild the neural network in our mind and ultimately change our lives. As God's disciples, we are also creators, though certainly not on the same scale as the creator of our lives, yet we control the way situations appear in our lives, by choosing either the ego and the narcissistic world or love and a world full of abundance. We confuse these two worlds because the ego tries to convince us that we will lose if we choose love. Giving is receiving, that is the nature of the law, but unfortunately people often do not see it that way because the whole picture is never visible to us. Only God sees the big picture and we need to learn to let go in all situations, surrender to love and trust that the circumstances that appear to us now are for our own good and that all things, people and situations are slowly and surely working in our favour. Because when you and God are working together then

you cannot lose, only win. This reassurance that God is on your side, that he is your friend and works for you through other people and situations is what we need so desperately in the world right now. God hasn't let go of us, but so many have let go of God by closing off from his all-encompassing holy spirit. If we only become quiet, relax and shut down all external stimuli, computers, televisions, telephones and connect with him by tuning in to the God frequency everything will go better. So, please keep an open heart to truth, even though it might contradict everything you've ever learned or heard.

His wisdom is profound, his power is vast.

Who has resisted him and come out unscathed?

Job 9:2-4

The world violently repels everything that is in line with the new law with accompanying censoring. Fear is the worst there is and nothing changes until we see how infiltrated it is in our culture today. For instance movies that show a depiction of the New Testament, where forgiveness disarms and love works as a uniting force that dissolves brutal force, are not often put into production. Why is that? It's because the Old Testament of fear is the ruling force in motion pictures today and it's sad to see how many are influenced from childhood by watching these movies. This illusion of fear projects a false picture of the world which distorts our reality making us fear each other for no reason. There are far more loving people in the world than we realise. However, many are consumed by fear which controls our actions. Television, movies and many news media perpetuate fear by creating an image of a world full of violence and conflict when in reality the world is good and most of humanity is well intentioned. When you start to see through that veil of programming and censoring you will undeniably see a world which follows the old law.

This world view that we've been taught is real is based on Satan's lies and the reason for it, I believe, is so we do not realise that God exists and that we humans have all a glorious right to exist. During the Babylonian era and for much longer people believed for instance that the world is flat.¹ We can even dispute if the story about Noah's ark is from that time. Whatever the conclusion many theories about the nature and history of our world have been put forth, especially

theories about how our existence is based on complete coincidence, e.g. the big bang and the ever growing world.² Whereas I don't believe in coincidences I do not fully embrace the idea of the theory of a big bang and in my opinion I believe this theory is flawed for it suggest that God does not exist, but I presume it is the goal if we only look at who controls the world at this moment. Fortunately our understanding has grown with time and we are beginning to see more and more of truth coming out that contradicts all those old theories and confirm that God is an irreplaceable part of the universe where everything is working in unison. These discoveries will in time lead us back into the truth about God and who we are.

*He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.*

Micah 6:8

Everything in the universe is energy and either it is loving and constructive or the total opposite. God is the good energy, the ether that is like an ocean of energetic waves. Even though we do not see God he is all around us and in us. He is an incredible, powerful force of nature that surrounds us with love, a law that is invisible to our eyes but we perceive with our soul. My experience is that God is a very personal God, with his own character. He is not an objective force that we can just use for ourselves, or misuse. He is a real soul, a big soul that loves so deeply and understands what pain and suffering is. He's had to endure it with us every time we choose pain to grow, but he would much more prefer that we choose love to grow. He's my Father and I'm proud to call him that and I love him so much even to the point of dying for him.

When God is not in our lives we suffer, because we've lost our Father and we are alone in the world without him and helpless. Einstein said at the end of his controversial letter to his daughter Lieserl: "After humanity failed to use and control other laws of the universe in harmful ways it is essential that we explore another forcefield long forgotten. If we want humanity to survive, if we are to find any meaning in life, if we want to save the world and every sentient being in it, then love is the only answer. Maybe we are not yet ready to make a love bomb, an instrument that would be capable

to completely destroy hatred, selfishness and greed which is ruining our planet. Yet, there is within each individual a small but very significant generator waiting to unleash this force. When we learn how to receive and give forward this universal energy, dear Lieserl, we will have confirmed that love conquers all, and it is capable of going through everything, everywhere, for that is the law of life.”³ I believe we are capable of creating a love bomb. We have merely forgotten who we really are, an eternal light that is pulsating energy of love and prayer is our power. If we pray collectively we are changing the world.

In order to escape matrix and the mental prison we've been put in we have to see everyone with forgiving eyes, even the ones doing the most harm in this world. This is so important. We cannot blame the Jews or anyone for our troubles. Though I've unveiled Satan's scheme, it was to help everyone, including the Jews to get out of the matrix. We have created this world we live in collectively by accepting the world view as it is and most of us are unaware of this deceiving plot of Satan. We can change our mind at any moment and invite God to help us fix this mess we're in. When you think of the people that are trapped in Satanism please remember that they were once children that went through hardship. God hasn't forgotten them nor the hardships they've had to endure. He sees the big picture and knows what happened to them. I feel it is so important to relay this message, for how can we change the world if we do not start by changing how we perceive evil? What is evil? It's a negative energy that engulfs you. Too many have become prey to this evil energy in the world without even knowing it and I feel we need to help them return to the right vibration, because we love them. It's all about love. They have lost their ways, many from when they were children and had no way to escape. Some have never known kindness and evil is the only way to respond. If they don't know love how can we demand they be loving then? We have to love them first and we can do that by praying for them and sending them love vibration. That way we can choose to become an outstretched hand of God to them to guide them back from the darkness. I feel it's so important, because for some the separation has become complete, but the good news is that it is always possible to turn back the page and start anew. There are countless stories of people that have turned from the wrong path, people that have been sentenced to prison for despicable

offences, possibly diagnosed with psychopathy but yet managed to turn from their wrong ways, repent, remove fear from their heart and get a hold on the brain's reptilian impulses. The reason why is because they let God in. These people managed to let the light into their heart and change their ways in magnificent ways and I am so proud of them, because it takes so much courage to change your ways.

When I was working at the largest prison in Iceland it was a wonderful experience. I decided I would walk the talk, that is be like Jesus and be kind and loving to everyone. I also decided not to participate in gossip or be judgemental, nor listen when someone's past was mentioned. The guests as I prefer referring them have already had their judgement when they were sentenced to prison and they don't need anymore judging from society. After a short while I noticed how the atmosphere in the prison was changing from being hostile and fearful to being loving and accepting. This really works! When I was writing my book I thought about how many criminals change their ways and I wondered if there was someone within the establishment that cared about that statistics. They get all their physical needs met but how much focus does the mental or spiritual aspect get? Are people systematically helped to learn how to look within and search for the root problem? "Let's treat the addicts as patients, not criminals and pave them a way to a better life," said the Icelandic lawyer Jón Steinar Gunnlaugsson in his book *The Power of Conviction*.⁴ These are encouraging words that the judicial system should consider. But what about those locked behind bars? Do they know that the solution to their recovery lies first and foremost within themselves? We project our mindset whether it is conscious, unconscious, on purpose or not on purpose, or as Eckhart Tolle said: "If you get the inside right, what is outside will fall into place."⁵ Do they know that no one can fix your heart and mindset except you and by fixing it they will become free? I hope someone reads this book and lets them know that the solution lies within and the new mindset is based on you dying to your ego where you let go of all the poisonous communication and reaction pattern which has held you in the vortex of hell. Instead you create a loving perception, a new way of living, this time with God as your guiding light, for "to love is to see yourself in others."⁶ Even those that is sometimes hard to love, just as Saul in the Bible, that includes many people that have been incarcerated. The next person

you meet today could be just barely surviving. So many are just a shell of themselves because they've been without God for so long. So be kind and speak life to them.

*The coming of the kingdom of God
is not something that can be observed,
nor will people say,
here it is, or there it is, because
the kingdom of God is in your midst.*

Luke 17:20

There is an ancient battle being waged against the truth⁷ and the truth is that Satan controls this world and he controls you through your ego if you allow him to. We are in hell with our current mindset and by changing it we will experience the kingdom of God on earth. You only have to look up to the sky and see the vastness to remember that you are a child of God. We came from somewhere didn't we? We're not empty vessels just going to work and paying our taxes. We have a soul that was made in heaven. You are a divine being and your world is not only just a fragment of this world, but interwoven with everything. Everything you say and do has an impact. Just a word changes the timeline. We are creating and co-creating all the time and maybe we should change directors, don't you think? According to Revelations it is after the final judgment that all the creatures of God will be separated into two camps. Those referred to as the sheep will go to heaven, while the goats will go to hell where Satan will reign for all eternity.⁸ This is happening now. We have a little time left to decide which side we are going to be on. So make up your mind quickly. Whom do you want to belong to? Is it God or Satan? Satan does not care for your wellbeing. God does. Free will is God's gift to us to choose, but choose what? God of course! However there are consequences and karma is real so those that do not choose him will suffer the consequences, I sure did and I am so happy to finally have gotten to know God again, because I was lost for so long.

By reading this book I hope you realise that this is THE BATTLE OF OUR LIFETIME. We are disciples of God and we must not retreat but face the enemy and tell the whole world who is in charge. Jesus said, go and make disciples of the whole world and Mohamed said the same. This is a battle for life and death, because people of light, God's children are being attacked from

the spirit world and pulled into Satan's world in so many ways. e.g. through media and technology.⁹ You have to realise how important this is. When you're in the wrong mindset you get sick, you die much earlier in life, you get attacked or you get into an accident, especially if you are a light. I hope you get it. Satan wants to kill light in the world and he's so satisfied when he gets a hold of human beings who are light beings and dims their light and he also knows that if you fall prey to his way of thinking you will (unknowingly) help him manifest dangerous situations for you, so you leave this existence sooner than you were supposed to. Then you start 'the game' again, leaving him with fewer lights and more dark energy to control the world. You get what I mean? I only said, I rebuke you Satan! and my reputation, livelihood, my family – all got destroyed. Why is that? Please ponder this seriously, because I gave my life for you and I deserve that you listen intently. This is not a gentleman's play. This is war and when you go up against Satan he attacks you in the most serious way.

*Create in me a clean heart, O God;
and renew a right spirit within me.*

Psalms 51:10

I feel very fortunate to have the opportunity to be here on earth during this time. We can manifest with God and as the Bible says, bear the fruits of the spirit, which are: love, joy, peace, forbearance, kindness, goodness and faithfulness (Galatians 5.22). With time and my daily walk with God I've learned to discern his voice and gotten to know his law. Now every day is a new day and when I wake up I know I have an opportunity to walk into a world full of abundance, beauty, joy, happiness, with a certainty that all the good awaits me. It's not only a wonderful place to be but also the exact vibration to be in and that's where I choose to be. I am much happier than before and I laugh much more, which is one of the fruits of the spirit. Its like being drunk on love and it's so much fun and so much better than any deneurated alcohol!¹⁰

It feels good to know that God loves me and I am in a good world where he's with me, even though spiritual attacks take place. I am learning to let go and let him lead and enjoy all the nice things life has to offer and it's so wonderful. I often go into nature where I live, it's so beautiful. In the spring I see all the migrating birds that have come from faraway places and sing so beautifully

and I thank God that I am able to enjoy this wonderful gift from him. Sometimes when I have some delicious meal I say bismillah, thank you God for this wonderful meal. Bismillah is arabic and means 'in the name of Allah.' People say this usually before they have a good meal.

Today I am thankful for whatever comes my way and I know that good things happen all the time, I just have to see them and be grateful. I know we all need to dream more and give us the space to learn to know what it is that we really want and need. To do that we need to get in touch with the spirit of God, the holy spirit, so we get the inspiration to live the life we really want and experience our dreams. Each and every one of us has something unique and beautiful to offer to the world, a wonderful talent that we need to find within by mediating and connecting to God in order to cultivate that talent further, as well as bless each other by helping everyone use their talents. We can do that by buying art work from local artist, go to concerts and enjoy someone's musical talents et cetera.

As I've already mentioned our heart has the strongest magnetic force, much stronger than the mind and it is from there we speak to, from and with love. When fear leaves our hearts, and I mean from majority of our hearts here on earth, we will experience a thought reversal and the new, wonderful world that we're all waiting on will open in front of our eyes. Once you get to the point where you realise that surrender is victory it will be easier for you. The decision to live in God's energy and follow love will be a much more desirable option than following one's own will and the voice of the ego, which neither sees the whole picture nor advises wholly. For Christians I would like to mention that by seeing love in everyone, me, you and everyone else we will finally behold Christ's second coming, for he never left anywhere, he's just in another dimension. "Christ's second coming, which is sure as God, is merely the correction of mistakes, and the return of sanity," says in ACIM.¹¹ Christ signifies in my mind the love that lives in everyone of us. Osho once said: "If one who meditates is without ego, God will start to flow through him. God starts to manifest himself and everything becomes good."¹² That is my experience.

We are all together in this spiritual war and nothing happens until we wake up to the reality of a collective consciousness which is being manipulated by the media, education and culture. Each and everyone has to

awaken to that fact and start taking responsibility for oneself and take action. So let's open our hearts and start learning to live sincerely. Life is a lesson that gives us the opportunity to see our fellow human beings as teachers and givers of life experiences rather than enemies as the ego wishes to do in order to push us apart and I believe it's time we recombine scripture and nature, just as Galileo pointed out in his book *A Dialogue Concerning the Two World Systems* for both are indeed inseparable.¹³

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." Resist him, standing firm in faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

1 Peter 5:8-9

God is Love, and love let's you choose. You get to decide for yourself which thoughts you choose and which decisions you take. God gave you this freedom to choose either the fearful thoughts of Satan or loving thoughts of God. The choice is simple. There are only two ways, two thought systems that do not talk together. The other one takes you into fear where hardship dominates, the other way takes you into love and abundance. Yours is the choice. Which way will you choose? Though it is a demanding task to break the pattern of an old thought system it is worth it. Also it is helpful knowing that if we do not change our way of thinking we will continue to be stuck in hell.

In Isaiah 41:10 says: "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." We can trust this message. If we search for God he will be so happy and will help us. He misses you and that's why I am writing this book, so you can come back to God. We often fall into the trap of thinking that we need to find the solution, but how in the world are we going to make the right decisions if we do not see the big picture? Therefore, I believe it is not only necessary but also a question of live or die. That is how important a relationship is with God. All we have to do is wish for his presence and talk to him and he will answer. Just like in the fresco painting *The Creation of Adam* by Michelangelo where Adam is reaching out for God but it's up to him to make contact.¹⁴ "Trials are but lessons that you failed to learn presented once again, so where

you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you. In every difficulty, all distress, and each perplexity Christ calls to you and gently says, “My brother, choose again.”¹⁵ However an hour is coming, and it is now, when the unbelievers will hear the voice of God, and those who hear will prosper (John 5:25). Satan’s world foresees destruction and desolation while God’s world promises love, laughter and prosperity. So which world will you choose? I, for one, will laugh my way out of here with God.

Halldóra Sigurðardóttir, author. Iceland, 24.01.2024