

# **HEALTH REFORMER**

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*(Natural Remedies Series 6)*

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The following six articles are from the books of Ellen G. White

## 1. Mind

### Mind Controls the Body

Mind is the capital of the body. The mind controls the whole body. All physical organs are servants of the mind. Free and vigorous spring is given

by the mind to all the organs of the body. Vigor of mind depends largely on vigor of body. God prepared body as a living habitation for the mind. Man worships and serves God with his mind. Men serve God's law with their minds.

### Body and Mind

Body and mind are closely connected. Body sympathizes with affected mind. Aimless mind falls an easy prey to evil. If allowed to run on trifling and common things, it becomes weak, frivolous, and deficient in spiritual power. If mind is allowed to wander, it must be brought back.

### Drugs

Whatever disturbs circulation of electric currents in nervous system deadens mind. Tobacco, intoxicating drinks, narcotics, indulgence of passions, stimulants, overeating, becloud and partially paralyze mind. Opium, drugs, sensational or demoralized reading produce crazed mind. Satan acts through a drunkard's mind.

### Positive Thoughts vs Negative Thoughts

The mind should be elevated, refined, enobled, and spiritualized. Pure and strengthening thoughts produce broad and elevated mind. But a carnal mind cannot comprehend mysteries of spiritual things and is at enmity against God. A cheerful mind is health to the body, and strength to the soul. Cultivate a cheerful mind for the health of the body. Confidence in fellow men is essential to possessing Christ's mind. Indulgence of passions causes debilitated mind. Mind is degraded and debased by perversion of thoughts and

feelings. A mind, depending on judgment of others will be misled. Evil finds little foothold in the mind directed to high and holy ideals. If mind feasts on sensational stories, it lives in unreal world and is unfitted for practical duties of life. Natural mind leans to pleasure and self-gratification. A mind never required to grapple with difficult problems loses power of growth. Mind is goaded to madness by pursuing one line of thought. One man's mind affects health and happiness of entire family.

### Food

A healthy mind depends on normal condition of vital forces. To have a clear mind, physical appetites must be controlled. Eat a vegetarian diet, give up flesh foods. Strict temperance is essential for discriminating between right and wrong. Eat more simple and less food in order to have a clear mind. Improper diet causes confused minds. Unhealthful food produces darkened mind. Mind derives strength from the food it receives. Disordered stomach causes a disordered mind. Satan cannot have great power over mind when appetite is controlled. The state of mind affects digestive organs. Character of the state of mind is determined by what it feeds on. Character of your spirituality is determined by food given to your mind.

### God Can Cure Minds

Christ is a restorer of diseased mind. It is cured by looking to Him. Conscientiousness of rightdoing is best medicine for diseased mind. Greatest minds become bewildered if not guided by God's Word. Man sinks lower and lower as a result of mind not lifted up by faith to contemplate infinite wisdom and love. A rightly trained mind does not waver between right and

wrong. Mind is not safe from Satan except by constant connection with God. Christ inspires mind with faith, hope and courage. It is difficult to deal with mind which is not under Holy Spirit's control. Give God a chance to work on the mind through the Spirit. Christ reads with unerring accuracy, hidden workings of the mind.

### Earthly Mind vs Spiritual Mind

There is a difference between an earthly mind and a spiritual mind. Mind dwelling on scenes of impurity is led into sin. It is difficult to change habits of thought of mind long permitted to dwell only on earthly things. A dwarfed mind is produced by constantly dwelling on ceremonial defilement; by feeding on writings of uninspired men; by feeding on vile trash provided by Satan and absorption on trivial matters. God is not glorified by dwarfed minds. A contended mind is health to the body, strength to the soul, and promotes longevity.

### Physical Labor and Study United Preserve Balance of Mind

Idleness gives mind time to brood over imaginary sorrows. A mind which is educated to enjoy physical taxation in practical life becomes enlarged. Proper amount of exercise around the house improves mind. An invalid's mind should be diverted from self and should be occupied with active labor. Inaction makes lazy and dwarfed mind. Few hours of manual labor daily tends to relax minister's mind. Knowledge of useful labor imparts energy and efficiency to restless and dissatisfied mind. Minds should be busily occupied and should have no time to brood over their condition. Sound mind in sound body is greatest of earthly blessings. Whatever promotes

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physical health promotes development of strong mind. Discipline of well-regulated labor is essential to strong and active mind. Labor and study should be united to preserve balance of mind.

State of mind has much to do with health of physical system. Physical taxation with mental effort maintains more healthful state of mind. Mind affects health more than many people realize. Body as well as mind should have exercise. Continued inactivity is one of the greatest causes of feebleness of mind. Labor was appointed by God to occupy man's mind when he was created. Peace of mind comes from pure and holy motives and actions. Physical exercise is needed to keep mind in working order. Physical exercise should be proportionate to mental vigor. An idle mind is Satan's workshop.

### **Who is Enthroned in Your Mind—God or Satan?**

Two powers control men's minds. Good and evil agencies seek control of mind. God desires to guide mind by His Spirit. God does not control mind without its consent. Satan cannot control mind without its consent. While Satan pulls mind in one direction, Christ draws it in another. If mind is enslaved by Satan, it cannot retain thoughts of God and heaven. Satan takes control of mind not decidedly under Spirit's control. Satan's power is over mind not fully consecrated to God. Either God or Satan controls your mind. Thousands of devils watch to get hold of mind. Rigid rules should be enforced to hold mind in proper channel. To think naturally and readily on divine things should be ruling principle of mind. One Christian's mind is not to be controlled by another.

### **Laws of Mind**

The laws of mind are created and ordained by God: that: by beholding, men become changed; that it gradually adapts itself to subject on which it is trained to dwell; that it narrows or expands to dimensions of things with which it becomes familiar; and that strength is acquired by effort. Mind is affected in great degree by that on which it feeds.

### **Sickness**

Much sickness originates in the mind. Whole family is injured by diseased imagination of one mind. Dissatisfied feelings and discontent repinings bring sickness of mind. Mind strengthens under correct treatment of physical and mental powers. Suffering body can be reached when mind is restored to peace and happiness. Living in closed and ill-ventilated rooms produces depressed and gloomy mind. Mind is diseased as a result of self-abuse.

### **Satan**

Satan leads captive persons failing to cultivate happy and grateful frame of mind. Idol worship is created by Satan to divert mind from God. Idolatry debases mind. Satan cannot touch your mind unless you yield it to him. Satan controls men's bodies through their minds. Satan imbues minds with his thoughts and links minds with his own. Satan is ready to fill mind with his evil suggestions. Satan knows what organs to excite, to animate, engross, and charm mind. Satan watches constantly to destroy our minds. He works through defects in our character to control minds.

### **Mind cure and Physicians**

God has forbidden His people to use evil science of mind cure. It is one of

Satan's greatest sciences. Physicians should not study, teach or use mind cure. It leads to patient's destruction. Physicians should not dare to try to control another person's mind. Mind is poisoned by science of mesmerism, psychology, and phrenology. God for-

bids one mind exercising complete control over another mind. Physician may impress mind with need of self-denial and obedience to laws of life and health. Physicians need great wisdom to cure body through mind. Ω

## **2. Brain**

### **Brain, Capital of the Body**

The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain. The senses are the avenues to the soul. Brain is an organ and instrument of mind. It is the most important part of human organism. Vital energy is imparted to the mind through the brain.

Brain is God-given capital entrusted to man. Body is wholly controlled by the brain. Electric power of the brain aids in resisting disease. Harmonious action with other parts of the body by the brain is essential. Healthful food is needed to nourish brain. Health of other parts of the body require healthy brain. Injured part of the body telegraphs its injury to the brain. Material in the brain nourishes system. Brain is the most delicate of physical organs. Nervous energy of body is derived from the brain. Organs of motion are governed by communications from the brain. Stomach appeals to the brain to reason from cause to effect. Stomach is closely connected with the brain. Stomach's condition affects brain. God claims man's strength of brain.

Wealthy children need work to increase brain.

### **Clear Brain**

A calm, clear brain and steady nerve are dependent upon a well balanced circulation of the blood. Flesh foods and foods soft and liquid are not best for clear brain. Periods of rest are essential. Practice of health reform principles produces clear brain.

### **Things that Ill Affect Brain**

The liver, heart, and brain are frequently affected by drugs and often all these organs are burdened with disease. They cause paralysis of the nerves, spasms, heart disease, dropsy of the brain, consumption or make people invalid for life.

Things that injure brain are: lack of physical labor; activity that is premature or excessive; impure, foul, overheated and poisonous air; body that is diseased; amusements that excite; breathing improperly; chess playing; cedar that is hard; clothing that is improper; digestive organs that are abused; diseases that are loathsome; disregard of nature's laws; drug poisons; eating great variety of foods at one meal; eating hurriedly of various foods; eating intemperately; eating largely of pies, cream cake, sweet cookies; eating too much and too often; experimenting with drugs; flesh foods freely eaten; fomentation improperly used; food improperly com-

bined (eating fruits and vegetables in one meal causes acidity); foods rich and unwholesome; foods that irritate stomach; grief uncontrolled; indulgence of animal passion; intoxicating drink; labor constant and exciting in meetings; lack of air; late supper; lustful practices; literature that intoxicates; mental distress; milk and sugar used together; narcotics; physical habits that are wrong; reading habits that are intemperate; secret vice, self-abuse; sexual excess; stomach disturbance; transgression of rules of health and morality; whatever hinders living machinery's motion; and wine and words which act like deadly poison. Bath followed by rub relieves ill affected brain. Cool air quiets distracted ill affected brain.

### Exercise

An idle brain is ready for Satan's control. Laboring men's brain is robbed

of intellectual strength. Tilling of soil equalizes action of muscle and brain. Physical labor benefits brain. Cultivation of soil requires exercise of brain. When stomach is overloaded, it calls for aid of brain. Warning regarding excessive use of brain while neglecting physical organs. Youth lack brain because they do little useful labor. Avoid brain work immediately after meal. Two meals a day are best during exhaustive brain work. Fruit diet often brings relief to the brain.

Study attracts blood from extremities to the brain. Overworked stomach saps brain energy. Abuse of stomach ill-affects brain nerves. Butter and flesh food benumb brain. Gratification of taste enfeebles brain. Irregular eating and sleeping saps brain. Brain can be put to highest use in study of God's Word and will. Results of study of brain belong to God. Ω

## 3. Holy Spirit

God is one, and works as three Heavenly Dignitaries for the salvation of man. God the Father sits on the throne and gets all honor and glory. All life originates from Him. God the Son dwells among His created beings. He is the Creator and Redeemer and shed His blood for the salvation of man. God the Holy Spirit gave Himself to work out the plan of redemption. He is the Spirit of Christ and dwells within the hearts of men. God speaks to men through the Holy Spirit.

### Activities of the Holy Spirit

The Holy Spirit (HS) is the author of our spiritual life, a guest in our home, guide in our perplexities, reprover of our sins, and searcher of our hearts. He is the Spirit of inspiration, of prophetic power, teacher, watcher, coun-

selor, sanctifier and witness. As Christ's representative, He directs battles against evil in the world, in the governments, in the church and in our hearts. As a teacher, He can teach man more in a moment than he can learn from great men. As consuming fire, Holy Spirit burns sin and purifies hearts. He strengthens moral power and controls man's will. Holy Spirit operates quietly in transforming and developing character. A soul depressed or despairing is sweetened by the Holy Spirit. God is everywhere present by His HS.

### Holy Spirit Heals Our Bodies

Healing power to body and soul is given by the Holy Spirit. He renews every organ of human body. Satan's

agents use mesmerism to counterfeit the HS.

### Control of the Holy Spirit

Man's entire being—appetite, every faculty, impulses of man's nature, man's individuality, entire being, self, and talents—should be consecrated to the Holy Spirit. Daily and moment by moment, we need to be controlled by the Holy Spirit. Satan controls the mind which is not decidedly under the Holy Spirit. HS on heart is essential to molding of character. Mental, physical and spiritual powers are received by the HS. Highest energy of HS is put to work in man's heart and mind. Freedom from sin cannot be had without the Holy Spirit. The voice of HS is heard in men's hearts. People should be taught how to yield to the HS. God's workers must experience HS before His work is finished. Man must respond to the HS but is not commissioned to direct Him. There is constant war between lusts of the flesh and the HS.

HS continuously beholds our course of action and is continuously impressing minds to seek that which alone will give peace and rest. He convicts and converts soul. Devils attend all

who refuse to be controlled by the HS. He entreats men throughout probationary time to accept God's gift of life. Every impulse given to men by the HS is noted in the books of heaven. Choosing life of self-serving is insult to the HS. HS is not for men to use but is to use men. HS never reveals Himself in bedlam of noise. HS keeps evil under control of conscience. Let HS act as reprover and judge.

The restraint of HS is now being withdrawn from the world. The world will experience terrors when the HS is withdrawn. HS reveals full meaning of God's law to man. He seals believers; He is searcher of heart's thoughts and purposes. Selfish thoughts and feelings drive away HS. HS strengthens Satan's captive to obtain his freedom. Rejection of HS is rejection of only means of help and is the only sin that cannot be pardoned. We must be daily controlled by the HS or Satan will control us. When restraint of HS is wholly withdrawn from the wicked, no longer to hold in check the outburst of human passion and satanic wrath, the world will then behold, as never before, the results of Satan's rule. The HS will be withdrawn from this earth at the close of probation.Ω

## 4. Mental Disease

### Causes of Mental Disease

Many more people suffer from mental sickness than we imagine. Disease of body nearly always accompanies mental disease. Erroneous doctrines, family trouble, reading of fiction and remorse for sin cause mental disease. Overcrowding stomach is one cause of mental failure. Mental feebleness is caused by coffee, tea, improper clothing, inactivity, shattered nerves, vice, violation of the laws of nature and sin.

People bring mental feebleness upon themselves by their own course of life.

Excessive mental labor unbalances nervous system. Incessant indoor mental labor undermines health. Corresponding physical labor, rest and change are needed by persons whose work is chiefly mental labor. Transgression of mental law places man out of harmony with universe.

**These weaken mental powers:** cultivation of one or two mental organs

to the neglect of others, rich food, impure air, lack of physical labor, coffee, flesh foods, intoxicating drink, indulgence of appetite and passion, intemperance, intemperate reading; reading sensational or trashy stories, opium, stimulants, tea, tobacco, wine; and harsh tone of voice.

Mental susceptibility is lessened when electric current in nervous system is hindered. Dissatisfied feelings and discontented repinings cause mental sickness. Anxiety breaks down and injures health, crushes life's forces and spiritual growth, and causes weakness and disease. Worry about future, about matters that should be left in God's hands, over wrong course of others, etc. is an evidence of sickly and enfeebled faith and affects health, and grieves the Holy Spirit. Faith in God will enable one to resist worry.

### Remedies for Mental Disease

Consciousness of right doing is one of best medicines for mental disease. Physical constitution should be strong enough to sustain mental effort. Physical taxation combined with men-

tal effort keeps mind and morals in more healthful condition.

**These strengthen mental powers:** activity in saving souls; acquisition of knowledge and wisdom in spiritual things; exercise of mind; consecration wholly to God; obedience to God's law; physical labor combined with mental exertion which equalizes circulation of blood; dwelling on spiritual truths; study of God's Word; using talents in forming right character; and working for God and men.

Outdoor life is beneficial to sufferers of mental sickness. Tender sympathy heals some mental sickness.

**These give mental strength and vigor:** communion with God, habit of rejoicing, right physical habits, abstemiousness in diet, obedience to the laws of health, physical strength and activity, temperate habits and proper exercise. Mental weakness is caused due to failure to study God's word, and feeding on writings of uninspired men. People suffering greatly from bodily infirmities also suffer mental weakness. Ω

## 5. Facing Life's Record

"I beheld," says the prophet Daniel, "till thrones were placed, and One that was Ancient of Days did sit: His raiment was white as snow, and the hair of His head like pure wool; His throne was fiery flames, and the wheels thereof burning fire. A fiery stream issued and came forth from before Him: thousand thousands ministered unto Him, and ten thousand times ten thousand stood before Him: the judgment was set, and the books were opened." Daniel 7:9, 10, R.V.

Thus was presented to the prophet's vision the great and solemn day when

the characters and the lives of men should pass in review before the Judge of all the earth, and to every man should be rendered "according to his works." The Ancient of Days is God the Father. Says the psalmist: "Before the mountains were brought forth, or ever Thou hadst formed the earth and the world, even from everlasting to everlasting, Thou art God." Psalm 90:2. It is He, the source of all being, and the fountain of all law, that is to preside in the judgment. And holy angels as ministers and witnesses, in number "ten thousand times ten thou-

sand, and thousands of thousands," attend this great tribunal.

"And, behold, one like the Son of man came with the clouds of heaven, and came to the Ancient of Days, and they brought Him near before Him. And there was given Him dominion, and glory, and a kingdom, that all people, nations, and languages, should serve Him: His dominion is an everlasting dominion, which shall not pass away." Daniel 7:13, 14. The coming of Christ here described is not His second coming to the earth. He comes to the Ancient of Days in heaven to receive dominion and glory and a kingdom, which will be given Him at the close of His work as a mediator. It is this coming, and not His second advent to the earth, that was foretold in prophecy to take place at the termination of the 2300 days in 1844. Attended by heavenly angels, our great High Priest enters the holy of holies and there appears in the presence of God to engage in the last acts of His ministration in behalf of man—to perform the work of investigative judgment and to make an atonement for all who are shown to be entitled to its benefits.

In the typical service only those who had come before God with confession and repentance, and whose sins, through the blood of the sin offering, were transferred to the sanctuary, had a part in the service of the Day of Atonement. So in the great day of final atonement and investigative judgment the only cases considered are those of the professed people of God. The judgment of the wicked is a distinct and separate work, and takes place at a later period. "Judgment must begin at the house of God: and if it first begin at us, what shall the end be of them that obey not the gospel?" 1 Peter 4:17.

The books of record in heaven, in which the names and the deeds of men are registered, are to determine the decisions of the judgment. Says the prophet Daniel: "The judgment was set, and the books were opened." The revelator, describing the same scene, adds: "Another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works." Revelation 20:12.

The book of life contains the names of all who have ever entered the service of God. Jesus bade His disciples: "Rejoice, because your names are written in heaven." Luke 10:20. Paul speaks of his faithful fellow workers, "whose names are in the book of life." Philippians 4:3. Daniel, looking down to "a time of trouble, such as never was," declares that God's people shall be delivered, "everyone that shall be found written in the book." And the revelator says that those only shall enter the city of God whose names "are written in the Lamb's book of life." Daniel 12:1; Revelation 21:27. "A

book of remembrance" is written before God, in which are recorded the good deeds of "them that feared the Lord, and that thought upon His name." Malachi 3:16. Their words of faith, their acts of love, are registered in heaven. Nehemiah refers to this when he says: "Remember me, O my God,...and wipe not out my good deeds that I have done for the house of my God." Nehemiah 13:14. In the book of God's remembrance every deed of righteousness is immortalized. There every temptation resisted, every evil overcome, every word of tender pity expressed, is faithfully chronicled. And every act of sacrifice, every suffering and sorrow endured for Christ's sake, is recorded. Says

the psalmist: "Thou tellest my wanderings: put Thou my tears into Thy bottle: are they not in Thy book?" Psalm 56:8.

There is a record also of the sins of men. "For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil." Every idle word that men shall speak, they shall give account thereof in the day of judgment." Says the Saviour: "By thy words thou shalt be justified, and by thy words thou shalt be condemned." Ecclesiastes 12:14; Matthew 12:36, 37. The secret purposes and motives appear in the unerring register; for God "will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts." I Corinthians 4:5. "Behold, it is written before Me,...your iniquities, and the iniquities of your fathers together, saith the Lord." Isaiah 65:6, 7. Every man's work passes in review before God and is registered for faithfulness or unfaithfulness. Opposite each name in the books of heaven is entered with terrible exactness every wrong word, every selfish act, every unfulfilled duty, and every secret sin, with every artful dissembling. Heaven-sent warnings or reproofs neglected, wasted moments, unimproved opportunities, the influence exerted for good or for evil, with its far-reaching results, all are chronicled by the recording angel.

The law of God is the standard by which the characters and the lives of men will be tested in the judgment. Says the wise man: "Fear God, and keep His commandments: for this is the whole duty of man. For God shall bring every work into judgment." Ecclesiastes 12:13, 14. The apostle James admonishes his brethren: "So speak ye, and so do, as they that shall

be judged by the law of liberty." James 2:12.

Those who in the judgment are "accounted worthy" will have a part in the resurrection of the just. Jesus said: "They which shall be accounted worthy to obtain that world, and the resurrection from the dead,...are equal unto the angels; and are the children of God, being the children of the resurrection." Luke 20:35, 36. And again He declares that "they that have done good" shall come forth "unto the resurrection of life." John 5:29. The righteous dead will not be raised until after the judgment at which they are accounted worthy of "the resurrection of life." Hence they will not be present in person at the tribunal when their records are examined and their cases decided.

Jesus will appear as their advocate, to plead in their behalf before God. "If any man sin, we have an advocate with the Father, Jesus Christ the righteous." I John 2:1. "For Christ is not entered into the holy places made with hands, which are the figures of the true; but into heaven itself, now to appear in the presence of God for us." "Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them." Hebrews 9:24..

As the books of record are opened in the judgment, the lives of all who have believed on Jesus come in review before God. Beginning with those who first lived upon the earth, our Advocate presents the cases of each successive generation, and closes with the living. Every name is mentioned, every case closely investigated. Names are accepted, names rejected. When any have sins remaining upon the books of record, unrepented of and unforgiven, their names will be blot-

ted out of the book of life, and the record of their good deeds will be erased from the book of God's remembrance. The Lord declared to Moses: "Whosoever hath sinned against Me, him will I blot out of My book." Exodus 32:33. And says the prophet Ezekiel: "When the righteous turneth away from his righteousness, and committeth iniquity,...all his righteousness that he hath done shall not be mentioned." Ezekiel 18:24.

All who have truly repented of sin, and by faith claimed the blood of Christ as their atoning sacrifice, have had pardon entered against their names in the books of heaven; as they have become partakers of the righteousness of Christ, and their characters are found to be in harmony with the law of God, their sins will be blotted out, and they themselves will be accounted worthy of eternal life. The Lord declares, by the prophet Isaiah: "I, even I, am He that blotteth out thy transgressions for Mine own sake, and will not remember thy sins." Isaiah 43:25. Said Jesus: "He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before My Father, and before His angels." "Whosoever therefore shall confess Me before men, him will I confess also before My Father which is in heaven. But whosoever shall deny Me before men, him will I also deny before My Father which is in heaven." Revelation 3:5; Matthew 10:32, 33.

The deepest interest manifested among men in the decisions of earthly tribunals but faintly represents the interest evinced in the heavenly courts when the names entered in the book of life come up in review before the Judge of all the earth. The divine Intercessor presents the plea that all who have

overcome through faith in His blood be forgiven their transgressions, that they be restored to their Eden home, and crowned as joint heirs with Himself to "the first dominion." Micah 4:8. Satan in his efforts to deceive and tempt our race had thought to frustrate the divine plan in man's creation; but Christ now asks that this plan be carried into effect as if man had never fallen. He asks for His people not only pardon and justification, full and complete, but a share in His glory and a seat upon His throne.

While Jesus is pleading for the subjects of His grace, Satan accuses them before God as transgressors. The great deceiver has sought to lead them into skepticism, to cause them to lose confidence in God, to separate themselves from His love, and to break His law. Now he points to the record of their lives, to the defects of character, the unlikeness to Christ, which has dishonored their Redeemer, to all the sins that he has tempted them to commit, and because of these he claims them as his subjects.

Jesus does not excuse their sins, but shows their penitence and faith, and, claiming for them forgiveness, He lifts His wounded hands before the Father and the holy angels, saying: I know them by name. I have graven them on the palms of My hands. "The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, Thou wilt not despise." Psalm 51:17. And to the accuser of His people He declares: "The Lord rebuke thee, O Satan; even the Lord that hath chosen Jerusalem rebuke thee: is not this a brand plucked out of the fire?" Zechariah 3:2. Christ will clothe His faithful ones with His own righteousness, that He may present them to His Father "a glorious church, not having

spot, or wrinkle, or any such thing.” Ephesians 5:27. Their names stand enrolled in the book of life, and concerning them it is written: “They shall walk with Me in white: for they are worthy.” Revelation 3:4.

Thus will be realized the complete fulfillment of the new-covenant promise: “I will forgive their iniquity, and I will remember their sin no more.” “In those days, and in that time, saith the Lord, the iniquity of Israel shall be sought for, and there shall be none; and the sins of Judah, and they shall not be found.” Jeremiah 31:34; 50:20. “In that day shall the branch of the Lord be beautiful and glorious, and the fruit of the earth shall be excellent and comely for them that are escaped of Israel. And it shall come to pass, that he that is left in Zion, and he that remaineth in Jerusalem, shall be called holy, even everyone that is written among the living in Jerusalem.” Isaiah 4:2, 3.

The work of the investigative judgment and the blotting out of sins is to be accomplished before the second advent of the Lord. Since the dead are to be judged out of the things written in the books, it is impossible that the sins of men should be blotted out until after the judgment at which their cases are to be investigated. But the apostle Peter distinctly states that the sins of believers will be blotted out “when the times of refreshing shall come from the presence of the Lord; and He shall send Jesus Christ.” Acts 3:19, 20. When the investigative judgment closes, Christ will come, and His reward will be with Him to give to every man as his work shall be.

In the typical service the high priest, having made the atonement for Israel, came forth and blessed the congregation. So Christ, at the close of His

work as mediator, will appear, “without sin unto salvation” (Hebrews 9:28), to bless His waiting people with eternal life. As the priest, in removing the sins from the sanctuary, confessed them upon the head of the scapegoat, so Christ will place all these sins upon Satan, the originator and instigator of sin. The scapegoat, bearing the sins of Israel, was sent away “unto a land not inhabited” (Leviticus 16:22); so Satan, bearing the guilt of all the sins which he has caused God’s people to commit, will be for a thousand years confined to the earth, which will then be desolate, without inhabitant, and he will at last suffer the full penalty of sin in the fires that shall destroy all the wicked. Thus the great plan of redemption will reach its accomplishment in the final eradication of sin and the deliverance of all who have been willing to renounce evil.

At the time appointed for the judgment—the close of the 2300 days, in 1844—began the work of investigation and blotting out of sins. All who have ever taken upon themselves the name of Christ must pass its searching scrutiny. Both the living and the dead are to be judged “out of those things which were written in the books, according to their works.”

Sins that have not been repented of and forsaken will not be pardoned and blotted out of the books of record, but will stand to witness against the sinner in the day of God. He may have committed his evil deeds in the light of day or in the darkness of night; but they were open and manifest before Him with whom we have to do. Angels of God witnessed each sin and registered it in the unerring records. Sin may be concealed, denied, covered up from father, mother, wife, children, and associates; no one but

the guilty actors may cherish the least suspicion of the wrong; but it is laid bare before the intelligences of heaven. The darkness of the darkest night, the secrecy of all deceptive arts, is not sufficient to veil one thought from the knowledge of the Eternal. God has an exact record of every unjust account and every unfair dealing. He is not deceived by appearances of piety. He makes no mistakes in His estimation of character. Men may be deceived by those who are corrupt in heart, but God pierces all disguises and reads the inner life.

How solemn is the thought! Day after day, passing into eternity, bears its burden of records for the books of heaven. Words once spoken, deeds once done, can never be recalled. Angels have registered both the good and the evil. The mightiest conqueror upon the earth cannot call back the record of even a single day. Our acts, our words, even our most secret motives, all have their weight in deciding our destiny for weal or woe. Though they may be forgotten by us, they will bear their testimony to justify or condemn.

As the features of the countenance are reproduced with unerring accuracy on the polished plate of the artist, so the character is faithfully delineated in the books above. Yet how little solicitude is felt concerning that record which is to meet the gaze of heavenly beings. Could the veil which separates the visible from the invisible world be swept back, and the children of men behold an angel recording every word and deed, which they must meet again in the judgment, how many words that are daily uttered would remain unspoken, how many deeds would remain undone.

In the judgment the use made of every talent will be scrutinized. How have

we employed the capital lent us of Heaven? Will the Lord at His coming receive His own with usury? Have we improved the powers entrusted us, in hand and heart and brain, to the glory of God and the blessing of the world? How have we used our time, our pen, our voice, our money, our influence? What have we done for Christ, in the person of the poor, the afflicted, the orphan, or the widow? God has made us the depositaries of His holy word; what have we done with the light and truth given us to make men wise unto salvation? No value is attached to a mere profession of faith in Christ; only the love which is shown by works is counted genuine. Yet it is love alone which in the sight of Heaven makes any act of value. Whatever is done from love, however small it may appear in the estimation of men, is accepted and rewarded of God.

The hidden selfishness of men stands revealed in the books of heaven. There is the record of unfulfilled duties to their fellow men, of forgetfulness of the Saviour’s claims. There they will see how often were given to Satan the time, thought, and strength that belonged to Christ. Sad is the record which angels bear to heaven. Intelligent beings, professed followers of Christ, are absorbed in the acquirement of worldly possessions or the enjoyment of earthly pleasures. Money, time, and strength are sacrificed for display and self-indulgence; but few are the moments devoted to prayer, to the searching of the Scriptures, to humiliation of soul and confession of sin.

Satan invents unnumbered schemes to occupy our minds, that they may not dwell upon the very work with which we ought to be best acquainted. The archdeceiver hates the great

truths that bring to view an atoning sacrifice and an all-powerful mediator. He knows that with him everything depends on his diverting minds from Jesus and His truth.

Those who would share the benefits of the Saviour's mediation should permit nothing to interfere with their duty to perfect holiness in the fear of God. The precious hours, instead of being given to pleasure, to display, or to gain seeking, should be devoted to an earnest, prayerful study of the word of truth. The subject of the sanctuary and the investigative judgment should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of their great High Priest. Otherwise it will be impossible for them to exercise the faith which is essential at this time or to occupy the position which God designs them to fill. Every individual has a soul to save or to lose. Each has a case pending at the bar of God. Each must meet the great Judge face to face. How important, then, that every mind contemplate often the solemn scene when the judgment shall sit and the books shall be opened, when, with Daniel, every individual must stand in his lot, at the end of the days.

All who have received the light upon these subjects are to bear testimony of the great truths which God has committed to them. The sanctuary in heaven is the very center of Christ's work in behalf of men. It concerns every soul living upon the earth. It opens to view the plan of redemption, bringing us down to the very close of time and revealing the triumphant issue of the contest between righteousness and sin. It is of the utmost importance that all should thoroughly investigate these subjects and be able to give an answer to everyone that

asketh them a reason of the hope that is in them.

The intercession of Christ in man's behalf in the sanctuary above is as essential to the plan of salvation as was His death upon the cross. By His death He began that work which after His resurrection He ascended to complete in heaven. We must by faith enter within the veil, "whither the fore-runner is for us entered." Hebrews 6:20. There the light from the cross of Calvary is reflected. There we may gain a clearer insight into the mysteries of redemption. The salvation of man is accomplished at an infinite expense to heaven; the sacrifice made is equal to the broadest demands of the broken law of God. Jesus has opened the way to the Father's throne, and through His mediation the sincere desire of all who come to Him in faith may be presented before God.

"He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy." Proverbs 28:13. If those who hide and excuse their faults could see how Satan exults over them, how he taunts Christ and holy angels with their course, they would make haste to confess their sins and to put them away. Through defects in the character, Satan works to gain control of the whole mind, and he knows that if these defects are cherished, he will succeed. Therefore he is constantly seeking to deceive the followers of Christ with his fatal sophistry that it is impossible for them to overcome. But Jesus pleads in their behalf His wounded hands, His bruised body; and He declares to all who would follow Him: "My grace is sufficient for thee." 2 Corinthians 12:9. "Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall

find rest unto your souls. For My yoke is easy, and My burden is light." Matthew 11:29, 30. Let none, then, regard their defects as incurable. God will give faith and grace to overcome them.

We are now living in the great day of atonement. In the typical service, while the high priest was making the atonement for Israel, all were required to afflict their souls by repentance of sin and humiliation before the Lord, lest they be cut off from among the people. In like manner, all who would have their names retained in the book of life should now, in the few remaining days of their probation, afflict their souls before God by sorrow for sin and true repentance. There must be deep, faithful searching of heart. The light, frivolous spirit indulged by so many professed Christians must be put away. There is earnest warfare before all who would subdue the evil tendencies that strive for the mastery. The work of preparation is an individual work. We are not saved in groups. The purity and devotion of one will not offset the want of these qualities in another. Though all nations are to pass in judgment before God, yet He will examine the case of each individual with as close and searching scrutiny as if there were not another being upon the earth. Everyone must be tested and found without spot or wrinkle or any such thing.

Solemn are the scenes connected with the closing work of the atonement. Momentous are the interests involved therein. The judgment is now passing in the sanctuary above. For many years this work has been in progress. Soon—none know how soon—it will pass to the cases of the living. In the awful presence of God our lives are to come up in review. At this time

above all others it behooves every soul to heed the Saviour's admonition: "Watch and pray: for ye know not when the time is." Mark 13:33. "If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee." Revelation 3:3.

When the work of the investigative judgment closes, the destiny of all will have been decided for life or death. Probation is ended a short time before the appearing of the Lord in the clouds of heaven. Christ in the Revelation, looking forward to that time, declares: "He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous let him be righteous still: and he that is holy, let him be holy still. And, behold, I come quickly; and My reward is with Me, to give every man according as his work shall be." Revelation 22:11, 12.

The righteous and the wicked will still be living upon the earth in their mortal state—men will be planting and building, eating and drinking, all unconscious that the final, irrevocable decision has been pronounced in the sanctuary above. Before the Flood, after Noah entered the ark, God shut him in and shut the ungodly out; but for seven days the people, knowing not that their doom was fixed, continued their careless, pleasure-loving life and mocked the warnings of impending judgment. "So," says the Saviour, "shall also the coming of the Son of man be." Matthew 24:39. Silently, unnoticed as the midnight thief, will come the decisive hour which marks the fixing of every man's destiny, the final withdrawal of mercy's offer to guilty men. "Watch ye therefore:...lest coming suddenly He find you sleeping." Mark 13:35, 36. Perilous is the



condition of those who, growing weary of their watch, turn to the attractions of the world. While the man of business is absorbed in the pursuit of gain, while the pleasure lover is seeking indulgence, while the daugh-

ter of fashion is arranging her adornments—it may be in that hour the Judge of all the earth will pronounce the sentence: “Thou art weighed in the balances, and art found wanting.” Daniel 5:27. GC. Ω

## 6. Spiritualism

The ministration of holy angels, as presented in the Scriptures, is a truth most comforting and precious to every follower of Christ. But the Bible teaching upon this point has been obscured and perverted by the errors of popular theology. The doctrine of natural immortality, first borrowed from the pagan philosophy, and in the darkness of the great apostasy incorporated into the Christian faith, has supplanted the truth, so plainly taught in Scripture, that “the dead know not anything.” Multitudes have come to believe that it is spirits of the dead who are the “ministering spirits, sent forth to minister for them who shall be heirs of salvation.” And this notwithstanding the testimony of Scripture to the existence of heavenly angels, and their connection with the history of man, before the death of a human being.

The doctrine of man’s consciousness in death, especially the belief that spirits of the dead return to minister to the living, has prepared the way for modern spiritualism. If the dead are admitted to the presence of God and holy angels, and privileged with knowledge far exceeding what they before possessed, why should they not return to the earth to enlighten and instruct the living? If, as taught by popular theologians, spirits of the dead are hovering about their friends on earth, why should they not be permitted to communicate with them, to warn them against evil, or to comfort

them in sorrow? How can those who believe in man’s consciousness in death reject what comes to them as divine light communicated by glorified spirits? Here is a channel regarded as sacred, through which Satan works for the accomplishment of his purposes. The fallen angels who do his bidding appear as messengers from the spirit world. While professing to bring the living into communication with the dead, the prince of evil exercises his bewitching influence upon their minds. He has power to bring before men the appearance of their departed friends. The counterfeit is perfect; the familiar look, the words, the tone, are reproduced with marvelous distinctness. Many are comforted with the assurance that their loved ones are enjoying the bliss of heaven, and without suspicion of danger, they give ear “to seducing spirits, and doctrines of devils.”

When they have been led to believe that the dead actually return to communicate with them, Satan causes those to appear who went into the grave unprepared. They claim to be happy in heaven and even to occupy exalted positions there, and thus the error is widely taught that no difference is made between the righteous and the wicked. The pretended visitants from the world of spirits sometimes utter cautions and warnings which prove to be correct. Then, as confidence is gained, they present

doctrines that directly undermine faith in the Scriptures. With an appearance of deep interest in the well-being of their friends on earth, they insinuate the most dangerous errors. The fact that they state some truths, and are able at times to foretell future events, gives to their statements an appearance of reliability; and their false teachings are accepted by the multitudes as readily, and believed as implicitly, as if they were the most sacred truths of the Bible. The law of God is set aside, the Spirit of grace despised, the blood of the covenant counted an unholy thing. The spirits deny the deity of Christ and place even the Creator on a level with themselves. Thus under a new disguise the great rebel still carries on his warfare against God, begun in heaven and for nearly six thousand years continued upon the earth.

Many endeavor to account for spiritual manifestations by attributing them wholly to fraud and sleight of hand on the part of the medium. But while it is true that the results of trickery have often been palmed off as genuine manifestations, there have been, also, marked exhibitions of supernatural power. The mysterious rapping with which modern spiritualism began was not the result of human trickery or cunning, but was the direct work of evil angels, who thus introduced one of the most successful of soul-destroying delusions. Many will be ensnared through the belief that spiritualism is a merely human imposture; when brought face to face with manifestations which they cannot but regard as supernatural, they will be deceived, and will be led to accept them as the great power of God.

These persons overlook the testimony of the Scriptures concerning the won-

ders wrought by Satan and his agents. It was by satanic aid that Pharaoh’s magicians were enabled to counterfeited the work of God. Paul testifies that before the second advent of Christ there will be similar manifestations of satanic power. The coming of the Lord is to be preceded by “the working of Satan with all power and signs and lying wonders, and with all deceivableness of unrighteousness.” 2 Thessalonians 2:9,10. And the apostle John, describing the miracle-working power that will be manifested in the last days, declares: “He doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, and deceiveth them that dwell on the earth by the means of those miracles which he had power to do.” Revelation 13:13, 14. No mere impostures are here foretold. Men are deceived by the miracles which Satan’s agents have power to do, not which they pretend to do.

The prince of darkness, who has so long bent the powers of his mastermind to the work of deception, skillfully adapts his temptations to men of all classes and conditions. To persons of culture and refinement he presents spiritualism in its more refined and intellectual aspects, and thus succeeds in drawing many into his snare. The wisdom which spiritualism imparts is that described by the apostle James, which “descendeth not from above, but is earthly, sensual, devilish.” James 3:15. This, however, the great deceiver conceals when concealment will best suit his purpose. He who could appear clothed with the brightness of the heavenly seraphs before Christ in the wilderness of temptation, comes to men in the most attractive manner as an angel of light. He appeals to the reason by the presentation of elevat-

ing themes; he delights the fancy with enrapturing scenes; and he enlists the affections by his eloquent portrayals of love and charity. He excites the imagination to lofty heights, leading men to take so great pride in their own wisdom that in their hearts they despise the Eternal One. That mighty being who could take the world's Redeemer to an exceedingly high mountain and bring before Him all the kingdoms of the earth and the glory of them, will present his temptations to men in a manner to pervert the senses of all who are not shielded by divine power.

Satan beguiles men now as he beguiled Eve in Eden by flattery, by kindling a desire to obtain forbidden knowledge, by exciting ambition for self-exaltation. It was cherishing these evils that caused his fall, and through them he aims to compass the ruin of men. "Ye shall be as gods," he declares, "knowing good and evil." Genesis 3:5. Spiritualism teaches "that man is the creature of progression; that it is his destiny from his birth to progress, even to eternity, toward the Godhead." And again: "Each mind will judge itself and not another." "The judgment will be right, because it is the judgment of self....The throne is within you." Said a spiritualistic teacher, as the "spiritual consciousness" awoke within him: "My fellow men, all were unfallen demigods." And another declares: "Any just and perfect being is Christ." Thus, in place of the righteousness and perfection of the infinite God, the true object of adoration; in place of the perfect righteousness of His law, the true standard of human attainment, Satan has substituted the sinful, erring nature of man himself as the only object of adoration, the only rule of judgment, or standard of character.

This is progress, not upward, but downward.

It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell. It becomes assimilated to that which it is accustomed to love and reverence. Man will never rise higher than his standard of purity or goodness or truth. If self is his loftiest ideal, he will never attain to anything more exalted. Rather, he will constantly sink lower and lower. The grace of God alone has power to exalt man. Left to himself, his course must inevitably be downward.

To the self-indulgent, the pleasure-loving, the sensual, spiritualism presents itself under a less subtle disguise than to the more refined and intellectual; in its grosser forms they find that which is in harmony with their inclinations. Satan studies every indication of the frailty of human nature, he marks the sins which each individual is inclined to commit, and then he takes care that opportunities shall not be wanting to gratify the tendency to evil. He tempts men to excess in that which is in itself lawful, causing them, through intemperance, to weaken physical, mental, and moral power. He has destroyed and is destroying thousands through the indulgence of the passions, thus brutalizing the entire nature of man. And to complete his work, he declares, through the spirits that "true knowledge places man above all law;" that "whatever is, is right;" that "God doth not condemn;" and that "*all* sins which are committed are innocent." When the people are thus led to believe that desire is the highest law, that liberty is license, and that man is accountable only to himself, who can wonder that corruption and depravity teem on every hand? Multitudes eagerly accept

teachings that leave them at liberty to obey the promptings of the carnal heart. The reins of self-control are laid upon the neck of lust, the powers of mind and soul are made subject to the animal propensities, and Satan exultingly sweeps into his net thousands who profess to be followers of Christ.

But none need be deceived by the lying claims of spiritualism. God has given the world sufficient light to enable them to discover the snare. As already shown, the theory which forms the very foundation of spiritualism is at war with the plainest statements of Scripture. The Bible declares that the dead know not anything, that their thoughts have perished; they have no part in anything that is done under the sun; they know nothing of the joys or sorrows of those who were dearest to them on earth.

Furthermore, God has expressly forbidden all pretended communication with departed spirits. In the days of the Hebrews there was a class of people who claimed, as do the spiritualists of today, to hold communication with the dead. But the "familiar spirits," as these visitants from other worlds were called, are declared by the Bible to be "the spirits of devils." (Compare Numbers 25:1-3; Psalm 106:28; I Corinthians 10:20; Revelation 16:14.) The work of dealing with familiar spirits was pronounced an abomination to the Lord, and was solemnly forbidden under penalty of death. Leviticus 19:31; 20:27. The very name of witchcraft is now held in contempt. The claim that men can hold intercourse with evil spirits is regarded as a fable of the Dark Ages. But spiritualism, which numbers its converts by hundreds of thousands, yea, by millions, which has made its way into scientific circles, which has

invaded churches, and has found favor in legislative bodies, and even in the courts of kings—this mammoth deception is but a revival, in a new disguise, of the witchcraft condemned and prohibited of old. If there were no other evidence of the real character of spiritualism, it should be enough for the Christian that the spirits make no difference between righteousness and sin, between the noblest and purest of the apostles of Christ and the most corrupt of the servants of Satan. By representing the basest of men as in heaven, and highly exalted there, Satan says to the world: "No matter how wicked you are; no matter whether you believe or disbelieve God and the Bible. Live as you please; heaven is your home." The spiritualist teachers virtually declare: "Everyone that doeth evil is good in the sight of the Lord, and He delighteth in them; or, Where is the God of judgment?" Malachi 2:17. Saith the word of God: "Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness." Isaiah 5:20. The apostles, as personated by these lying spirits, are made to contradict what they wrote at the dictation of the Holy Spirit when on earth. They deny the divine origin of the Bible, and thus tear away the foundation of the Christian's hope and put out the light that reveals the way to heaven. Satan is making the world believe that the Bible is a mere fiction, or at least a book suited to the infancy of the race, but now to be lightly regarded, or cast aside as obsolete. And to take the place of the word of God he holds out spiritual manifestations. Here is a channel wholly under his control; by this means he can make the world believe what he will. The Book that is to judge him and his followers he puts in the shade, just where he wants it; the Sav-

jour of the world he makes to be no more than a common man. And as the Roman guard that watched the tomb of Jesus spread the lying report which the priests and elders put into their mouths to disprove His resurrection, so do the believers in spiritual manifestations try to make it appear that there is nothing miraculous in the circumstances of our Saviour's life. After thus seeking to put Jesus in the background, they call attention to their own miracles, declaring that these far exceed the works of Christ.

It is true that spiritualism is now changing its form and, veiling some of its more objectionable features, is assuming a Christian guise. But its utterances from the platform and the press have been before the public for many years, and in these its real character stands revealed. These teachings cannot be denied or hidden.

Even in its present form, so far from being more worthy of toleration than formerly, it is really a more dangerous, because a more subtle, deception. While it formerly denounced Christ and the Bible, it now *professes* to accept both. But the Bible is interpreted in a manner that is pleasing to the unrenewed heart, while its solemn and vital truths are made of no effect. Love is dwelt upon as the chief attribute of God, but it is degraded to a weak sentimentalism, making little distinction between good and evil. God's justice, His denunciations of sin, the requirements of His holy law, are all kept out of sight. The people are taught to regard the Decalogue as a dead letter. Pleasing, bewitching fables captivate the senses and lead men to reject the Bible as the foundation of their faith. Christ is as verily denied as before; but Satan has so blinded the eyes of the people that the deception is not discerned. There are few who have

any just conception of the deceptive power of spiritualism and the danger of coming under its influence. Many tamper with it merely to gratify their curiosity. They have no real faith in it and would be filled with horror at the thought of yielding themselves to the spirits' control. But they venture upon the forbidden ground, and the mighty destroyer exercises his power upon them against their will. Let them once be induced to submit their minds to his direction, and he holds them captive. It is impossible, in their own strength, to break away from the bewitching, alluring spell. Nothing but the power of God, granted in answer to the earnest prayer of faith, can deliver these ensnared souls.

All who indulge sinful traits of character, or willfully cherish a known sin, are inviting the temptations of Satan. They separate themselves from God and from the watchcare of His angels; as the evil one presents his deceptions, they are without defense and fall an easy prey. Those who thus place themselves in his power little realize where their course will end. Having achieved their overthrow, the tempter will employ them as his agents to lure others to ruin.

Says the prophet Isaiah: "When they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead? To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:19, 20. If men had been willing to receive the truth so plainly stated in the Scriptures concerning the nature of man and the state of the dead, they would see in the claims and manifestations of spiritualism the working

of Satan with power and signs and lying wonders. But rather than yield the liberty so agreeable to the carnal heart, and renounce the sins which they love, multitudes close their eyes to the light and walk straight on, regardless of warnings, while Satan weaves his snares about them, and they become his prey. "Because they received not the love of the truth, that they might be saved," therefore "God shall send them strong delusion, that they should believe a lie." 2 Thessalonians 2:10, 11.

Those who oppose the teachings of spiritualism are assailing, not men alone, but Satan and his angels. They have entered upon a contest against principalities and powers and wicked spirits in high places. Satan will not yield one inch of ground except as he is driven back by the power of heavenly messengers. The people of God should be able to meet him, as did our Saviour, with the words: "It is written." Satan can quote Scripture now as in the days of Christ, and he will pervert its teachings to sustain his delusions. Those who would stand in this time of peril must understand for themselves the testimony of the Scriptures.

Many will be confronted by the spirits of devils personating beloved relatives or friends and declaring the most dangerous heresies. These visitants will appeal to our tenderest sympathies and will work miracles to sustain their pretensions. We must be prepared to withstand them with the Bible truth that the dead know not anything and that they who thus appear are the spirits of devils. Just before us is "the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth." Revelation 3:10.

All whose faith is not firmly established upon the word of God will be deceived and overcome. Satan "works with all deceivableness of unrighteousness" to gain control of the children of men, and his deceptions will continually increase. But he can gain his object only as men voluntarily yield to his temptations. Those who are earnestly seeking a knowledge of the truth and are striving to purify their souls through obedience, thus doing what they can to prepare for the conflict, will find, in the God of truth, a sure defense. "Because thou hast kept the word of My patience, I also will keep thee" (verse 10), is the Saviour's promise. He would sooner send every angel out of heaven to protect His people than leave one soul that trusts in Him to be overcome by Satan.

The prophet Isaiah brings to view the fearful deception which will come upon the wicked, causing them to count themselves secure from the judgments of God: "We have made a covenant with death, and with hell are we at agreement; when the overflowing scourge shall pass through, it shall not come unto us: for we have made lies our refuge, and under falsehood have we hid ourselves." Isaiah 28:15. In the class here described are included those who in their stubborn impenitence comfort themselves with the assurance that there is to be no punishment for the sinner; that all mankind, it matters not how corrupt, are to be exalted to heaven, to become as the angels of God. But still more emphatically are those making a covenant with death and an agreement with hell, who renounce the truths which Heaven has provided as a defense for the righteous in the day of trouble, and accept the refuge of lies

offered by Satan in its stead—the delusive pretensions of spiritualism.

Marvelous beyond expression is the blindness of the people of this generation. Thousands reject the word of God as unworthy of belief and with eager confidence receive the deceptions of Satan. Skeptics and scoffers denounce the bigotry of those who contend for the faith of prophets and apostles, and they divert themselves by holding up to ridicule the solemn declarations of the Scriptures concerning Christ and the plan of salvation, and the retribution to be visited upon the rejecters of the truth. They affect great pity for minds so narrow, weak, and superstitious as to acknowledge the claims of God and obey the requirements of His law. They manifest as much assurance as if, indeed, they had made a covenant with death and an agreement with hell—as if they had erected an impassable, impenetrable barrier between themselves and the vengeance of God. Nothing can arouse their fears. So fully have they yielded to the tempter, so closely are they united with him, and so thoroughly imbued with his spirit, that they have no power and no inclination to break away from his snare.

Satan has long been preparing for his final effort to deceive the world. The foundation of his work was laid by

the assurance given to Eve in Eden: “Ye shall not surely die.” “In the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.” Genesis 3:4, 5. Little by little he has prepared the way for his masterpiece of deception in the development of spiritualism. He has not yet reached the full accomplishment of his designs; but it will be reached in the last remnant of time. Says the prophet: “I saw three unclean spirits like frogs;...they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty.” Revelation 16:13, 14. Except those who are kept by the power of God, through faith in His word, the whole world will be swept into the ranks of this delusion. The people are fast being lulled to a fatal security, to be awakened only by the outpouring of the wrath of God. Saith the Lord God: “Judgment also will I lay to the line, and righteousness to the plummet: and the hail shall sweep away the refuge of lies, and the waters shall overflow the hiding place. And your covenant with death shall be disannulled, and your agreement with hell shall not stand; when the overflowing scourge shall pass through, then ye shall be trodden down by it.” Isaiah 28:17, 18. Ω

## Spiritualism-The Threefold Union of Religion Is Forming Before Our Eyes

“And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. For they are the spirits of demons doing signs, which go forth to the kings of the earth, even of the whole habitable world, to assemble them to the war of that day, the great day of God Almighty.” Revelation 16:13.

Headquartered in our minds every minute of the day is either God or Satan. Satan controls the minds which

are not decidedly on God’s side. The Bible gives a clue that Satan will work through three entities in these last

days: through the dragon, the beast, and the false prophet. You will be surprised to know that these three include the entire world.

### The Dragon

Revelation 12:3, 4: “...an enormous red dragon with seven heads and ten horns and seven crowns on his heads. His tail swept a third of the stars out of the sky and flung them to the earth. The dragon stood in front of the woman who was about to give birth, so that he might devour her child the moment it was born...but the child was caught up to heaven.” It was Satan who drew 1/3 of the angels from heaven; and also tried to kill Jesus when He was born. Revelation 12:7-9: The great dragon was hurled down? that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him...” Satan and 1/3rd of the angels who sinned with him were bound in the earth. In their spirit form they tempt man to sin. These are devils or demons.

Those who do not know about the existence of evil angels, believe that the spirits are the spirits of dead persons. Revelation 12:17: “The dragon was enraged at the woman and went off to make war against the rest of her offspring, those who obey God’s commandments and hold to the testimony of Jesus.” Satan will persecute God’s people through demons which



will inspire the kings to issue a law to kill them.

This dragon has crowns on its seven heads. Missing in the picture is the harlot which sits on this scarlet beast, with who the kings fornicated. She is decked in gold, has a cup full of unclean things and is called the mother of harlots. Revelation 17:5. The seven heads are the seven religious heads: Catholicism, heathenism, athiesm, Islam, Judaism, eastern mystecism, and Protestantism. Crowns on the heads represent that Satan will empower the religious leaders to kill God’s people. Today, no religion fully represents God. Therefore, they all belong to Satan.

The harlot is the Roman Catholic Church. Her daughters are Islam (Islam was created by Rome to control the Arab world); Hinduism (like Rome, practices polytheism, witchcraft, sun worship); other non-Christian religions; Catholicism (which practices sun worship, witchcraft, pantheism, etc.); ancient mysticism; and Protestantism (it practices hypnotism, denies the Ten Commandments, and has now joined hands with Rome). Satan is the eighth. Ecumenism or unity among religious heads is to empower them to war with Christ, the Lamb. In the future, these religious heads will issue a law, to kill God’s people in their temples.

### The Beast or the Dragon-like Beast

The beast is the New World Order organization headed by the Pope. Revelation 13:1: “And I saw a beast coming out of the sea. He had ten horns and seven heads, with ten crowns on his horns, and on each head a blasphemous name.” The time of the appearance of this beast is ‘after its





deadly wound was healed. And all the earth marveled after the beast.” The Vatican received wound in 1798 when Napoleon put the Pope in prison, and it regained power in 1929. Today, the NWO established by the Pope, controls the world governments, world economy, international trade, kings, laws, etc. Vatican has diplomatic missions in all countries. The whole world is wandering after the beast, Rome, which is calling for world unity. Actions of both beasts are similar. The first is the Devil himself; and the second is the devil-controlled NWO headed by his agent, the man of sin, the Pope.

The U.N., under the Pope, divided the world into 10 economic unions. The ten horns are the ten union heads who head the 10 kingdoms of the Club of Rome. These are 10 economic bodies today. Their list is below. Rev. 17:13 says: These have one mind, and their power and authority they shall give up to the beast. Since they have one mind, all the 10 regional heads may be Illuminati. Under the Treaty of

**10 KINGDOMS OF THE CLUB OF ROME**

- |                |                        |
|----------------|------------------------|
| 1. NAU         | 6. Central America.... |
| 2. EU          | 7. Arab League....     |
| 3. Japan...    | 8. AU                  |
| 4. Australia.. | 9. India - SAARC       |
| 5. Russia...   | 10. China              |

Rome, when a national disaster takes place, all the Presidents and the PMs of all countries will be dismissed and the 10 kings of these economic bodies will rule. These in turn will hand over their authority to the Pope and the Pope, guided by Satan, will issue international laws to kill God’s people throughout the world. We are participants in a spiritual warfare between good and evil; between Christ and Satan. God’s people will need to walk by faith as they will get no support from the government nor from their religious leaders.

Millions will be martyred at this time. These 10 kings, when they see the true nature of Rome, will repent and will turn against it according to Revelation 17:16: “And the 10 horns will hate the harlot. They will burn her with fire, for God gave into their hearts to do His mind.” Already this revolution has begun: Years ago, Russia had ordered the illuminati bankers to leave its country. A few months ago, China ordered to kill western Illuminati and the Pope for stealing their gold and for creating Saars to kill Asians (The Illuminati policy is: “If countries hold gold, they are a risk to the world.”); Last month, Germany threatened that it will join Russia if the Federal Reserve banks are not closed; 114 countries have filed the biggest lawsuit against the illuminati. Only 4 countries in the world: Iran, N. Korea, Sudan and Cuba are left without a Rothschild central bank. Please watch alternate news to see how Bible prophecies are unfolding.

**The False Prophet**

The false prophet is the apostate protestantism. Protestantism was true once, but has become false because of walking in the path of Rome. Leading Protestant pastors who steal, lie

and hypnotize their audiences and who are aligned with Rome are: Billy Graham, Benny Hinn, Joel Osleen, Kenneth Copeland, God tv, and many Pentecostal pastors who ‘slay in the spirit’

**Modern Spiritualism is Ancient Witchcraft**

Synonyms for Spiritualism are: astrology, divination, fortune telling, hallucination, hypnotism, hysteria, mysticism, necromancy, psychoanalysis, psychology, psychotherapy, soothsaying, sorcery, supernaturalism, and telepathy. Other synonyms and related words are: Diablerie, ME, Spiritism, Thaumaturgy, absolute idealism, animal magnetism, animatism, animism, astral body, bedevilment, belief, bewitchery, black art, cabbalism, channel, clairvoyance, conjuration, demonology, demonomy, demonship, ego, electrobiology, enchantment, evocation, exorcism, fetishism, feticism, fetishism, form, ghost dance, glamor, hoodoo, hylozoism, idealism, ideality, immaterialism, immateriality, magic, medium, mediumism, mentalism, mesmerism, metaphysical idealism, metempsychosis, monistic idealism, myself, obi, obiism, occult art, occult sciences, od force, odylic force, otherworldliness, panpsychism, personalism, personality, philosophy of idealism, psychism, seance, second sight, sitting, solipsism, soul, spirit, spirit rapping, spiritualist, spirituality, subjectivism, supernatural, table turning, theological doctrine, theurgy, transcendental, transcendentalism, universal, universal concept, universal conception, vampirism, voodoo, voodooism, witchcraft, witchery. — *From Dictionary.net.*

**The most modern medicine is witchcraft, garbed in a scientific disguise. EGW**

All religions use one or more of the above. In Hinduism, mental patients are treated with yoga and hypnotism. Ellen White said that we need to keep in dormant state, our lower passions (satanic nature). But kundalini yoga brings out the dormant lower passions, during which process, the performer gets possessed by the devil. In Islam, the two names of Allah, the moon God, are “the great deceiver” and “the proud one.” It is said that the devil used to possess Mohammed and he often hid himself from the devil. In all religions, their front name is their present name, but the inner layer is

satanism. This includes Christianity.

**Spiritualism in the Medical Field**

The reason God destroys Babylon is because “by thy sorceries were all nations deceived.” Revelation 18: 21, 23. The word “sorceries” comes from

the Greek word ‘pharmakeia.’ This is the same root word from which are derived the English words pharmacy (drug store) and pharmaceuticals (medicinal drugs). In ancient times, the practice of medicine was closely entwined with witchcraft, the use of drugs to induce hallucinations and incantations to demon-gods. The modern symbol of medicine is the caduceus, or two serpents entwined around a winged staff. Originally it was one serpent. The winged serpent in the Bible is the devil. The most modern medicine is witchcraft, garbed in a scientific disguise. Multitudes today are still controlled by Satan, their once-sharp brains dumbed down by side-effects of the very



drugs that are supposed to heal them. The original Hippocratic doctoral oath, began with a call to pagan/demonic deities to fulfill the oath.

The pharmaceutical drug industry is a dirty business with many court cases. They bribe doctors with luxury vacations and paid speaking appointments, fabricate drug safety data, defraud tax payers, deceive regulators about the effectiveness of its drugs, sell dangerous drugs to consumers/medical patients, falsify test data to fabricate a vaccine efficacy rate, spike blood tests with animal antibodies to artificially inflate the appearance of immune system antibodies, pressure virologists to participate in fraud and cover-ups, intimidate scientists, threatening them that they will go to jail unless they stayed silent about the true test results of various drugs, enter arrangements with pharmacy managers to force retailers to buy more of their drugs. 'Before It's News,' July 24, 2015, reports that in America, 8 holistic doctors who had discovered that autism and cancer-causing enzyme, Nagalase, has intentionally being added to all vaccines to depopulate the world, were murdered. The first world organizations "charitably" offer free vaccines to poorer, third world countries but often vaccines, pills and even topical ointments have been designed to harm the body in certain ways even while relieving other symptoms. The AIDS virus was released through Hepatitis-B vaccines.

### The Threefold Union of Religion

EGW said in the 1860s: "When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritu-

alism, when, under the influence of this threefold union, our country (USA) shall repudiate every principle of its Constitution as a Protestant and republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan and that the end is near. Through the two great errors, the immortality of the soul and Sunday sacredness, Satan will bring the people under his deceptions. While the former lays the foundation of spiritualism, the latter creates a bond of sympathy with Rome. The Protestants of the United States will be foremost in stretching their hands across the gulf to grasp the hand of spiritualism; they will reach over the abyss to clasp hands with the Roman power; and under the influence of this threefold union, this country will follow in the steps of Rome in trampling on the rights of conscience. Papists, Protestants, and worldling will alike accept the form of godliness without the power, and they will see in this union a grand movement for the conversion of the world and the ushering in of the long-expected millennium.

When our nation [the United States] shall so abjure the principles of its government as to enact a Sunday law, Protestantism will in this act join hands with popery; it will be nothing else than giving life to the tyranny which has long been eagerly watching its opportunity to spring again into active despotism." *From Maranatha, p. 191.* Satan and his angels will appear on this earth as men, and will mingle with those who heed to seducing spirits. When these spiritualistic deceptions are exposed, those who participated in them will become as men who have lost their minds. Satan himself will

come like Christ, declaring that he is the Son of God. Satan will work wonders. Evil angels will unite with evil men. All the world will be one side or the other. When Christ comes, the whole earth, from the highest mountains to the deepest mines, will hear

His trumpet. Everything will be penetrated by fire. The tainted atmosphere will be cleansed by fire. The fire having fulfilled its mission, the dead will come forth. The righteous are untouched by the flames. Earthquakes, hurricanes, flame and flood cannot injure them.—To Edson and Emma, 1886. Ω

## Ellen White on Mental Health Therapeutics

In dealing with mental illness and health issues, Ellen White wrote strongly against the use of drugs and against "psychology." She notes two vital points: "(1) The mind controls the whole man. All our actions, good or bad, have their source in the mind.

It is the mind that worships God and allies us to heavenly beings. (2) All the physical organs are the servants of the mind, and the nerves are the messengers that transmit its orders to every part of the body, guiding the motions of the living machinery." Her philosophical basis for mental health therapy was more wholistic, emphasizing spiritual, hydrotherapeutic, and natural remedies: pure air, sunlight, abstemiousness, rest, exercise, proper diet, use of water, and trust in divine power. In her day, they advocated calomel; lobelia, a plant with sedative and emetic characteristics; homeopathy and small doses of drugs. Though she said: "there are more who die from the use of drugs," she was not opposed to lifesaving drugs. "We are expected to do the best we can. If quinine will save a life, use quinine," she said.

She was against mesmerism, hypnotism, phrenology, rest cure, and psychology. "The true principles of psychology are found in the Holy Scriptures," she said. She supported counselling and natural healing methods. She understood that emotional and

mental brokenness was not cured instantly and that a person still needed support and guidance.

### Engaging the Spirits

John Nevius, a missionary to China reported healings of hundreds of cases of demon possession among the Chinese, not by casting out the demons, but by the preaching of the gospel.

The New Testament and EGW emphasized this method.

Repeatedly EGW appealed to those in bondage to Satan to break away themselves from the evil one, through God's power. The victims alone can do this. No one else can do this for them. It must be their desire.

To a demon-possessed person she wrote: "I heard wicked words, blasphemous words. Said Jesus, these are not the words of the man, but the

**Repeatedly EGW appealed to those in bondage to Satan to break away themselves from the evil one, through God's power. The victims alone can do this. No one else can do this for them. It must be their desire.**

words of the spirit that has possessed him. God will heal him. He has gone far in resisting the Spirit of God. You were the one I was shown who was under the power of demons. “When this young man gives himself to Christ, the victory is gained.” Said the heavenly voice, “Break with the deceiver. He will not let you go; only the power of the Mighty Deliverer can save you. No earthly friend is powerful enough to raise you. You still cling to your pride; you utter the words of Satan abiding in your heart. Said Christ, “It is not he but a demon that speaks. I will save him if he will trust in me as a little child trusts in his father, his mother. Tell him, utter only words of faith and hope and truth. Keep talking faith, rebuke the enemy, and the great black cloud of despair will arise and roll back and disappear. I present Christ to you. Look and live.”

### Spiritual Warfare and Deliverance Ministry

- The SDA church believes that there is a place for ministry to those who are tempted and controlled by Satanic agencies and it is not a ministry limited to professional clergy, psychologists and psychiatrists.
- It forbids dialogue with demons; entering into conversation with them, asking them to identify themselves by name, asking questions of them. The Bible and EGW forbid human communication with the evil supernatural world of Satan and his demons.
- About long protracted prayer seasons in which release from demonic possession is sought: there is not one instance in the Bible. The demons always left as a result of a brief, authoritative command to depart.
- Demons will be cast out of suffering souls today as in apostolic times. Ω

*Spiritual Warfare...by At Issue*

## Ellen White’s Concepts on Psychology and The Health Sciences

Joy C. Kurian

This article warns Adventist teachers of Psychology of the growing dangers in their own and allied fields. The mind is a very complex bioelectric supercomputer. It has both hardware and software. The brain tissue with its billions of neurons is the hardware. The software is our culture, the God we worship, beliefs, values, morals, how we interact with others, etc. and it constantly undergoes modifications throughout life. Faultless energy source for this computer is the oxygenated blood that brings nutrients and takes away waste. If something interferes with a consistent blood flow

or if the blood is unhealthy, the function of the brain suffers. Thus, a healthy lifestyle is pertinent for a healthy mind. Some blame their bad genes. The good news is, we cannot change our genetics, but we can change our lifestyle. “Faulty genetics loads the gun, lifestyle pulls the trigger. Psychologists say that psychological disorders stem from childhood conflicts. EGW admonishes that “nine tenths of disease is greatly aggravated by one’s imagination; that a cheerful, unselfish heart works against the otherwise ruinous effect or anger, discontent, and selfishness; that some

people are sick and will remain sick as they lack the willpower to combat disease; and that the development of a sound mind in a sound body is of the greatest importance.”

“Nine tenths of the diseases from which men suffer may have started as a small problem at home that appears like a little sore, eating up the energy and weakening the body. Guilt caused by sin sometimes undermines the physical condition which leads to instability of the mind. The state of the mind affects the health of the physical system. If the mind is free and happy, from a consciousness of right doing and a sense of satisfaction in causing happiness to others, it creates a happiness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body.”

“If the mind is permitted to be clouded with grief, the food is not digested and as a result the system is not well nourished. Sadness deadens the circulation in the blood vessels and nerves and also retards the action of the liver, it hinders the process of digestion and of nutrition, and has a tendency to dry up the marrow of the whole system.”

“When wrongs have been righted, we may present the needs of the sick to the Lord. To be anxious about themselves tends to cause weakness and disease. If they will rise above depression and gloom, their prospect of recovery will be better; for “the eye of the Lord is upon them that hope in His mercy.”

Psychologists and Psychotherapists tell us that many diseases result from mental depression. EGW supports this. “A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so

fruitful a cause of disease as depression, gloominess, and sadness.” About hypnotism and psychic healing, EGW says, we should not subject our minds to hypnotists as our minds will become weak and in turn we could be easily controlled by Satan. To a physician who favored hypnosis she wrote: “I am so weighed down in your case that I must continue to write to you, lest in your blindness you will not see where you need to reform. I am instructed that you are entertaining ideas with which God has forbidden you to deal. I will name these as a species of mind cure. You suppose that you can use this mind cure in your professional work as a physician. In tones of earnest warning the words were spoken: Beware, beware where your feet are placed and your mind is carried. God has not appointed you this work. The theory of mind controlling mind is originated by Satan to introduce himself as the chief worker, to put human philosophy where divine philosophy should be.

No man or woman should exercise his or her will to control the senses or reason of another, so that the mind of the person is rendered passively subject to the will of the one who is exercising the control. This science may appear to be something beautiful, but it is a science which you are in no case to handle.... There is something better for you to engage in than the control of human nature over human nature. I lift the danger signal. The only safe and true mind cure covers much. The physician must educate the people to look from the human to the divine. He who has made man’s mind knows precisely what the mind needs.” “God’s healing power runs all through nature. If a tree is cut down, if a human being is wounded or breaks

a bone, nature begins at once to repair the injury. Our bodies are truly “fearfully and wonderfully made” for even before the need exists, the healing agencies are alerted and are ready; and as soon as a part is wounded, every energy is bent to the work of reconstruction and restoration. So also it is in the spiritual sphere. Before sin created the need, God had provided the remedy. Every soul that yields to temptation is wounded, bruised by the adversary; but wherever there is sin, there is the Saviour. It is Christ’s work “to heal the broken-hearted, to preach deliverance to the captives, to set at liberty them that are bruised.” “An aimless life is a living death. The powers of the mind should be exercised upon themes relating to our eternal interests. This will be conducive to health of body and mind.” “If Christians obey the laws which govern health and life, they will have the blessing of physical and mental vigor. They will have moral power to engage in the warfare against Satan; and in the name of him who conquered appetite in their behalf, they may be more than conquerors on their own account.”

### Mind Cure

“When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.”

“When someone asks how you are feeling, do not try to think of something mournful to tell in order to gain sympathy. Do not talk of your lack of faith and your sorrows and sufferings.

The tempter delights to hear such words. When talking on gloomy subjects, you are glorifying him. We are not to dwell on the great power of Satan to overcome us. Often we give ourselves into his hands by talking of his power. Let us talk instead of the great power of God to bind up all our interests with His own. Tell of the matchless power of Christ, and speak of His glory. All heaven is interested in our salvation. The angels of God, thousands upon thousands, and ten thousand times ten thousand, are commissioned to minister to those who shall be heirs of salvation. They guard us against evil and press back the powers of darkness that are seeking our destruction. Have we not reason to be thankful every moment, thankful even when there are apparent difficulties in our pathway?” “While we offer prayer for these sorrowful ones, we should encourage them to try to help those more needy than themselves. The darkness will be dispelled from their own hearts as they try to help others. As we seek to comfort others with the comfort wherewith we are comforted, the blessing comes back to us. The fiftyeight chapter of Isaiah is a prescription for maladies of the body and of the soul. If we desire health and the true joy of life we must put into practice the rules given in this scripture. Of the service acceptable to Him, and its blessings, the Lord says: “Is it not to deal thy bread to the hungry, And that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him. And that thou hide not thyself from thine own flesh?....” *EGW* Ω

Pastors, instead of long prayers to deliver from the demons, preach the gospel about perfection of character.

## We present three articles by three Adventist doctors. Depression—Recovery A Biblical Understanding

Neil Nedley, M.D.

Those who are ultimately successful will not only tell each other the truth, but they will also be telling themselves the truth. — Neil Nedley

When a group of volunteers was subjected to two sleepless nights, army researchers found that lack of sleep hindered participants’ ability to make decisions in the face of emotionally-charged moral dilemmas. Perhaps even more significant was the finding that some volunteers changed their views of what was morally acceptable in a state of sleep deprivation, although this was not universally the case. Volunteers who, at the beginning of the study, scored highly on a measure known as “emotional intelligence” did not waver on what they found morally appropriate. Do you think you might face an emotionally-charged moral dilemma in your life? Actually, it is quite clear from Scripture and as we look at the world around us, that we will all face such dilemmas in the near future (see Revelation 13:12-17).

### The role of emotional intelligence

Emotional intelligence (EQ) is not related merely to decision-making. Studies show that while the job you get after college is related to your IQ, how far you advance in that job bears little relationship to IQ. It is not even related to your grades in school. Rather, it is related to your EQ. Furthermore, your success and happiness in life are more closely associated with EQ than with any other form of intelligence.

In a variety of scientific studies, increasing EQ has been shown to pre-

vent or treat depression, phobias, obsessive-compulsive disorder, posttraumatic stress disorder, anorexia, bulimia, and addictions such as alcoholism. The 12-step program used by Alcoholics Anonymous, for example, has led to remarkable success, **but it is four times more successful** if combined with a program to enhance emotional intelligence. What about persons who don’t necessarily have an addiction or specific disease? Enhancing EQ has been shown to help these individuals think more clearly and communicate more effectively. It fosters unity in group settings, reduces polarizing statements, and promotes a happier life.

### Influences on emotional intelligence

Influences on EQ have been well studied in the last 10 years. Our genetic makeup has a small role to play. Our childhood experiences—how we were raised and what types of things happened to us—exert some influence. Our current level of emotional support also plays a role. However, these are not the most influential factors.

The most important influence on EQ is *what we believe*. This is because our emotions are largely framed by our beliefs—our evaluations of events, the way we think about problems, our silent (or sometimes, not-so-silent!) self-talk. It turns out that your beliefs have much more to do with how you feel than what is actually happening in your life.



Consider an example from the Bible. Paul and Silas were jailed without a fair trial, cruelly beaten, and tossed on a rough dirt floor, with their wrists and feet fastened in stocks (Acts 16:22-24). Do we find them weeping and crying? No, they were singing praises to God. Why? Because their thoughts were more powerful than what was actually happening in their lives.

Popular “psychology” would tell us that if we are in a circumstance like Paul and Silas, we just need to create a fantasy world in our mind. Imagine being on a beach in Hawaii, instead of on that prison floor. If we tried that technique, it would work for about 1.2 seconds! An acute reminder of our circumstances would implode our Hawaiian fantasy. What did have lasting value for Paul and Silas were beliefs that went beyond their present circumstance to their priorities. And those true and accurate thoughts were so powerful that they could praise God.

The bottom line is that emotional intelligence can be learned. And since emotional intelligence is learned rather than merely inherited, it can be developed. How then can we not only safeguard but also effectively develop emotional intelligence? While there are many principles we might explore, let’s illustrate three of these, each through a biblical example.

### The case of Saul

The first case of cognitive distortion is well illustrated by the life of Israel’s first king. Saul was tall and stunningly handsome (1 Samuel 9:1, 2). He was also wealthy. Although he had these apparent advantages, negative thoughts began to develop in Saul’s mind, thoughts that were gross distortions of reality. On the surface, these thoughts appeared valid, but

underneath they represented irrational, twisted thinking.

We know of at least three causes of Saul’s mental turmoil. The first cause, and the root of the others, was the cognitive distortion of *magnification and minimization*. In other words, Saul magnified things that were not important and minimized things that were truly significant.

How did Saul minimize? When confronted with his guilt, he blamed others and justified himself. Corrected by God’s prophet and asked why he didn’t follow divine instruction, Saul began to point out ways that he had followed the Lord’s instructions (1 Samuel 5:20, 21). In essence, Saul complained to Samuel, “Why don’t you just talk about what I did right? You are focusing on things I didn’t do right, which, by the way, aren’t such a big deal.” His problem was the minimization of his guilt. Ellen White notes, “If you have made mistakes, you certainly gain a victory if you see these mistakes and regard them as beacons of warning. Thus you turn defeat into victory, disappointing the enemy and honoring your Redeemer.”

In Saul’s case, we find a second problem: *dwelling on the unfairness of his life*. As a result of his guilt, Saul received a sentence, and he thought that the punishment outweighed the crime. Did it? While Samuel was the messenger, the verdict was actually issued by God Himself. So was it unfair? In reality, many people who describe their lives as unfair have actually been treated quite fairly.

Having said that, we should acknowledge that no one is treated fairly 100 percent of the time. But when we dwell upon that unfairness and rehearse it, it will inevitably cause sig-

nificant emotional problems. Speaking of frustration tolerance, Ellen White says, “We should not allow our peace to be spoiled. However unjustly we may be treated, let not passion arise. By indulging a spirit of retaliation, we injure ourselves. We destroy our own confidence in God, and grieve the Holy Spirit.”

The third aspect of Saul’s distorted thinking, connected to magnification, was an *inordinate self-esteem* (1 Samuel 15:16-19). This inflated self-esteem was also the cause of Nebuchadnezzar’s insanity—“Is not this great Babylon, that I have built?” (Daniel 4:30)—and of Lucifer’s downfall—“I will exalt my throne above the stars of God” (Isaiah 14:13, 14). We can also call it pride, an inflated self-esteem that was easily wounded, in Saul’s case, by the people’s—and especially the women’s—obvious preference for another leader (1 Samuel 18:6-9).

Contrast Saul’s attitude with Christ’s: “Christ was never elated by applause, nor dejected by censure or disappointment.” The first clause is key to the second. If we are not elated by applause, if we have humility and not a distorted magnification of self, we will never be depressed by censure or disappointment. The Bible reminds us, “Let nothing be done through strife or vain glory; but in lowliness of mind let each esteem others better than themselves” (Philippians 2:3). “Lowliness of mind” doesn’t mean that you have a low sense of self-worth. We recognize that Christ would have died for just one soul, and that means we are of infinite value. But infinity is not greater than infinity. When we suddenly think that we are more valuable than the one sitting next to us, for whom Christ also died, we have

crossed the line into arrogance and pride.

Saul underwent a recommended therapy for depression, and he felt better again for a while (1 Samuel 16:23). However, in time, with the three causes still active, and the third cause, wounded pride, becoming even more prominent, Saul slipped back into deeper anxiety and darker depression. Although a man with wonderful potential, he continued to live a selfish life, never completely trusting and obeying God, and never giving up his pride for more than a few days. Finally, under tremendous stress and with his enemies closing in, Saul’s sad life ended in suicide.

### The case of Solomon

CNN recently carried a report that said, in essence: The next time you are deciding between ice cream and cake, buying a car or taking a trip to Europe, accepting a new job or keeping your old one, you should remember two things. First, your decision is rooted in the desire to become happy, or at least happier than you are now. Second, there’s a good chance the decision you make will be wrong.

This takes us to the second cognitive distortion: *emotional reasoning*. Emotional reasoning goes like this: “I feel like a failure, therefore, I am a failure. I feel overwhelmed and helpless thus my problems are impossible to solve. I feel like I’m on top of the world, therefore I am invincible. I am angry at you, and that proves that you’ve been cruel and insensitive to me.” One of the reasons why people get into the cycle of addiction is due to this type of emotional reasoning.

Depression is an epidemic in our society. Like Solomon, we tend to think that the more fun things we have and

do, the less depression we may feel. The wise man wrote: “I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure... And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy” (Ecclesiastes 2:1, 10). If pleasurable things could prevent or treat depression, we should see the lowest levels of depression. But that’s not the case.

Most of the “fun things” in which people participate may spike the dopamine levels in our brains, creating a sense of pleasure. They also result in a subsequent dramatic drop, far below neutral. Furthermore, the more we do these things, the less they spike. Pretty soon, when we engage in our addiction of choice, it barely takes us up to neutral. In the in-between times, we feel a deep, overwhelming sense of sadness.

Solomon, for example, became involved in a life of extreme pleasure. It initially spiked his dopamine levels, but as this cycle was repeated, he says, “Therefore I hated life... for all is vanity and vexation of spirit. Therefore I went about to cause my heart to despair” (Ecclesiastes 2:17, 20). Randomized controlled studies show that after exposure to pornography for six weeks, both men and women were less attracted to their partner if they had one, were more self-absorbed, and evidenced less empathy for others around them. In essence, they began to live in a very self-centered world and began to shut down emotionally.

Ellen White states, “Many envied the popularity and abundant glory of Solomon, thinking that of all men he must be the most happy.” He had the most power, wealth, women, fame, and possessions. His contemporaries perhaps thought he was the happiest

man. But Ellen White has this to say: “All the splendor about him is but to him mockery of the distress and anguish of his thoughts as he reviews his misspent life in seeking for happiness through indulgence and selfish gratification of every desire. By his own bitter experience, Solomon learned the emptiness of a life that seeks in earthly things its highest good. Gloomy and soul-harassing thoughts troubled him night and day. For him there was no longer any joy of life or peace of mind, and the future was dark with despair.”

One of the salient characteristics of virtually all depressed individuals, no matter what the underlying cause, is a significant decrease in the blood flow and activity of the frontal lobe of the brain. As we go against our conscience, frontal lobe function decreases. And when we repeatedly do so, the decline becomes dramatic. That is where Solomon was.

The wisest man on earth became the most depressed. He felt that he had nothing to look forward to, that all was vanity and vexation. But in his deep depression, as a result of a prophet coming to him and giving him counsel, Solomon turned his life around. And if Solomon’s dissipated life could be redirected, there’s hope for every one of us. We can each get on the pathway of Solomon’s recovery—listening to the words of the prophet, changing our lifestyle, and altering the way we feel in authentic, effective ways.

James wrote, “No one should say God tempts, because God doesn’t tempt anyone. Each one is tempted when he is dragged away and enticed by his own desires” (James 1:13, 14). The problem is, feelings can lie! When we experience feelings, we need to elevate

them to our level of consciousness, and evaluate whether they are based on truth or on distortions.

The world offers a false way of altering the way we feel—whether it is gambling, pornography, alcohol, drugs, or even a chocolate binge. The problem is that we can never get enough of what we don’t need. There are things we do need, and that we can have enough of—we can get enough vitamin D, we can get enough broccoli, we can get enough sleep, we can get enough exercise. But we can never get enough of what we don’t need, because what we don’t need will never satisfy us! Our life choices must be made on the basis of what is true and in harmony with God’s plan for our lives.

### The case of Elijah

The last example is a short one. “But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life, for I am no better than my fathers!” (1 Kings 19:4). Did Elijah have a sense of inflated pride, like Saul? No, Elijah was a humble man. Was Elijah, like Solomon, engaging in a self-indulgent lifestyle to try to gain happiness? No, Elijah lived a simple life. Yet Elijah suffered from significant depression.

This highlights the fact that when we are having emotional problems, we need to find the precise cause, as it’s not the same for everyone. Here is Elijah, a man who had always followed God’s will. He had just experienced God’s miraculous intervention on Mount Carmel. Yet within a day, someone informed him that he was about to lose his life, and Elijah panicked.

Did Elijah have reason to fear Jezebel? He did, because she had killed all of the other prophets of the Lord! But instead of waiting upon God, Elijah turned and ran. Thirty days later, Elijah was so depressed that he wanted to die. God had to put Elijah on a depression-recovery program. Like many depressed people, Elijah wanted to be in the dark, in the cave. God had to send an earthquake and a whirlwind to get him out of the cave and into the light. After all of those things, however, God turned to what was most important to Elijah’s recovery. God spoke and provided cognitive behavioral therapy to correct Elijah’s distorted thoughts.

Elijah’s distortion was *overgeneralization*—generalizing from too few instances. It is holding the hypothesis as a fact, rather than merely a hypothesis. High IQ people have a tendency to do that. Because they are able to readily generalize, they have a tendency to overgeneralize. What was Elijah’s overgeneralization? “I am the only one who has not bowed down to Baal.” The Lord let him get by with it the first time. But then Elijah repeated it, and the Lord couldn’t let him continue any longer in his self-destructive overgeneralization. “Elijah,” God said, “there are 7,000 others who haven’t bowed to Baal.” What Elijah should have said is, “Lord, I’m the only one I know of,” but instead he just *knew* he was the only one.

To help Elijah overcome his depression, God gave him a set of specific tasks to do—none of which, by the way, were activities that Elijah really wanted to do (1 Kings 19:15, 16). But Elijah did follow through on what the Lord asked him to do. Did Elijah recover? Not only did he recover, but also he

was translated to heaven without seeing death (2 Kings 2:11).

### Set free

The Psalmist says, "Lord, who shall abide in thy tabernacle? Who shall dwell in Your holy hill?" (Psalm 15:1). In essence, David is asking the question, "Who is going to be ultimately successful in life?" The answer is given, "He who walks uprightly, and works righteousness, and speaks the truth in his heart" (Psalm 15:2). It is this third phrase that is of particular interest. The Ten Commandments talk about telling each other the truth. Those who are ultimately successful, however, will not only tell each other the truth, but they will be telling *themselves* the truth. And isn't that really what we have to do in order to be accurate in telling others the truth? To speak the truth to others, we must first have thoughts of ourselves that are accurate and true.

Ellen White observes, "Even the thoughts must be brought into subjection to the will of God, and the feelings under the control of reason and religion. Our imagination was not given us to be allowed to run riot and have its own way, without any effort at restraint and discipline. If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up the moral character." Whenever there is a moral failure, it starts with a distorted thought. David,

in his psalm of repentance, writes, "Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom" (Psalm 51:6).

When David committed that disastrous act with Bathsheba (2 Samuel 11:2), instead of reminding himself of what was true and right and turning away from sin, he continued to focus on the stimulating event. He became involved in emotion-based reasoning, magnification, overgeneralization, and perhaps even inflated self-esteem, believing that he, as king, was above the law. Then he acted upon those distortions. Every sin that is committed begins with a distorted thought.

But the good news is that we are positively transformed by reconstructing our thinking. Paul says, "Be transformed by the renewing of your mind" (Romans 12:2). We not only have to recognize distorted thoughts, but we must correct them and replace them with true and accurate thoughts—thoughts that find their source in God. How, then, can emotional intelligence be safeguarded and improved? By avoiding cognitive distortions—self-magnification, emotion-based reasoning, overgeneralization, and others. By filling our minds with accurate and true thoughts, thoughts derived from an understanding of God's plan for our lives. Then, as Christ said, "You shall know the truth, and the truth shall make you free" (John 8:32). Ω

Dr. Nedley, an internal medicine physician, became interested in treating depression when he realized that 25% of patients who came to see him were depressed, and that depression was linked to many of their physical ailments. Combining his medical knowledge with proven natural remedies and a practical approach, Dr. Nedley developed a "20-week turnaround". He authored the best-selling book, *Depression: The Way Out*, and lectures extensively on the topic. His other books are: *Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle*, and *The Lost Art of Thinking*. His website: drnedley.com.

Results of this well-rounded program have been extremely promising. Since 2004, 97% of attendees at Dr. Nedley's 10-day Residential Depression Recovery Program who came with major depression had a significant improvement by the end of the session. Almost one-half of depressed participants no longer qualified as having any depression at the end of the 10-day program.

Seminars utilizing Dr. Nedley's materials have been presented around the world, in addition to a [home study DVD course available online](#). One of the tools in Dr. Nedley's depression-fighting arsenal is a 75-question assessment, which, in addition to measuring the level of depression, also identifies brain "hit" areas which are likely contributing to the condition. "

When an individual has four or more of these ten hit areas," Dr. Nedley explains, "they are likely to be depressed." Understanding the underlying factors causing depression is the first step towards combating the disease." The test also measures anxiety level, which is closely related to depression, and emotional intelligence (EQ). Raising EQ can help prevent or even treat depression.

"Studies have shown that emotional intelligence (EQ) is more important to a person's success than IQ," says Dr. Nedley. "The good news is that while IQ doesn't generally change once a person reaches adulthood, EQ can be raised." Resources developed by Dr. Nedley have been helpful to many in improving overall health, overcoming depression and bettering mental performance. Dr. Nedley recommends that individuals take the EQ-Depression-Anxiety test, which is available under the Depression self-test section at [drnedley.com](#), as a tool to measure progress in working to raise EQ, reduce anxiety levels or depression.

Dr. Nedley provides online continuing medical education courses to physicians and health professionals around the world. We hope that SDA doctors in India and others as well, will take this course and will benefit the mentally ill people in India. WUI Ω

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## Peace and Rest for the Stressed

### What to do with Fear, Anxiety and Depression

John Clark, M.D.

There are people who do everything they know to be right in the area of health, and they do it correctly; to the best of their ability and understanding, but who have much physical suffering and even disease. Many diseases will never really be cured until their true origin and nature are addressed.

In the Bible, the story of the paralytic who was let down through the roof of a house into Jesus' presence (Mark 2:1-12), is a real help in thinking this through. Jesus first told this man that his sins were forgiven, even though it

was obvious he was a paralytic. When he realized and accepted this forgiveness, he then had peace, then Jesus could and did heal his physical body. The paralytic found in Christ, healing for both the soul and the body. The spiritual healing was followed by physical restoration. This lesson should not be overlooked. There are today thousands suffering from physical disease, who, like the paralytic, are longing for the message, "Thy sins are forgiven." The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They

can find no relief until they come to the Healer of the soul. The peace which He alone can give, would impart vigor to the mind, and health to the body.

The lesson from this is this: we can chase a disease all over a person's body, and we often do with all our fancy natural remedies, but until that person has the peace of heaven in their soul, all will be in vain, they will have no relief until they come to the Healer of the soul and find peace. The solution is initiated by making sure a person has begun the process with the true Healer of the soul. Where then is the beginning point of the true healing process? And how does one know if they have truly begun in the path of God's healing? It's like having an insurance policy on a vehicle before driving it.

"I saw that it is the privilege of every person to enjoy the deep movings of the Spirit of God. A sweet, heavenly peace will pervade the mind, and you will love to meditate upon God and heaven. You will feast upon the glorious promises of His word. Know that the first steps are taken in the road to everlasting life. Be not deceived. I fear, yea, I know, that many of you know not what religion is. You have felt some excitement, some emotion, but have never seen sin in its enormity. You have never felt your undone condition and turned from your evil ways with bitter sorrow. You have never died to the world."

The person must know first that they have begun their walk with the Lord! And once they have begun, using the car insurance illustration, they should know the provisions of the insurance policy. What is in God's policy? What has He promised? The sense of sin has poisoned the springs of life. But Christ says, "I will take your sins; I

will give you peace. I have bought you with My blood. You are Mine. My grace shall strengthen your weakened will; your remorse for sin I will remove."

Never feel that Christ is far away. He is always near. His loving presence surrounds you. Seek Him as One who desires to be found of you. He desires you not only to touch His garments, but to walk with Him in constant communion. This concept of God removing remorse can come as a great revelation to the sufferer. Some feel they should spend their whole life making sure they are eternally remorseful, repentant and sorry—that they are to be eternally groveling for their sins.

Some wonder, "How does one know that they have been remorseful enough for their sin?" But once they have started the new birth, the remorse can be removed! The past is the past, today is a new day, and God takes a person as though they have never sinned. We are not to serve God as if we were not human, but we are to serve him as those who have been redeemed by the Son of God and through the righteousness of Christ we shall stand before God pardoned, and as though we had never sinned. We shall never gain strength in considering what we might do if we were angels; but as obedient children we are to turn in faith to Jesus Christ, and show our love to God through obedience to his commands. This question about whether or not a person has really started the Christian walk is pivotal to their peace and confidence. So how does one know they have really signed the "insurance policy"? Are they safe in the "policy" arms of a loving Savior?

Do they qualify for the fulfillment of His promises? It is peace that you

need—Heaven's forgiveness and peace and love in the soul. Money cannot buy it, intellect cannot procure it, wisdom cannot attain to it; you can never hope, by your own efforts, to secure it. But God offers it to you as a gift, "without money and without price." Isaiah 55:1. It is yours if you will but reach out your hand and grasp it. The Lord says, "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18. "A new heart also will I give you, and a new spirit will I put within you." Ezekiel 36:26.

You have confessed your sins, and in heart put them away. You have resolved to give yourself to God. Now go to Him, and ask that He will wash away your sins and give you a new heart. Then believe that He does this because He has promised.

### **How does one know when they have enough peace?**

As through Jesus we enter into rest, heaven begins here. We respond to His invitation, Come, learn of Me, and in thus coming we begin the life eternal. Heaven is a ceaseless approaching to God through Christ. The longer we are in the heaven of bliss, the more and still more of glory will be opened to us; and the more we know of God, the more intense will be our happiness. As we walk with Jesus in this life, we may be filled with His love, satisfied with His presence. All that human nature can bear, we may receive here.

For some it helps to schedule things. Start your day with God's peace first thing in the morning! When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart.

Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven. Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee."

This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.

No outward observances can take the place of simple faith and entire renunciation of self. But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, unchristlike self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul.

"Believe that He does this because He has promised". Here is the key: once a person has confessed their sin and put it away, and have requested a new heart, they have it by faith, and they can walk by faith. What if guilt stalks them? Then they need to take positive action. They need to lay the feelings of guiltiness at the foot of the cross. Jesus sees the guilt of the past, and speaks pardon, and we must not dishonor Him by doubting His love. This feeling of guiltiness must be laid at the foot of the cross of Calvary. The sense of sinfulness has poisoned the springs

of life and of true happiness. Now Jesus says, "Lay it all on Me. I will take your sins. I will give you peace. Banish no longer your self-respect, for I have bought you with the price of My own blood. You are mine. Your weakened will I will strengthen; your remorse for sin I will remove." Then turn your grateful heart, trembling with uncertainty, to Him, and lay hold on the hope set before you. God accepts your broken, contrite heart, and extends to you free pardon. He offers to adopt you into His family, with His grace to help your weakness. And the dear Saviour will lead you on step by step, you placing your hand in His, and letting Him guide you. Now, if they are to lay the feeling of guiltiness at the foot of the cross, sometimes they may not have come to full grips with their guilt and it is necessary for them to take a full inventory. Really, searching for sin is part of the process of true healing. 1Cor 11:28-31: "But let a man examine himself, and so let him eat of [that] bread, and drink of [that] cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many [are] weak and sickly among you, and

many sleep. For if we would judge ourselves, we should not be judged". The search is best conducted with a standard in mind. If a person is on an Easter egg hunt (not that I am recommending one), it helps to have in mind what an Easter egg looks like. Likewise, if one is to search their life for hidden sin, the thing to have in mind is the law, the ten commandments, and further, the way in which Christ lived out the ten commandments.

"For our present and eternal good, let us criticize our actions, to see how they stand in the light of the law of God. For this law is our standard. Let every soul search his own heart." No man can of himself understand his errors. "The heart is deceitful above all things, and desperately wicked; who can know it?" Jer. 17:9. The lips may express a poverty of soul that the heart does not acknowledge. While speaking to God of poverty of spirit, the heart may be swelling with the conceit of its own superior humility and exalted righteousness. In one way only can a true knowledge of self be obtained. We must behold Christ. It is ignorance of Him that makes men so uplifted in their own righteousness.

Remember that in your life religion is not to be merely one influence among others. It is to be an influence dominating all others. Be strictly temperate. Resist every temptation. Make no concessions to the wily foe. Listen not to the suggestions that he puts into the mouths of men and women. You have a victory to win. **You have nobility of character to gain; but this you cannot gain while you are depressed and discouraged by failure. Break the bands with which Satan has bound you.** There is no need for you to be his slave. "Ye are My friends," Christ said, "if ye do whatsoever I command you." Jesus loves you, and He has given me a message for you. His great heart of infinite tenderness yearns over you. He sends you the message that you may recover yourself from the snare of the enemy. You may regain your self-respect. You may stand where you regard yourself, not as a failure, but as a conqueror, in and through the uplifting influence of the Spirit of God. Take hold of the hand of Christ, and do not let it go. MM 43:1-2. Sin cherished leads to unhappiness. The sin that leads to the most unhappy results is pride of heart, the lack of Christlike sympathy and love. 6T 53.1.

When we contemplate His purity and excellence, we shall see our own weakness and poverty and defects as they really are. We shall see ourselves lost and hopeless, clad in garments of self-righteousness, like every other sinner. We shall see that if we are ever saved, it will not be through our own goodness, but through God's infinite grace.

Now once a person has completed their search, under the invited guidance of the Holy Spirit, they can be at peace as were the children of Israel after the Day of Atonement. With sacred song and thanksgiving the worshipers celebrated this occasion. A little before the feast (of Tabernacles) was the Day of Atonement, when, after confession of their sins, the people were declared to be at peace with Heaven. Thus the way was prepared for the rejoicing of the feast. Let God lead through this and don't make it a "works trip". Rest in His love.

"Oh, how many lose the richest blessings that God has in store for them in health and spiritual endowments! There are many souls who wrestle for special victories and special blessings that they may do some great thing. To this end they are always feeling that they must make an agonizing struggle in prayer and tears. When these persons search the Scriptures with prayer to know the expressed will of God, and then do His will from the heart without one reservation or self-indulgence, they will find rest. All the agonizing, all the tears and struggles, will not bring them the blessing they long for. Self must be entirely surrendered. They must do the work that presents itself, appropriating the abundance of the grace of God which is promised to all who ask in faith."

Some people get started on this journey and get stuck just looking at themselves, worrying about whether they are saved yet or not. When the mind dwells upon self, it is turned away from Christ, the source of strength and life. Hence it is Satan's constant effort to keep the attention diverted from the Saviour and thus prevent the union and communion of the soul with Christ. The pleasures of the world, life's cares and perplexities and sorrows, the faults of others, or your own faults and imperfections—to any or all of these he will seek to divert the mind. Do not be misled by his devices. Many who are really conscientious, and who desire to live for God, he too often leads to dwell upon their own faults and weaknesses, and thus by separating them from Christ he hopes to gain the victory. We should not make self the center and indulge anxiety and fear as to whether we shall be saved. All this turns the soul away from the Source of our strength. Commit the keeping of your soul to God, and trust in Him. Talk and think of Jesus. Let self be lost in Him. Put away all doubt; dismiss your fears. Say with the apostle Paul, "I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20. Rest in God. He is able to keep that which you have committed to Him. If you will leave yourself in His hands, He will bring you off more than conqueror through Him that has loved you.

When Christ took human nature upon Him, He bound humanity to Himself by a tie of love that can never be broken by any power save the choice of man himself. Satan will constantly present allurements to induce us to

break this tie—to choose to separate ourselves from Christ. Here is where we need to watch, to strive, to pray, that nothing may entice us to choose another master; for we are always free to do this. But let us keep our eyes fixed upon Christ, and He will preserve us. Looking unto Jesus, we are safe. Nothing can pluck us out of His hand. In constantly beholding Him, we “are changed into the same image from glory to glory, even as by the Spirit of the Lord.” 2 Corinthians 3:18.

Everyone needs to have a Bible promise in mind to claim as assurance of supernatural power to accomplish this. Search for the precious promises of God. If Satan thrusts threatenings before your mind, turn from them, and cling to the promises, and let your soul be comforted by their brightness. The cloud is dark in itself, but when filled with the light, it is turned to the brightness of gold, for the glory of God is upon it.

Here is an example Bible promise: Isaiah 27:5 “Or let him take hold of my strength, that he may make peace with me; and he shall make peace with me.” Some may be thinking, how can one have peace when they’ve experienced so many bad things in their life? Realize that you are not trying to have peace; Jesus is your peace. Just accept Him and His peace. “For he is our peace. Ephesians 2:14. All this prepares the way for that ultimate peace one yearns for, which will be the key to experiencing optimal health and freedom from physical pain. Those who take Christ at His word, and surrender their souls to His keeping, their lives to His ordering, will find peace and quietude. Nothing of the world can make them sad when Jesus makes them glad by His presence. In perfect acquiescence there is perfect rest. The

Lord says, “Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because he trusteth in Thee.” Isa. 26:3. Our lives may seem a tangle; but as we commit ourselves to the wise Master Worker, He will bring out the pattern of life and character that will be to His own glory. And that character which expresses the glory—character of Christ will be received into the Paradise of God.

“In perfect acquiescence there is perfect rest.” Now that is a peaceful thought. Perfect acquiescence is really about surrendering all to Him. Surrendering all our plans, as mentioned earlier. Let your prayer be, “Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.” Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.

There are many whose hearts are aching under a load of care because they seek to reach the world’s standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred, and their life made a weariness. In order to gratify ambition and worldly desires, they wound the conscience, and bring upon themselves an additional burden of remorse. The continual worry is wearing out the life forces. Our Lord desires them to lay aside this yoke of bondage. He invites them to accept His yoke; He says, “My yoke is easy, and My burden is light.” He bids them seek first the kingdom of God and His righteousness, and His promise is that all things needful to

them for this life shall be added. Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing. Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet.

A person really can just leave everything to Him as He left everything to the Father when He was on earth. The Father’s presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defense. Nothing can touch him except by our Lord’s permission, and “all things” that are permitted “work together for good to them that love God.” Romans 8:28.

No matter what happens in a person’s life, Jesus has already checked it out, weighed its impact on the person, and made sure that it has the potential for good, before the person ever experiences it! Now that said, it is not just all magic; a person has to educate his mind to the process and provision of this peace. He must educate his heart to become steadfast in God. There is a science of Christianity to be mastered—a science as much deeper, broader, higher, than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for men are to do

service for God in ways that are not in harmony with inborn inclination. Often the training and education of a lifetime must be discarded, that one may become a learner in the school of Christ. The heart must be educated to become steadfast in God. Old and young are to form habits of thought that will enable them to resist temptation. They must learn to look upward. The principles of the word of God—principles that are as high as heaven and that compass eternity—are to be understood in their bearing on the daily life. Every act, every word, every thought, is to be in accord with these principles.

### **This is the process of redemption!**

“Learn of Me,” says Jesus; “for I am meek and lowly in heart: and ye shall find rest.” We are to enter the school of Christ, to learn from Him meekness and lowliness. Redemption is that process by which the soul is trained for heaven. This training means a knowledge of Christ. It means emancipation from ideas, habits, and practices that have been gained in the school of the prince of darkness. The soul must be delivered from all that is opposed to loyalty to God.

But the question is often asked, How can someone resist Satan? There is only one way by which you can do this, and that is by faith, taking Christ as your helper, and pleading with him for strength. When Satan suggests doubt to your soul, when he tells you that you are too unworthy, too sinful, to realize the blessing of God, present Christ before him as your Advocate and Saviour. Tell him you know that you are a sinner, but that Jesus came to seek and save that which was lost. He came “not to call the righteous,



but sinners to repentance.” Repeat his promises: “Him that cometh to me I will in no wise cast out.” “Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” “Let him take hold of my strength, that he may make peace with me; and he shall make peace with me.” “Whatsoever ye shall ask in prayer, believing, ye shall receive.” Be simple-hearted enough to believe these promises of God. When Satan comes to you, and tells you that because you are unhappy, perplexed, and troubled, you are not a child of God, do not become discouraged for one moment, but gird up the loins of your mind. Let your heart repose in God. He has promised that if you come to him, you shall find rest to your soul; and if you have done this, rest assured that he will fulfill his word in you.

For this a person needs an arsenal of promises so that, “When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him.” Isaiah 59:19. Many realize that there are identifiable situations that place them at disadvantage with Satan and frequently degenerate into moments of fear, anger, and stress—any thing but peace. These situations may be referred to “buttons” that get pushed. For each of these buttons in ones life a person needs a promise to defend their peace. For example if one has the “button” that when the phone rings they go off to stress because they fear the boss is going to ask them to do the impossible, they need a promise to establish their peace as they go for the phone. Perhaps this one would be of help:

“Great peace have they which love thy law: and nothing shall offend them.” Psalms 119:165.

Or this thought: The thought that the righteousness of Christ is imputed to us, not because of any merit on our part, but as a free gift from God, is a precious thought. The enemy of God and man is not willing that this truth should be clearly presented; for he knows that if the people receive it fully, his power will be broken.

Now this said, the focus needs to be on Christ and on others and not on self. Christianity is not a self-centered pursuit. Focusing on Christ should be a daily activity and a deliberate pursuit. It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones. As we thus dwell upon His great sacrifice for us, our confidence in Him will be more constant, our love will be quickened, and we shall be more deeply imbued with His spirit. If we would be saved at last, we must learn the lesson of penitence and humiliation at the foot of the cross.

A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might. So you are not to look to your self, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love—this is the subject for the soul’s contempla-

tion. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness. The focus on people is in the interest of making their lives better. When human sympathy is blended with love and benevolence, and sanctified by the Spirit of Jesus, it is an element which can be productive of great good. Those who cultivate benevolence are not only doing a good work for others, and blessing those who receive the good action, but they are benefiting themselves by opening their hearts to the benign influence of true benevolence. Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God’s glory, will result in blessings to the giver. Those who are thus working are obeying a law of heaven and will receive the approval of God. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health.

The Bible is the character molding influence in a Christians’ life and its prayerful study brings peace. The Bible presents a perfect standard of character. This sacred book, inspired by God, and written by holy men, is a perfect guide under all circumstances of life. It sets forth distinctly the duties of both young and old. If made the guide of life, its teachings will lead the soul upward. It will elevate the mind, improve the character, and give peace and joy to the heart.

### In summary:

The source of much suffering of the body has its origin in the suffering of the mind. The ultimate suffering of the mind comes from sin, guilt and fear. We realize the only solution is in Jesus. We humble ourselves and come to Him: at first by confession, repentance, and surrender of ourselves and our future unreservedly into His care. And then we daily give ourselves to him by surrendering our souls to His keeping, our lives to His ordering. We can then have peace in the realization of His care every instant of our day. Even under the worst of trials, we know we can trust His heart even if we cannot see His hand. Thus we move forward to life and to health.

### Borrowed Trouble

Many look back to the Israelites, and marvel at their unbelief and murmuring, feeling that they themselves would not have been so ungrateful; but when their faith is tested, even by little trials, they manifest no more faith or patience than did ancient Israel. When brought into strait places, they murmur at the process by which God has chosen to purify them. Though their present needs are supplied, many are unwilling to trust God for the future, and they are in constant anxiety lest poverty shall come upon them, and their children shall be left to suffer. Some are always anticipating evil or magnifying the difficulties that really exist, so that their eyes are blinded to the many blessings which demand their gratitude. The obstacles they encounter, instead of leading them to seek help from God, the only Source of strength, separate them from Him, because they awaken unrest and repining.



Do we well to be thus unbelieving? Why should we be ungrateful and distrustful? Jesus is our friend; all heaven is interested in our welfare; and our anxiety and fear grieve the Holy Spirit of God. We should not indulge in a solicitude that only frets and wears us, but does not help us to bear trials. No place should be given to that distrust of God which leads us to make a preparation against future want the chief pursuit of life, as though our happiness consisted in these earthly things.

It is not the will of God that His people should be weighed down with care. But our Lord does not tell us that there are no dangers in our path. He does

not propose to take His people out of the world of sin and evil, but He points us to a never-failing refuge. He invites the weary and care-laden, "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." Lay off the yoke of anxiety and worldly care that you have placed on your own neck, and "take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matthew 11:28, 29. We may find rest and peace in God, casting all our care upon Him; for He careth for us. See 1 Peter 5:7. I hope this will be of help to most of you. God is for real and He is the rewarder of those who diligently seek Him. Ω

## Natural News

◆ **"Cures for all Diseases" HIV, AIDS, Diabetes, Cancer, Stroke, STDs Arthritis and more and has Supreme Court Ruling to prove it** - Dr. Sebi, a SDA, is a self-taught man with no education. He is a healer, pathologist, herbalist, biochemist and naturalist. He immigrated to the US from Honduras and has committed his life to the service of helping people cure their diseases. He teaches his patients how to use nature to take care of their bodies. In 1988, Dr. Sebi challenged the Attorney General of New York in a Supreme Court trial in which he was being sued for false advertisement and practice without a license after placing ads in a number of newspapers, including the New York Post, where he had announced:

"Aids Has Been Cured By The Usha Research Institute, And We Specialize In Cures For Sickle Cell, Lupus, Blindness, Herpes, Cancer And Others."

During the pre-trial period, the judge had asked Dr. Sebi to provide one witness per each disease he had claimed was cured, and Dr. Sebi provided 77 witnesses who appeared in person to attest to having been cured by Dr. Sebi. In light of this, the judge was left with no choice but to proclaim the Doctor not guilty on all counts and proving Dr. Sebi did in fact have the cure for all the diseases advertised in the newspaper ads. A victory for the alternative medicine community which many are completely unaware of, and hopefully a wake up call for those who have been skeptical of Alternative medicine. Many celebrities have sought out the secret to healing from the Doctor, such names as: Michael Jackson, Magic Johnson, Eddie Murphy, John Travolta and the deceased Lisa Left Eye Lopes who proclaim in a video: "I know a man who has been curing AIDs since 1987."

## Bipolar Treatment - By Dr. Agatha Thrash

1. **Hydrotherapy** - wetsheet pack, neutral bath, hot bath, brush massage.
2. **Exercise.**
3. **Diet: Fats** - Avoid wrong kind of fats; **L-Tryptophan** - 1.5 grams per day pumpkin seeds can abolish depression. **Phenylalanine** - take 30 gm. per day: Beans, beets, cabbage, carrots, cucumber, pineapple, raisins, tomato, sweet potatoes, banana, cooked whole grain.
4. **Coffee** - is an important cause for depression. Avoid it.
5. **Vitamin Deficiencies** - When depression and anxiety are quite severe and hospitalization appears imminent, it is often possible to avoid hospitalization by injection every other day, 1/2 cc of vitamin B12 and 1-1/2 cc of vitamin B complex. In addition to the injection, certain herb teas for sleep should be given such as hops, valerian, and passionflower, in double strength. Pray earnestly with the patient. The deficiency of several vitamins is also known to cause depression. These include thiamin, riboflavin, niacin, biotin, pantothenic acid, B6, folic acid, B12, and vitamin C. These vitamins can all be obtained from fruits and vegetables, fresh or cooked. Vit. B12 must be taken as a supplement from a pill, preferably one that can be chewed for two minutes (there is a salivary factor which activates the B12).  
**Mineral Deficiencies** - Lithium, magnesium, iodine and selenium may be low in persons suffering from bipolar states. Eat foods high in them. Foods high in magnesium: whole grains, cashews, almonds, seeds, soy and black beans, greens, corn, butter squash, carob flour, figs, cantaloupe, bananas, apples, peaches, pineapple and lemons.
6. **Never eat between meals**, not even an apple or glass of fruit juice.
7. **Avoid crash diets** for weight reduction. Depression often follows such programs.
8. **Control sexuality.** Many have no extra strength to use in this direction. Masturbation must be strictly avoided.
9. Some persons with manic-depressive psychosis may require some form of **restraint**, either physical restraint or chemical restraint.
10. **Charcoal** - A program of detoxification should be instituted. First use a cleansing diet of fruit and whole grains only. Maintain this diet for one week. During this time take one clove of finely minced garlic with each of two meals. Take one sprig of coriander with each meal, and one tablespoon of spirulina daily. This routine will encourage the excretion of any toxic substance, including heavy metals, present in the blood or tissues. Give 1 tbsp. charcoal per day for 5 days.
11. **Herbs** - St. John's Wort - 4 cups per day; ginkgo tea - good for elderly; chaste berry, raspberry leaf, nettles, motherwort, dandelion leaf and root. Sage, catnip, mint and alfalfa can be helpful. Skullcap and valerian - 1 cup morning, 1 evening.
12. **Other therapies:** Light treatment. Bedtime 2-3 hrs. early (7-8 pm). Arise 7-9 hrs. later; massage, transit time, dental amalgam, charitable works, proper speech, spiritual exercise. - [www.ucheepines.org](http://www.ucheepines.org) Ω



## Antidepressants and Their Side Effects

“Psychiatric drugs are more dangerous than you have ever imagined,” says Psychiatrist Dr. Peter R. Breggin, M.D. in his scientifically documented books: **Psychiatric Drug Withdrawal** and **Brain-Disabling Treatment in Psychiatry**.

Newer or atypical antipsychotic drugs—Risperdal, Invega, Zyprexa, Abilify, Geodon, Seroquel, Latuda, Fanapt and Saphris—cause shrinkage of the brain, elevated blood sugar, diabetes, increased cholesterol, obesity, hypertension, dangerous cardiac arrhythmias and unexplained sudden death. They cause disability, disabling and painful movement disorder caused by brain damage and biochemical disruptions.

Risperdal is an antipsychotic drug used to treat patients with mental health conditions. Its serious side effects and manufacturer Johnson & Johnson's sales practices have resulted in criminal fines and lawsuits. It causes permanent breast enlargement in boys and girls; overwhelming emotional and neurological suffering.

Sleep aids: Seroquel, Abilify, Zyprexa and others are very dangerous antipsychotic drugs. Withdrawal from all antidepressants can cause dangerous emotional reactions from depression to mania and from suicide to violence.

Benzos deteriorate memory. They lead to atrophy and dementia after 6 months of use. After withdrawal, individuals exposed to these drugs experience multiple problems such as cognitive dysfunction, emotional instability, anxiety, insomnia and muscular and neurological discomforts.

Huge efforts have been made by the pharmaceutical industry to prevent the

public and the health professionals from knowing that antidepressant drugs can cause violence and suicide. Dr. Breggin says that all gun violence in the USA are connected to antidepressant drugs, specifically, Prozac. Joe Wesbecker, after one month on Prozac, killed eight people. Eric Harris on antidepressant Luvox slaughtered students and faculty at Columbine High School in Colorado. James Holes on psychiatric treatment committed a massacre in a theatre.

These events confirm that involvement in psychiatric treatment, with its emphasis on prescribing psychoactive drugs, is no protection against violence perpetrators. Instead, in too many cases, psychiatric drugs cause or contribute to horrendous acts of violence. Psychiatry is a cause and not a cure for mass violence, and looking for help from psychiatry will only distract us from seeking genuinely effective solutions. — *Dr. Peter R. Breggin, M.D.*

The SSRIs (selective serotonin reuptake inhibitors) are the most commonly prescribed class of antidepressants. They act on a chemical in the brain called serotonin. The SSRIs include drugs such as Prozac, Zoloft, and Paxil.

Like all antidepressants, SSRIs can cause an increase in suicidal thoughts and behaviors. They also carry a risk for increased hostility, agitation, and anxiety. In adults 65 and older, SSRIs increase the risk for falls, fractures, and bone loss. The SSRIs can also cause serious withdrawal symptoms if you stop taking them abruptly. — *Authors: Melinda Smith, M.A., and Jeanne Segal, Ph.D. January 2016.*

Ω

## Dangerous Drugs

**Pradaxa** - Pradaxa is a blood-thinning drug prescribed to patients with irregular heartbeats. A high number of patients have reportedly suffered bleeding related injuries after taking Pradaxa.

**Yaz Birth Control Side Effects and Lawsuits** - Yaz is a birth control pill manufactured by Bayer. Women who took Yaz have suffered from blood clots as well as strokes, pulmonary embolisms, and heart attacks.

**Depakote** - Depakote is an anticonvulsant drug for treating epilepsy, bipolar disorder, and migraines. Concerns over the drug's risk of birth defects when taken by pregnant women have prompted FDA warnings and lawsuits.

**Zoloft** - Zoloft is an antidepressant drug manufactured by Pfizer. It has been tied to birth defects, an increased risk of suicide among children and young adults, and a brain chemical imbalance called serotonin syndrome.

**Lipitor Lawsuit Overview** - Lipitor is an anticholesterol drug manufactured by Pfizer. It has been linked to an increased risk of patients developing type 2 diabetes and liver damage.

**Paxil** - Paxil is an antidepressant drug manufactured by GlaxoSmithKline. Reports have linked Paxil to an increased risk of birth defects, an increased risk of suicide among children and young adults, and serotonin syndrome.

**Viagra** - Viagra is one of the most popular drugs for erectile dysfunction on the market. However, the drug has been linked to some pretty serious side effects, including sudden vision loss and priapism.

**GranuFlo Injury Overview** - GranuFlo is a chemical solution used in kidney dialysis treatment. Manufactured and used by Fresenius, improper use of the drug can increase the risk of heart attack in patients.

You are also at risk if you take other medicines that increase bleeding risk, such as: **Aspirin** or products that contain aspirin; **Non-steroidal anti-inflammatory drugs (NSAIDs)**; **Heparin-containing medicine Clopidogrel bisulfate (Plavix)**; **Prasugrel (Effient)**; **Dronedarone (Multaq)**; **Ketoconazole (Nizoral)**. Ω

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## Depression—Aromatherapy

Essential oils (EO) are the heart of the plant. They are very potent, and many are too strong to use directly on the skin. If you use them for massage, add them to a carrier oil such as coconut oil, almond oil, etc. and apply to the skin.

A 2014 study shows a link between anti-anxiety medications and dementia. Hence, there is more reason than ever to choose essential oils instead of pharmaceuticals. Research has shown that inhaling a ‘nice aroma’ could alter your body's chemistry and imbalances that lead to mood disorders.

In the 2014 study, 58 hospice patients who were given hand massages once a day for one week with an essential oil

blend of bergamot, frankincense and lavender oils in equal ratios in 1.5% dilution with sweet almond oil, reported less pain and depression.

In Taiwan in 2011, elementary school teachers who were constantly under stress, used 10 minute weekly inhalation of bergamot EO and found significant reduction of blood pressure and heart rate and balanced their nervous system. In an animal study, researchers found that bergamot essential oil anxiety relieving properties were as strong as diazepam (valium). The mice received injections of bergamot EO. Instead of injections, it is preferable that essential oil be used for inhalation or diluted for topical application. Ω

## Natural Remedies for Depression

**Air, Breath fresh** - Negative ions in outdoor air improve health and mood. Negative ions are produced by pine trees, waterfalls, and ocean surf.

**Ashwagandha (Winter Cherry)** - Used for thousands of years to soothe the agitated mind, Ashwagandha comes from Ayurvedic wisdom. Ashwagandha's roots contain flavonoids and many active ingredients of the withanolide class. It is an adaptogen, which means it helps us 'adapt' to our environments, and that includes the stressful ones.

**Catmint** (*Nepeta mussinii*), **Catnip** (*Nepeta cataria*). Both are of mint family, aromatic, used as herbal tea; is added to soups and sauces. Tea calms nerves, relieves coughs, congestion, and menstrual cramps. Harvest leaves, dry in a cool ventilated area, store in airtight container or bag. As insect repellent, it is 7 times stronger than Deet. Catnip has more flowers. EGW used this herb for tea.

**Chamomile (*Matricaria recutita*)** - calms you down. Some compounds in Chamomile bind to the same brain receptors as drugs like Valium. In one study at the University of Pennsylvania Medical Center, in Philadelphia, patients with generalized anxiety disorder (GAD) who took chamomile tea or supplements for eight weeks had a significant decrease in anxiety symptoms compared to patients taking placebo.



**Eat a plant based diet** - This can help increase brain serotonin, dopamine,

and nonrepinephrine levels.

**Eat omega-3s** - protect against depression. In one study, students who took 2.5 milligrams a day of mixed omega-3 fatty acids for 12 weeks had less anxiety before an exam than students taking placebo. Experts generally recommend that you get your omega-3s from food whenever possible.

**Exercise** - Exercise is safe, good for the brain, and a powerful antidote for depression and anxiety, both immediately and in the long term. "If you exercise on a regular basis, you'll have more self-esteem and feel healthier." Walking and manual labor in the garden are better than exercise on a treadmill. It may take about 7 days to start noticing improvements.

**\*Folic Acid** - Ginger, purslane, rosemary, ginkgo, ginseng, onions, broccoli, cauliflower, spinach, brussels sprouts, peas, radishes. These and many other foods have folic acid.

**\*Hops (*Humulus lupulus*)** - The sedative compound in hops is a volatile oil, so you get it in extracts and tinctures—and as aromatherapy in hops pillows. "It's very bitter, so you don't see it in tea much, unless combined with chamomile or mint" Ellen G. White used tea with hops, catmint and red clover. Hops is often used as a sedative, to promote sleep, often with another herb, valerian.

**\*Herbal tea good for depression cases** - 1 tbsp. skullcap, 1 tbsp. damiana, 1 tbsp. mistletoe, European variety, 1 jug water. Boil gently for 1 hour. Strain and drink throughout the day. Make fresh

daily.

**Kava** - Otherwise known as Kava Kava, this is another Polynesian wonder for those with a worried mind. The roots are brewed to create a drink that is excellent for calming anxiety. It is sedative in its quality, but does not interrupt cognition. Many use it to treat social anxiety instead of the more harmful, alcoholic drink.

**Lavender (*Lavandula hybrida*)** - The intoxicating but safe aroma of lavender may be an "emotional" anti-inflammatory. In one study, Greek dental patients were less anxious if the waiting room was scented with lavender oil. In a Florida study, students who inhaled lavender oil scent before an exam had less anxiety—although some students said it made their minds "fuzzy" during the test. In one German study, a specially formulated lavender pill was shown to reduce anxiety symptoms in people with Generalized Anxiety Disorder (GAD) as effectively as lorazepam (brand name: Ativan), an anti-anxiety medication in the same class as Valium.

**Lemon balm (*Melissa officinalis*)** - Named after the Greek word for "honey bee," lemon balm has been used at least since the Middle Ages to reduce stress and anxiety, and help with sleep. In one study of healthy volunteers, those who took standardized lemon balm extracts (600 mg) were more calm and alert than those who took a placebo. While it's generally safe, some studies have found that taking too much can actually make you more anxious. So follow directions and start with the smallest dose. Lemon balm is sold as a tea, capsule, and tinc-

ture. It's often combined with other calming herbs such as hops, chamomile, and valerian. We always recommend taking the herb in its whole natural form rather than in capsule form.

**\*Licorice root** - is also a very effective herb, having more antidepressant compounds than any other herb. At least eight licorice compounds are monoamine oxidase (MAO) inhibitors. As these occur in the licorice root they are potent antidepressants. One caution: with large amounts, more than four cups a day, there can be sodium and water retention with loss of potassium.

**\*Lithium** - In spite of the apparent remissions that occur with the use of Lithium, it must be remembered that all psychotropic drugs achieve their effect by the impairment of one or more functions of the nerve cell. Irritability of the nerve cell is suppressed or excited, and eventually the cell ceases to function and hence respond to the stimulus. If the insult continues, it will eventually die. In clinical practice each time an individual is restarted on lithium, it is less effective and eventually becomes ineffective. Side effects including thyroid and kidney toxicity are major problems in almost every patient that continues with the drug. As noted above, we urge a strict lifestyle program with adequate supervision.

**\*Magnesium** - Consumption of foods high in magnesium—peanuts, watermelon, peas, corn—helps to soothe sore, tight muscles. It also helps to lower blood pressure, reduce stress, and has been shown to reduce an abnormal heart beat and keep the cardiovascular sys-

tem in good shape. It can also help with the treatment of diabetes type 2 as well as insomnia and depression.

**\*Passionflower** - It's a sedative; the German government has approved it for nervous restlessness. Some studies find that it can reduce symptoms of anxiety as effectively as prescription drugs. It's often used for insomnia. Like other sedatives, it can cause sleepiness and drowsiness, so do not take it—or valerian, hops, kava, lemon balm, or other sedative herbs—when you are also taking a prescription sedative. Do not take passionflower for longer than one month at a time.

**\*Phenylalanine** - Patients may also try adding foods with high phenylalanine to their diet: sunflower seeds, black beans, watercress, and soybeans.

**Rest, Get adequate -**

**\*St. John's Wort** - is very effective for simple depression, and I always use it in bipolar cases. If the patient has anxiety along with depression, St. John's Wort has hypericin, which has excellent abilities to curb those feelings. These have far fewer side-effects, and some say they have no side-effects at all. Sleeplessness should improve with this and Licorice. Tea - 1-3 cups a day or 2 capsules of the powdered herb 3 times a day has helped many depressed people.

**\*Valerian (*Valeriana officinalis*)**- Some herbal supplements reduce

anxiety without making you sleepy (such as L-theanine), while others are sedatives. Valerian is squarely in the second category. It is a sleep aid, for insomnia. It contains sedative compounds. The German government has approved it as a treatment for sleep problems. Valerian smells nasty, so most people take it as a capsule or tincture, rather than a tea. If you want to try it, take it in the evening—not before you go to work! Valerian is often combined with other sedative herbs such as hops, chamomile, and lemon balm.

**Sunlight, Get enough** - This improves vitamin D levels which improve melatonin, allowing you to get better sleep.

**Take a 'forest bath' or walk in the woods**-The Japanese call it *Shinrin-yoku*, literally "forest bath." You and I know it as a walk in the woods. Japanese researchers measured body changes in people who walked for about 20 minutes in a beautiful forest, with the woody smells and the sounds of a running stream. The forest bathers had lower stress hormone levels after their walk than they did after a comparable walk in an urban area.

**Trust in God** - People who have a belief system that they apply to their lives recover from depression sooner. The circulation in their frontal lobes actually improves.

**Water, drink** - Brain chemicals move through a water environment. Ω

\* Dr. Agatha Thrash's list.

Sebi divides all foods into six categories: live, raw, dead, hybrid, genetically modified or drugs. His diet emphasizes live and raw foods, which he terms 'electric foods.' According to Sebi, these foods are alkaline and

can help heal the body of the effects of 'dead' or supposedly acidic foods, which include all meat, poultry, seafood, products containing a leavening agent like yeast, synthetic or processed items, alcohol sugar, iodized

salt or anything fried. You will avoid seedless fruits, insect- or weather-resistant crops like corn, certain tomatoes, and anything with added vitamins or minerals. Instead, you'll eat plain ripe fruit; nonstarchy vegetables: leafy greens; raw nuts and nut butters and grains like quinoa, rye or kamut. You may look up Dr. Sebi online.

◆ **This Vitamin Deficiency May Be Causing a Diabetes Epidemic** - Vitamin A deficiency is more common than you think. Diabetes has Reached Epidemic Proportions. Diabetes may be type 1, once called juvenile diabetes, or type 2, also known as adult-onset diabetes. However, in recent years more younger people have been diagnosed with type 2 diabetes, and a recent study may have the key to answering the burning question: Why?

**Vitamin A and Diabetes Connection** -The data, published in the December 2014 issue of the Journal of Biological Chemistry, showed that vitamin A plays a pivotal role in maintaining proper function of beta cells in the pancreas. These cells are crucial in keeping blood glucose at an optimal level, and they become dysfunctional in people with type 2 diabetes. When the rodents in the study were deprived of vitamin A, their beta cell function plummeted, and when vitamin A was returned to their diets, their beta cell function—and blood glucose levels—returned to normal.

**Why Vitamin A Is Crucial** - Vitamin A is an essential nutrient—it's one we need to live, and one we can't produce on our own. Vitamin A bolsters pancreatic beta cells cellular function; helps with cellular reproduction for all our bodies' cells, from skin to internal organs; maintains sight and prevents blindness (people who are de-

ficient in vitamin A are prone to problems with sight, from dry eyes and near-sightedness (myopia)), a common cause of blurred vision; to partial blindness and poor night vision. Other symptoms: diarrhea and skin disorders, and this is why it's one of the top 8 vitamins and nutrients for a gorgeous skin; helps speed the healing of wounds; is crucial for reproductive organ function and mucus membrane function; and helps to support the immune system—children with measles had a quicker recovery with Vit. A. The benefits of getting enough vitamin A extend well beyond diabetes treatment and prevention.

**Vitamin A comes from two sources:**

- \* Retinoids—Come from animal sources.
- \* Beta-carotene—Come from plant sources.

The body converts beta-carotene to vitamin A. Some sources of Vit.A:

**Sweet potatoes** -

**Carrots** - Carrots have long been touted by folk medicine as being great for vision—and now we know why: their high vitamin A content. Boiled and raw carrots both contain substantial amounts of vitamin A.

**Dark, leafy greens** - Lettuce, spinach and kale have vitamin A.

**Apricots** - Apricots can be eaten either raw, or dried.

**Mangoes and melons** - These sweet fruits are high in vitamin A in their raw form. You can get vitamin A from cantaloupe, honeydew, and mangoes.

**Winter squashes** - Gourds have vitamin A hiding under their hard shells. So, indulge in butternut squash soup or mash up a pumpkin to add an extra dose of vitamin A to your diet.

**Red bell pepper (capsicum)** - Sweet red peppers can be eaten raw or lightly sautéed. While also green and yellow peppers contain vitamin A, the red ones are especially packed with carotenoids and contain almost eleven times more beta-carotene than green bell peppers.

**How to Increase Vitamin A Absorption** - To ensure that you are getting the most out of the vitamin A-rich foods you're eating, make sure to consume them with healthy dietary fats. These help to increase the absorption of fat-soluble vitamins such as A and D, so for example try adding olive oil, avocado or nuts to your salad greens or a teaspoon of olive oil to your soup. The best cooking methods to keep the vitamins in food: Vitamin A is relatively stable when exposed to heat. Fat-soluble nutrients such as vitamins A, D, E and K fare better during cooking. Boiling was better for carrots, zucchini and broccoli than steaming, frying or serving them raw (frying was the worst method for preserving the nutrients).

But you must remember that while one cooking method may enhance the availability of one nutrient, it can degrade another. For example, boiling carrots significantly increases carotenoid levels compared with raw carrots, but raw carrots have far more vitamin C which is affected by heat.

Vitamin A is a fat-soluble vitamin, so taking too much of it can be toxic to the body. Unlike water-soluble vitamins (such as vitamin C and the B vitamins), excess vitamin A can't simply be flushed out in the urine. Be cautious when supplementing with vitamin A to ensure that you do not exceed the recommended daily limit (about 3mg maximum). A healthy and balanced diet is the best way to get

vitamin A, rather than taking supplements in tablet or capsule form. — *Healthy and Natural World*, 12/16/2015

◆ **Diabetes Herb—*Gymnema sylvestre*, *Shardunikha* in Ayurveda, (Madhunashini in Sanskrit, Gurmar in Hindi).** Gurmar means 'destroying sugar.' Chewing the *Shardunikha* leaves destroys sweet taste discriminating ability. One of the alternative medicines to both diabetes and obesity, it curbs diabetes by blocking sugar binding sites and hence does not allow the sugar molecules to accumulate in the body. The same herb is used for both diseases. Obesity is the main consequence from the accumulation of the carbohydrates and fats. Gymnemic acids curb the binding of carbohydrates to the receptors in the intestine and hence, the 'empty calories' are taken care of so that the body does not go into obese stage. Gymnemic acids are being sold in the form of *Gymnema Tea*. In Japan, teas made from *G. sylvestre* leaves are promoted as a natural method for controlling obesity and diabetes.

◆ **AIDS Hoax: The Virus that Never Was:** Scientists have presented compelling evidence that HIV/AIDS is a pseudo-science hoax and the real culprits are AZT, the AIDS medications and flu vaccine. Every case of AIDS includes one of the 29 pre-existing illnesses, including pulmonary tuberculosis, pneumonia and cervical cancer. This list brought in 160,000 presumably HIV patients, and as a result, huge grants and funding to further infect people. There has never been an actual photograph released showing what this make-believe virus looks like, and this writer challenges any scientist to produce an image of a "stand-alone" AIDS virus that is original from an AIDS patient.

The author concludes that AIDS is a collection of medical and political lies peddled around as actual science by the medical and pharmaceutical cartel. — *NewscastMedia.com*, *Houston News and Breaking World News*, 15/9/2015. <http://newscastmedia.com/aids-hoax.html>.

◆ **4G/LTE Mobile Internet and Wifi: the largest pandemic ever?**

In 2012, one out of three patients had radiation overload. Now, one in 3 patients are radiation stressed. Since the large scale introduction of 3G and Wi-Fi/hotspots, the problem has become considerably larger. Radiation has effects on adrenal blood values, cortisol level, blood pressure, heart rate variability measurement change. When plankton were exposed to WIFI/3G/4G radiation, the plankton dies or is deformed within several days. With WIFI, it takes 96 hours, with 3G 72 hours, with 4G 48 hours. What is it then doing to our cells? Once various forms of radiation are released on the body, functions are disrupted; blood pressure changes due to the stimuli on the nervous system and unexplained fatigue or hyperactivity can develop.

**What Can You Do?**

Avoid as much as possible making calls with your mobile phone, and if it is necessary, use a cord. Attach the cord to a magnet, available at any electronics store or tie a knot on the side of the phone. Send messages or call back later with a landline. Try not to call in the car. Ask the school to abolish WiFi. Children walk on rubber soles, go to school on plastic floors and receive continuous and excessive stimuli, many by radiation. The energy they receive cannot find a path to earth. Do not use a DECT phone. Instead, use a phone with a cord. Walk as much

as possible barefoot or with leather soles, avoid rubber. Do not use the microwave. Be 2.5 meters away from it. If you live near an electricity substation, or within one kilometer of a cellular tower, consider relocating if necessary. You can also use an earthing sheet, which you put on your bed and connect to a ground by means of a wire. All the accumulated radiation in the body is immediately fed to ground and scientific research shows that in over 50% of cases inflammation and sicknesses heal faster. —*Martin Mohrke, Foundation for Alternative and Integrative Medicine*. You may take activated charcoal twice a week. WUI.

◆ Doctors who are interested in treating patients with natural remedies may download: "**Natural Remedies Encyclopedia**" which gives simple, home remedies for over 500 diseases and disorders. The God of heaven, who created us, has given us the simple things of nature for our healing. It is our prayer that this encyclopedia will help bring back the sunshine into someone's life. - *Pathlightshome*.

◆ **Antibiotics may trigger mental confusion.** 21 Feb. 2016 - Common antibiotics may be linked to a serious disruption in brain function, called delirium, and other brain problems, researchers including one of Indian-origin have claimed. Type 1 - Seizures associated with penicillin and cephalosporins; Type 2 - psychosis associated with procaine penicillin, sulfonamides, fluoroquinolones and macrolides. Both Type 1 and Type 2 had a quick onset of symptoms, within days. Once antibiotics were stopped, symptoms also stopped within days. Type 3 was characterised by abnormal brain scans and impaired muscle coordination and other signs of brain dysfunction, and was only associated with the drug metronidazole. Ω

## Essential Oils for Anxiety and Depression-1

Basil (Tulsi) - uplifting refreshing scent that works against depression, fatigue and anxiety. Its healing properties are bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism and sinusitis.

Bergamot - uplifts the spirit and helps with feelings of pain, anxiety, depression and sadness; Also helps acne, abscesses, boils, cold sores, cystitis, halitosis, itching, loss of appetite, oil skin, psoriasis.

Chamomile, Roman - works calming and relaxing body and mind. It is often used to treat depression and stress. Helps abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, rheumatism, sores, sprains, strains, wounds.

Clary Sage - Can help with insomnia, anxiety, and depression, amenorrhea, asthma, coughing, gas, labor pains, sore throat. Clary means 'clear' as it clears away the dark clouds of our mood.

Cypress - uplifting oil, excessive perspiration, haemorrhoids, oily skin, rheumatism, varicose veins.

Frankincense - One of the best EO to slow down your breathing which helps to reduce feelings of fear, nervous tension, stress, and anxiety; asthma, bronchitis, extreme coughing, scars and stretch marks.

Geranium - works as a natural sedative to lift the spirit and release emotions. It works great to ease symptoms of depression and stress. Also, acne, cellulite, dull skin, lice, menopause, oily skin. A friend re-

peatedly applied Geranium oil on her hemorrhoid which shrank it.

Grapefruit - Has positive influence on feelings of anger which are associated with depression; cellulite, dull skin, toxin build-up, water retention.

Jasmine - has a relaxing flowery scent that is known for its antispasmodic and uplifting properties. Has positive influence on feelings of anger which are associated with depression; dry skin, labour pains, sensitive skin.

Lemon - Lemon's refreshing scent has purifying and uplifting properties. It helps to combat negative emotions, stress, depression and boost your immunity.

Lavender - is a true cure for all. It helps with headaches, migraine, fear, anxiety, depression, nervousness, hypertension, and insomnia. It has a calming and relaxing effect on body and mind; acne, allergies, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, dermatitis, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labour pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stretch marks, vertigo, whooping cough.

**Lavender Tincture:** British Pharmacopoeia recommends lavender tincture for mild depression. Its aroma therapy reduces serum cortisol. It has beneficial effects on coronary circulation. Lavender can be an effective substitute for potentially addictive psychoactive drugs used for anxiety. Silexan, an oral lavender oil capsule, taken over 6 weeks, was shown to effectively

## Essential Oils for Anxiety and Depression-2

cure generalized anxiety comparable to benzodiazepine (lorazepam), a powerful psychoactive drug. Lavender has no sedative effects nor potential for drug abuse. Hence, Silexan can be an alternative to benzodiazepines.

Lemon/Lime - purifies and uplifts. It helps to combat negative emotions, stress, depression and boost your immunity; athlete's foot, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts.

Lemongrass - stress; acne, athlete's foot, digestion, excessive perspiration, flatulence, insect repellent, muscle aches, oily skin, scabies, stress.

Mandarin - has antispasmodic properties and works emotionally to uplift the spirit.

Marjoram - Has been used for ages to ease feelings of fear, loneliness, grief, rejection and anxiety.

Myrrh - depression, amenorrhea, athlete's foot, bronchitis, chapped skin, gums, halitosis, itching, ringworm.

Neroli - soothing oil, mature skin, oily skin, scars, stretch marks

Palmarosa - can help you reduce nervous tension and anxiety.

Patchouli - soothing oil; acne, cellulite, chapped skin, dandruff, dermatitis, eczema, mature skin, oily skin.

Rose - Its great fragrance has a stimulating effect on the entire nervous system and helps to create a sense of well-being. Has positive influence on feelings of anger which are associated with depression; eczema, mature skin.

Rosemary - Alleviates muscle pain, arthritis, dandruff, dull skin, exhaustion, gout, muscle cramping, neu-

ralgia, poor circulation and rheumatism; improves memory, boosts the immune and circulatory system, promotes hair growth; prevents brain aging, cancer, improves eye health. **How to use:** add dried whole herb to dishes; teas from fresh or dried herbs. Blood levels of rosemary oil component correlate with improved cognitive performance.

Sage - uplifting

Sandlewood - calms the nerves; has a cooling effect; disinfectant, promotes flow of urine; promotes the removal of mucous secretion from the bronchial tubes, as a tonic for the heart, treatment of problems connected with the bladder, congestion of the liver, morbid thirst, chapped and dry skin, laryngitis, oily skin, strep throat. Parts used: wood, oil. How to use: Put a few drops in 1 liter of water. Drink 3 cups per day. Externally, the paste of the wood or its infusion is a good dressing for eruptive skin disease. Apply to the temples in headache and fever and on inflamed swellings. Oil cures scabies, acne and other skin diseases.

Sweet orange -

Wild Orange - Just as other citrus EOs, orange has a refreshing, energizing, and mood-lifting effect. It works great to ease feelings of panic, anger, irritation, and nervousness.

Ylang-Ylang - is used to treat insomnia, anxiety, and depression, hypertension, menopause and PMS symptoms, palpitations. Ω

In Bangalore: Wholesale essential oils seller is 'Satyanarayana Traders, Mamulpet, K.R.Market. Tel. 080-22259819.

## Essential Oil Recipes For Depression & Other Needs

Essential Oils have top, middle and base notes. Top notes are the essential oils you smell first, and they fade away soon. The middle and base notes last longer and continue to give aroma for days. Blending top, middle and base notes in your recipe will give you longer lasting aroma. Some examples:

**Top:** Eucalyptus, Lemon, Lime, Orange, Peppermint. Top to Middle are Basil, Bergamot, Clary Sage.

**Middle:** Chamomile, Geranium, Lavender, Rosemary, Cypress, Pine.

**Bottom:** Cedarwood, Clove, Frankincense, Jasmine, Myrrh, Patchouli, Rose, Sandlewood, Ylang ylang.

### How to Use Essential Oils for Anxiety & Depression

#### Diffuse

Add a few drops to your diffuser and diffuse throughout the day to uplift your spirit or calm your mind. Diffuse at night in your bedroom to promote a better night's rest or to ease your thoughts. Or add a few drops to your pillow to inhale while you sleep.

#### Inhalation

Add 1-2 drops of your favorite EO into the palms of your hands, add a little coconut oil and rub them together to spread the oil. Cup them over your nose and take 4-6 deep and slow breaths to reduce feelings of stress, depression, or anxiety. Add 2-4 drops of EOs on a cotton ball and secure in a zip lock bag to take with you or take a small bottle of EOs with you to take a sniff whenever you need.

#### Calming EO Rub

Add 5-10 drops of EO to 2 tablespoons carrier oil or natural unscented lotion. Rub the mixture onto your neck, chest, bottoms of your feet, wrists, and behind the ears to find relief.

#### Massage

Add 10-12 drops of your favorite EO or EO blend to 2 oz. carrier oil (sweet almond, jojoba, or grapeseed oil are all good examples) for a relaxing and uplifting massage.

#### Relaxing Bath

Add 5-10 drops of EOs to your bath tub to alleviate feelings of stress, anxiety, or depression. If you have a sensitive skin, dilute the EOs in 1 tablespoon carrier oil of your liking before adding them to your bath tub. This will give your bath an added moisturizing effect and protect your sensitive skin. Do not add the oils to running water as they will evaporate at a higher rate. Add them after you have run the bath and gently mix them in by hand.

#### Surround Yourself With the Fragrance of Healing EOs

Add a few drops to your favorite lotion.

Add a few drops to a tissue or cotton ball and place in your car.

Add 2 drops of your favorite EO on a cloth and put it in the dryer for nice smelling clothes.

#### Anti-Stress Blend

Lavender - 5 drops  
Ylang ylang - 3 drops  
Bergamot - 2 drops

Blend the oils and add 3 drops of this formula to your bucket for a full bath; to a foot or hand bath once daily; and to your liquid soap.

#### Anxiety Perfume

2 cups - distilled water/boiled water  
2 tbsp. - Witch Hazel oil  
15-20 drops - Lavender oil  
Pour in spray bottle and spray over your body.

#### Aromatherapy Massage

2 tbsp. - Almond oil or vegetable oil  
1 tsp. - wheat germ oil  
8 drops - Lavender Essential oil (EO)  
8 drops - Ylang ylang EO  
2 drops - Basil (Tulsi) EO  
2 drops - Geranium EO  
2 drops - Bergamot EO

Collect the EOs in an amber glass bottle. Add the sweet almond oil and wheat germ oil. Shake gently and mix well. Apply a small amount onto the back of the hands and chest area. Inhale the essences from your hands after application to the skin. Apply 2-3 times daily.

#### Chamomile-Bergamot Blend

Camomile - 6 drops  
Jasmine - 4 drops  
Bergamot - 4 drops

Mix, bottle, and put one drop on a piece of jaggery and eat once per day.

#### Face and Hand Lotion

Coconut oil - 2 tsp.  
Cocoa butter - 1 tsp.  
Beeswax - 1/2 tsp.

Vit. E oil - 1 capsule or 1/2 tsp.  
Castor oil - 1/2 tsp.

Essential oils of your choice - 15 drops. Choose from below:

#### Suggested Essential oils:

Dry skin: rose, sandlewood, ylang ylang, chamomile, lavender.

Normal - chamomile, lavender, geranium, neroli, rose.

Oily - geranium, lavender, lemon, patchouli, rosemary, bergamot.

Put a pan of shallow water on the stove. Keep on slow. Put a non-breakable short glass or a steel bowl containing beeswax in the water. When melted, add cocoa butter. When melted, add coconut oil. Remove. Add Vit. E oil and Castor oil. Add essential oils. Stir and pour into your container. Seal when hardened. This hand lotion has no preservatives, will last a year, is good for your skin, and is a mood booster.

#### Inhalation Blend for Mild Depression

Clary sage EO - 4 drops  
Ylang ylang EO - 4 drops  
Geranium EO - 3 drops  
Basil EO - 3 drops  
Sandlewood EO - 1 drop

Mix the above essential oils in an amber glass bottle. Label. Use 3-4 times daily by putting 2-3 drops in a bowl of steaming water.

#### Relaxing Bath with Clary Sage

Clary sage - 3 drops  
Ylang ylang - 2 drops

Add the essentials to the bath after it is full. Mix the oils well and immerse yourself for a wonderful, relaxing soak.

Nature is God's physician. - EGW



# Old Fasioned Healing Salves

From God's Amazing Medicine Chest



Healing salves, passed down through the centuries, contain the goodness of

medicinal plants to relieve pain and inflammation and promote healing. Here are five healing salves for common problems that anyone can make at home:

## 1. Burn-aid salve

If minor burns are a common affair in your household, you need this handy burn salve for immediate pain relief and faster healing of the skin. It is simple, yet often as effective as any ointment your money can buy. The lavender soothes the skin and the honey works to dry up any blisters and promote skin regeneration. Calendula promotes healing and prevents scarring.

You will need:

- 2 tsp - lavender essential oil
- 2 tsp - calendula essential oil
- ½ cup honey
- 1 cup coconut oil

How to make:

1. Melt coconut oil by keeping it in a warm place or in a bowl of hot water.
2. Add lavender and calendula essential oils.
3. Allow the mixture to cool until it starts to solidify, and beat in the honey.
4. Store in a wide-mouthed glass jar.

## 2. Healing chest rub salve

This decongestant chest rub can bring great relief during the cold and

flu season. It is much safer than petroleum-based chest rubs, and a must in households with children.

You will need:

- 2 tsp - eucalyptus oil
- 1 tsp - rosemary oil
- 1 tsp - camphor oil
- 1 tsp - lavender oil
- 1 tsp - lemon oil
- ½ cup - olive oil
- ½ cup - beeswax pellets
- 1 cup - cocoa butter

How to make:

1. Melt the beeswax in a double boiler and add the cocoa butter to it. Mix well until the cocoa butter melts and gets mixed with the melted wax.
2. After the waxy mixture has cooled slightly, add the olive oil and all the essential oils to it.
3. Pour into small glass or metal tubs and let it cool completely before sealing the containers.

## 3. Healing salve for cuts, bruises and insect bites

Minor cuts and bruises happen all the time. They may usually heal on their own, but secondary infections can complicate things. This healing salve with analgesic, anti-inflammatory and antimicrobial properties will not only give immediate pain relief, but will prevent infections and help the injured skin heal faster.

You will need:

- ½ cup - calendula (Marigold) petals (or 1 tsp calendula essential oil)
- ½ cup - arnica flowers (or 1 tsp arnica essential oil)
- 1 tsp - tea tree oil
- 1 tsp - peppermint oil
- 1 tsp - lavender oil
- 1 cup - olive oil

¼ cup - beeswax pellets

How to make:

1. Put the flowers in a glass bowl and pour warm olive oil over them. Keep it in the oven or stove at the lowest setting for six to eight hours.
2. Melt beeswax on a double boiler and take off the heat.
3. Strain the flower-infused olive oil into the wax, mixing well.
4. Add all the remaining essential oils and mix well.
5. Pour into glass or metal containers and allow to set before putting on the lids.

## 4. Old bones salve

This one is excellent for all the aches and pains old age brings, but can be used by the young and the athletic with equal effect. It gives lasting relief whether it is arthritis, rheumatism, sprains and strains, or anything else that gives pain in the joints or muscles. The pain relief comes from the warming effect of cayenne and cloves, while the ginger and turmeric reduce inflammation.

You will need:

- 1 tbsp - cayenne pepper
- 1 tbsp - turmeric powder
- 2 tsp - dry ginger powder
- 1 tsp - clove essential oil
- 1 tsp - wintergreen essential oil
- 1 cup - virgin coconut oil
- ¼ cup - beeswax pellets

How to make:

1. Melt the coconut oil by gently heating it, or keeping it in the sun or in a warm place indoors.
2. Mix in the cayenne pepper powder, turmeric powder and dry ginger powder and leave overnight in a warm place.
3. Melt the beeswax pellets in a double boiler and let the wax cool slightly.
4. Strain the coconut oil through a

muslin cloth and add it to the melted beeswax, along with the essential oils.

5. Allow the mixture to cool, stirring several times until it solidifies.

## 5. Salve for eczema and damaged skin

Skin conditions like eczema require constant care. Instead of depending on commercial products of doubtful composition, you can make a soothing salve that keeps the skin soft and moisturized and helps to relieve any itching and burning.

You will need:

- ½ cup - calendula (Marigold) petals
- 1 tsp - lavender oil
- 1 tsp - German chamomile oil
- 1 tsp - neem oil
- 1 cup - Jojoba oil
- ½ cup - beeswax pellets

How to make:

1. Infuse calendula petals in jojoba oil by mixing both. Keep the mixture in the sun or in a warm place for a day. (Gently heating the mixture will accelerate the process.)
2. Melt the beeswax in a double boiler and let it cool a bit.
3. Strain the jojoba oil and add it to the melted wax along with all the essential oils.

4. Pour into glass or metal tubs and allow to set before capping.

The beeswax-carrier oil combination determines the texture of the salve. You can always adjust it to your liking by slightly changing their proportions. To get an idea of how the final product will be, take a spoonful of the salve mix while it is still warm and pop it into the freezer for five minutes. Add more oil to the warm mixture to lighten the texture or some melted beeswax to make it thicker.

*OTG News, Feb. 29, 2016*

## Natural Mosquito Repellents

*All Out* has Pyrethroid insecticides widely used in agriculture and household. Pyrethroids are 2250 times more toxic to insects than mammals because insects have increased sodium channel sensitivity, smaller body size, and lower body temperature. Their ingestion gives rise to sore throat, nausea, vomiting, and abdominal pain within minutes. There may be mouth ulceration, increased secretions, and/or dysphagia. Systemic effects are seen 4-48 hours after exposure. Dizziness, headache, and fatigue are common; palpitation, chest tightness, and blurred vision are less frequent; and coma and convulsions are the principal life-threatening features. Go natural.

### Natural Mosquito Repellent Spray

These Oils Repel Mosquitos

Eucalyptus - 4 drops

Lavender - 4 drops

Peppermint - 4 drops

Geranium - 4 drops

Witch hazel - 4 drops

Put equal parts in an essential oil spray bottle, add water to half, shake, spray on yourself and on your pillow.

### Reuse All-Out Empty bottles for Depression and Mosquitos

With pliers, gently pull out the carbon wick from the used All-Out bottle. Put equal drops of the essential oils in it. Your choice of 3 oils for depression and 2 oils to repel mosquitos. Add 1/4 cup sunflower oil. Shake. Put back the carbon wick and plug it in for depression patients, when guests come

in or for mosquitos. If the carbon wick breaks, use rattan reeds to diffuse the oils manually.

### Homemade Air Freshner - Essential Oil Reed Diffuser

Glass jar with small opening  
Reeds (sticks) made of rattan  
Carrier oil (use inexpensive oil: sunflower oil, almond oil) - 1/4 cup  
Essential Oils - 10-15 drops

When choosing your jars, look for small, short jars with a narrow opening at the top. Old perfume bottles, small oil bottles, small vases, spice jars and shakers, will do. The smaller the opening, the slower your oils will evaporate. You need reeds (sticks) made from rattan. They should be twice as tall as your jars so they can distribute the scent well. You could use water in place of carrier oil but it will evaporate quickly. If you use water, add 1 tsp. alcohol to help the essential oils to bind to the water. You can use either perfumer's alcohol, rubbing alcohol, or vodka. I used 95% rubbing alcohol. For 1/4 cup of carrier oil, use about 10-15 drops of essential oil, depending on how strong or light you want the scent. I blended 2 oils for each of my diffusers – cinnamon and lavender for the living room, and spearmint and rosemary for the bathroom.—  
*Sarah, May 17, 2013* Ω



## Editorial What Doest Thou Here? Lessons from Elijah's Depression

Depression is not a mental problem, but a spiritual one. God is displeased when we despair and give our minds to Satan's control. Thousands of demons wait to take control of our minds every single day. When we yield to them, they in turn will accuse God that we did not have faith, are idle, and will take control of our minds.

When I say: "Mentally ill people who are on drugs will not go to heaven," people immediately ask: "Do you have proof from the Bible? We have provided all the proofs from the Bible in this issue. The brain is the most important organ in our body and the only organ through which God communicates to man. Good reading and good thoughts electrify our brain, which in turn will electrify the whole body. If we are gloomy, there will be no proper blood circulation in the brain and both mind and body will become weak. Faithlessness and wastage of time and talent will dishonor God. We cannot go to heaven with brain-altering, brain-shrinking, sleep-aid pills.

Either God or Satan is enthroned in our mind every minute of the day. If God is in our mind, we will have the fruits of the Spirit: love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, righteousness, and truth. These are our EQ. He that endures to the end will be saved.

If Satan is enthroned in our minds, we will have the fruits of evil spirit: lasciviousness (dirty, filthy), lust, fornication (sexual relationship between unmarrieds), excess of wines, murder, stealing, lying, cheating, gossiping, slandering, gluttony, idolatry, etc.

By these, we destroy our lives on this earth and will lose heaven.

To err is human. Discouragements do come in each one's life. The greatest kings and the prophets were discouraged. God understands and does not count it as sin. With the help of the Holy Spirit who dwells right in our body, we need to come out of our discouragements. When He tells us to give up sin, self-adoration, selfish traits, to do the duties before us, to be meek, to endure, to dwell on noble things, not to yield to Satan, to do right, to trust in God, etc., we need to hear His voice constantly. If we reject Him and do our own things, then who is seated in our minds? Is it not the devil?

I have seen people, who pretend to be nice in front of others, but the moment people leave, they begin to talk to themselves. When someone comes, they shut their minds and act normal. They have some hidden sin or grief they enjoy thinking about. They lack faith and neglect present duties. Satan knows their weaknesses and will take advantage of the situation. Soon he will take charge of such minds and they will not be able to shut their minds at will. Did Satan force this on them? No. Satan cannot touch us without our permission. It is they who invited him in. Satan controls minds which are not decidedly on the Lord's side. Whoever indulges in such perversity is treading on dangerous ground.

One day, I returned from work and wanted to watch news for 10 minutes before I could prepare for a job entrance examination in an international organization. A woman walked between me and the tv so that I could

**The voice of duty is the voice of God. - EGW**



not watch the tv. When I went to the study, she opened the door and walked from the door to me many times to irritate me. I politely told her to watch what she was doing as my time was precious. The next morning, she was possessed by the devil. Once devil possesses a mind, he will not leave easily until this pettiness becomes a habit and habits form character until finally Satan is enthroned in him most of his life. Such may live normal lives, but the end will show to who they had belonged. One day, a morally lose woman saw the devil sit beside her on her bed. Those who do the deeds of the devil, will be controlled by the devil. The bodies of the evil Spirits have been bound in the earth. Since they desire to sin, they look for human bodies to comit the sin. They use their minds.

Today, more than ever, Satan has possessed the souls of men. In the bus, in the train, wherever we go, we see young and old talking to themselves, smiling to themselves, making signs, etc., which tells that their minds are controlled by the devil. And there are those who yell and shout on the roadsides, carrying grief from long ago. In Vemula's suicide note, he mentioned about his sad childhood, which suggests that he held grief from childhood. If only he knew about a loving God, and had handed over his griefs to Him, Vemula would have become a great writer and a useful citizen. We cannot blame anybody for our depression. We live in a wicked world with wicked leaders. We cannot put our trust on anybody other than on God. God's strength is sufficient for us to face life's trials.

Sometimes parents are the cause for mental illnesses. They indulge children by not giving them work, and when these find their life difficult, they go mentally ill. For our mind to be in good

condition, we need both physical labor and mental work. We have read that in the judgment day, we need to give an account to God for every wasted minute, talents not improved, jobs not done, good that we have not accomplished, etc. We live but once and in this life, we do not have sufficient time to do good. Where is the time to waste? What about our salvation?

I know Christians who have been on psychotropic drugs all their lives. What will they answer God when He asks them what they have done with their lives and why they did not seek His help? Is God weak that He cannot cure? Are psychotropic drugs more powerful than God? More than 50 percent of Christ's healings were done to chase the devils. In scientific word: mental illness. Isn't God more powerful than the drugs? Isn't it lack of faith to be on drugs? Think about it.

Talking about psychotropic drugs, in my research for this issue, I was surprised to know that all gun violences in the USA were committed by those who were on psychotropic drugs. Even the children were on these drugs. The recent bizar incident of a nanny in Russia who cut off the head of the child she was looking after, was also on psychotropic drugs. Only after a mother who, on depression pills, took her gun and shot all her four children did the drug company add the words: 'could cause homicide,' at the back of the box.

A depressed person draws a circle around himself and sits there brooding, leaving God, family and friends. He leaves the present duties and dwells on the past. Unless he chooses to come out of the circle, even God cannot help him. I would like everyone to read the beautiful narration written in the book: "Prophets and

Kings," chapters 9-15, which is available online. When Elijah was discouraged, he drew a circle around himself and wanted to die. When he ran and hid in Mount Horeb because of the death threat queen Jezebel gave him, God asked Elijah: "What doest thou here, Elijah? I sent you to the brook Cherith, where a widow took care of you during the famine; I commissioned you to slay 950 idolatrous priests on Mt. Carmel, I guided you before the king's chariot; but who sent you on this hasty flight into the wilderness? What errand have you here? God is asking this same question to the mentally ill patients today: "What doest thou here? To who have you given your mind? Seek me in the day of your calamity, and I will help you."

A few weeks ago a family visited WUI. They have lands, houses and status. A son in Australia and a daughter who returned from Australia. Addicted to psychotropic drugs, and love of money the mother is in her own world and is considering suicide for causing lacks of rupees of loss to the family by joining chit fund. She thinks her female friends did magic to her. Accepting fault is the first thing toward recovery. If only she could open her eyes and give her life to God! It is never too late to do this. As long as we are still alive, there is hope. If those who are mentally ill are reading this, please pray this prayer: "Lord, I do not know how to change, how to control my thoughts. I need your help. Save me from the devil. I want to be your child." After this prayer, rebuke the devil by saying: "In the name of Jehovah, I command you, devil, to get out of me." The devil will run away from you because there is power in the name of God. Mental illness is a character problem. Only you can change yourself. Nobody can do this

for you. Drugs cannot cure you. Drugs will damage your brain and body and will make you a threat to the society. Only God can heal you. You should do everything possible to become whole. With God's help, you can be whole. You don't need a life time to become well. When Jesus chased the devils, the victims were instantly healed. But when the devils leave your mind, you should make sure that the place is occupied by God and activities that are noble. If you have reasons to be depressed, here are some suggestions: be calm, cease to talk, sing, pray, work, do not talk out your feelings, win your way through faith in God, listen to spiritual music or messages, never write a line of discouragement, and rely on Christ. Satan loves to see souls in depression. Use natural remedies to calm your nerves. And believe that God has healed you.

Today the world is faced with problems: economic, WWIII, famines, natural disasters, job losses, pension losses, etc., so much so that every other person in America is said to be depressed. America has also built huge new mental hospitals. Anyone who is sad or in grief may be diagnosed as mentally ill and may be put in the mental hospitals where psychotropic drugs may be given forcefully. Very difficult days are ahead. If we faint in the day of distress, what will we do when troubles come like a torrent? When banks in America fall, the economic situation in India will be grim and depression cases will multiply. I request those who are in the healthcare to lead the patients to God instead of drugging them; and my request to the Adventist doctors, other doctors, pastors, and family to counsel the patients and to prepare for greater emergency. God bless, Ellen.

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 The Vitamin B12 Issue by Dr. Gina Shar, D.Sc.  
 The world of pure essential oils at <http://www.essentialoils.co.za/fragrance-notes.htm>.



## Price List

Item	Description	Qty	Cost	New
1.	<b>Acne Cream (100% herbal)</b>	50ml.	<b>Rs. 80</b>	
2	Activated Charcoal Powder	500 gm	Rs.300	
3.	Activated Charcoal Powder	250 gm	Rs.180	
4.	Activated Charcoal Powder	125 gm	Rs.110	
5.	Activated Charcoal Tablets, 250 mg	500 tablets	Rs.400	
6.	Activated Charcoal Capsules	60 capsules	Rs.210	
7.	Amazing Health Adventure Series	10 DVDs	Rs.100 ea	
8.	<b>Anti-Depression Hand Lotion (Cream)</b>	<b>50 ml.</b>	<b>Rs. 80</b>	
9.	<b>Anti-Depression Tea</b>	<b>250 gm.</b>	<b>Rs.100</b>	
10.	<b>Back to Eden, New Revised, 1000 pages, 2 avail. 1 book</b>		<b>Rs.3,200</b>	
11.	<b>Charcoal Eye Pad (with case)</b>	<b>1 piece</b>	<b>Rs.150</b>	
12.	<b>Charcoal Knee pad (with case)</b>	<b>1 piece</b>	<b>Rs.150</b>	
13.	<b>Charcoal Neck Pad (with case)</b>	<b>1 piece</b>	<b>Rs.150</b>	
14.	Charcoal Remedies.com book	book	Rs.240	
15.	Charcoal Magazine	Book	Rs. 25 ea	
16.	Diabetic Tea	125 gm.	Rs.100 ea	
17.	Eczema Ointment	50 ml.	Rs. 80	
<b>Essential Oil Transparent Spray Bottles for Your Personal, Home/Patient needs</b>				
18.	<b>300 ml PET bell</b>	<b>1 piece</b>	<b>Rs. 35</b>	
19.	<b>200 ml. PET Milan</b>	<b>1 piece</b>	<b>Rs. 35</b>	
20.	<b>200 ml Pet round</b>	<b>1 piece</b>	<b>Rs. 30</b>	
21.	<b>100 ml Pet round</b>	<b>1 piece</b>	<b>Rs. 25</b>	
22.	<b>50 ml Pet round</b>	<b>1 piece</b>	<b>Rs. 20</b>	
23.	<b>Hand Lotion with EOs</b>	<b>50 ml.</b>	<b>Rs. 80</b>	
24.	<b>Hand Sanitizer in spray bottle - 100% natural</b>	<b>50 ml.</b>	<b>Rs. 50</b>	
25.	Past issues of Health Reformer	Book	Rs. 25	
26.	Evidence of Modern Science in the Bible	Book	Rs.100	
27.	Handwriting for School and Church	Book	Rs.50	
28.	Health Reformer yearly subscription	(4 issues)	Rs.100	
29.	Hymns, Choruses, School Songs	Book	Rs. 80	
30.	Papaya Wound Healing Salve	50ml	Rs. 80	
31.	Psyllium (seeds)	250 gm.	Rs. 70	
<b>Soaps (Handmade):</b>				
32.	<b>Anti-Depression Soap with Essential Oils</b>	<b>161 gm.</b>	<b>Rs.250</b>	
33.	<b>Charcoal Bentonite Clay Soap</b>	<b>147 gm.</b>	<b>Rs.175</b>	
34.	<b>Charcoal Salt Spa Soap</b>	<b>131 gm.</b>	<b>Rs.150</b>	
35.	<b>Charcoal Unsented Soap</b>	<b>88 gm</b>	<b>Rs. 60</b>	
36.	<b>Herbal Skin Medicated Soap</b>	<b>161 gm.</b>	<b>Rs.250</b>	
37.	<b>Papaya Skin Whitening Soap</b>	<b>117 gm.</b>	<b>Rs. 80</b>	
38.	<b>Charcoal Papaya Rose Scented Soap</b>	<b>88 gm.</b>	<b>Rs. 60</b>	
39.	Soya-Multigrain Milk Powder	500gm	Rs.250	

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Two Extremes in Behavior: Those who do not feel that it is a religious duty to discipline the mind to dwell upon cheerful subjects will usually be found at one of two extremes: they will be elated by a continual round of exciting amusements, indulging in frivolous conversation, laughing, and joking; or they will be depressed, having great trials and mental conflicts, which they think but few have ever experienced or can understand. These persons may profess Christianity, but they deceive their own souls. **EGW**

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