

# HEALTH REFORMER

Vol. 9, No. 3

July - September, 2019

## **Addictions - Part 3**

(WILLPOWER, SELF-CONTROL)

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# “Willpower: Why Self-Control is the Secret of Success” by Roy Baumeister

Book Review & Summary by [www.njlifehacks.com](http://www.njlifehacks.com)

Lack of willpower is the number one cause of diseases in the world. Science is finally catching up to this fact. One of the world's most esteemed and influential psychologists, Roy F. Baumeister, has written the book: “*Willpower: Rediscovering the Greatest Human Strength*,” in which he reveals the secrets of self-control and how to master it. His many videos on this topic are available online.

## Summary

Willpower matters A LOT. In fact, it's the #1 greatest predictor of happiness, health, wealth, and general

well-being. That's true. Nothing predicts your future success and well-being better than your willpower.

Best of all, there are some simple and proven ways to grow your willpower strength and become more self-disciplined.

And that's where Willpower comes into the picture. This book, written by Roy Baumeister, one of the leading researchers in this field, will show you exactly how self-control works and how to get better at it.

## Who Is Willpower For?

- Anyone interested in personal growth and self-development
- Especially anyone interested in the subject of self-discipline
- Anyone struggling with self-discipline, e.g. with resisting cravings

## 1. Two Qualities That Predict Success

“However you define success—a happy family, good friends, a satisfying career, robust health, financial security, the freedom to pursue your passions—it tends to be accompanied by a couple of qualities. When psychologists isolate the personal qualities that predict ‘positive outcomes’ in life, they consistently find two traits: intelligence and self-control. So far researchers still haven't learned how to permanently increase intelligence. But they have discovered, or at least rediscovered, how

to improve self-control.”

IQ and willpower are the two prime predictors of success in life. The former remains fixed over our lifetime. The latter, however, is very much subject to change.

What does this mean? If you want greater success in life, the lever to work on is self-control. Improve your willpower, improve your chances of success in life. Simple as that.

## 2. Improving Willpower Is the Surest Way to a Better Life

“They've come to realize that most major problems, personal and social, center on failure of self-control: compulsive spending and borrowing, impulsive violence, underachievement in school, procrastination at work, alcohol and drug abuse, unhealthy diet, lack of exercise, chronic anxiety, explosive anger. Poor self-control correlates with just about every kind of individual trauma: losing friends, being fired, getting divorced, winding up in prison.”

You may not realize it, but most of your problems result directly from a lack of willpower. Health issues? Overweight? Addictions? Poor diet? Lack of exercise? Bad relationships? Finances going awry? So many seemingly different problems, but only one major cause. Can you imagine how your life changes when you fix that cause?

That's the power of self-control. Baumeister goes on to mention how people with greater willpower are healthier, happier, and more satisfied in their relationships. They are further ahead in their careers and make

more money. They're better able to deal with conflict, manage stress, and overcome adversity. They even live longer than their less disciplined peers.

More impressive yet, willpower is a stronger determinant of effective leadership than charisma, more important for marital satisfaction than empathy, and a better predictor of academic achievement than intelligence. In fact, it's two times better at predicting academic success than IQ. Think about that for a moment.

Bottom line: If you want to improve your life, self-control is where to start.

## 3. Desire Is the Norm

“Desire turned out to be the norm, not the exception. About half the time, people were feeling some desire at the moment their beepers went off, and another quarter said a desire had just been felt in the past few minutes. Many of these desires were ones they were trying to resist. The researchers concluded that people spend at least a fifth of their waking hours resisting desires—between three and four hours per day.”

We tend to think of willpower as some magical force to be summoned in emergency situations only. That's not true.

In one study, Baumeister and his colleagues monitored a group of more than two hundred people. The participants wore beepers that went off at random intervals seven times a day, prompting them to report whether they were currently experiencing some sort of desire or had just recently felt such a desire. In total, more than ten thousand mo-

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mentary reports were recorded. The results are described in the quote below. We may not be aware of it, but we're fighting urges all throughout the day. Some of the more common ones are the urges to eat, sleep, nap, take a break, watch TV, play video games, have sex, check email, or hop on social media.

This makes it really obvious why willpower is so important. If you don't have the self-discipline to resist these urges, you'll find yourself in trouble very quickly.

#### 4. How Willpower Works

"That's more or less what researchers discovered after studying thousands of people inside and outside the laboratory. The experiments consistently demonstrated two lessons:

You have a finite amount of willpower that becomes depleted as you use it.

You use the same stock of willpower for all manner of tasks."

The first lesson—commonly referred to as ego depletion—is beautifully illustrated with a classic study called the radish experiment. Baumeister and his team pre-

sented hungry college students with a bowl of radishes and a bowl of chocolates.

Both bowls were placed in front of each student. Half of them were told to eat chocolates, but no radishes. The other half to eat radishes, but no chocolates. The researchers expected the radish-eaters to use up a significant amount of willpower. To find out if that was the case, the researchers gave each student a difficult—in fact, unsolvable—puzzle to solve. What interested the researchers was how long students would work on it before giving up.

Lo and behold, the radish-eaters gave up much faster than the chocolate-eaters did. They had used up a lot of willpower resisting the chocolates and were left exhausted when trying to solve the puzzle.

The second lesson is that we use the same reservoir of willpower for pretty much everything. There's no separate source for work, another for exercise, another for dieting, or another for being nice to your kids. No matter where you exert self-control, it draws on the same source of energy—you use the same supply to deal with tempting

food, annoying colleagues, frustrating traffic, or demanding bosses.

#### 5. Practice Makes Perfect

"Exercising

self-control in one area seemed to improve all areas of life. They smoked fewer cigarettes and drank less alcohol. They kept their homes cleaner. They washed dishes instead of leaving them stacked in the sink, and did their laundry more often. They procrastinated less. They did their work and chores instead of watching television or hanging out with friends first. They ate less junk food, replacing their bad eating habits with healthier ones."

Willpower is a skill like any other. If you want to get better at it, you need to practice. What does that mean? It means you need to exert self-control in daily life.

One of the first studies demonstrating this idea asked volunteers to follow a two-week regimen to track their food intake, improve their posture, or track their moods. Compared to a control group, the participants who had exerted willpower by performing these small exercises were less vulnerable to self-control depletion in follow-up lab tests.

Over and over again, research shows that engaging in activities that require self-control helps build your overall self-control strength.

Baumeister mentions a few strategies for giving your willpower a regular workout in your day-to-day life:

Adjust your posture. Every time you realize you're slouching, sit up straight. This doesn't come natural, so it requires and builds willpower.

Use the opposite hand. Try opening all doors with your opposite hand. Since our brains are wired to use the dominant hand for everything, this requires and builds willpower.

Stop using swear words. Since it takes effort to go against your inclination of using swear words, this requires and builds willpower.

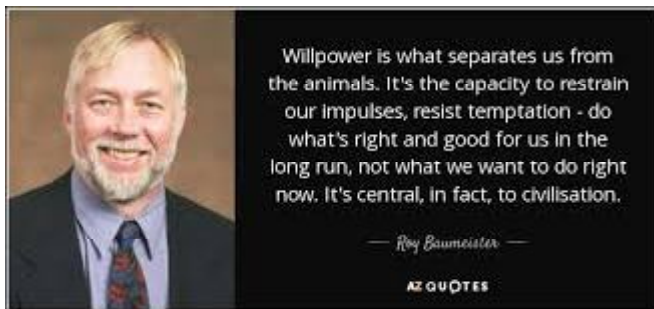
Track your spending. Again, this isn't something we normally do, so it requires and builds willpower.

#### 6. The Incredible Importance of Energy on Self-Control—"No glucose, no willpower."

Using willpower requires energy. Every time you're forced to exert self-control—by resisting a cookie, suppressing an emotion, or resisting the urge to procrastinate—you use a little bit of energy. Run out of energy and you run out of willpower.

The major energetic component for willpower seems to be blood glucose (blood sugar). When people perform a self-control task, their blood sugar levels tend to drop. And the more a person's blood sugar drops, the worse they perform on the next task. If you give willpower-drained individuals a glass of lemonade, the resulting boost in blood sugar temporarily restores willpower.

According to Baumeister, blood sugar issues (which translate into low and unstable energy levels) predict a wide range of willpower failures. Whether it is diabetics or hypoglycemics, both of them



struggle with self-control. Here he uses hypoglycemia as example:

“The link between glucose and self-control appeared in studies of people with hypoglycemia, the tendency to have low blood sugar. Researchers noted that hypoglycemics were more likely than the average person to have trouble concentrating and controlling their negative emotions when provoked. Overall, they tended to be more anxious and less happy than average. Hypoglycemia was also reported to be unusually prevalent among criminals and other violent persons, and some creative defense attorneys brought the low-blood-sugar research into court.”

He mentions a study showing below-average glucose levels in 90 percent (!) of juvenile delinquents taken into custody.

The point is, willpower requires energy. It doesn't matter where your lack of energy comes from—diabetes, hypoglycemia, crappy diet, lack of sleep. If you don't have energy, you can't control yourself.

If you ask me, that's phenomenal news! It means that any improvement in energy levels directly translates into improvements in willpower. More energy = more willpower. That's one of the reasons why I'm so obsessed with eating healthy, optimizing sleep, exercising regularly.

### **7. Beware of Decision Fatigue**

“The link between willpower and decision making works both ways: Decision making depletes your

willpower, and once your willpower is depleted, you're less able to make decisions.”

If you haven't noticed yet, making decisions is hard work. You have to consider pros and cons, take responsibility, think about moralities, and so on. It's an energy-intensive process.

Unfortunately, making decisions uses up the same energy that we need for self-control. The more decisions you make, the less willpower you're left with.

The good news is you can reduce the amount of decisions you make on a daily basis, thereby saving some of your precious willpower. Some ways of doing that include planning your day the night before, creating pre-commitments, eating the same meals over and over again, or minimizing your wardrobe (guess why Mark Zuckerberg wears the same grey t-shirt day in day out).

### **8. Tidy Up!**

“Another simple old-fashioned way to boost your willpower is to expend a little of it on neatness. People exert less self-control after seeing a messy desk than after seeing a clean desk, or when using a sloppy rather than a neat and well organized Web site. You may not care about whether your bed is made and your desk is clean, but these environmental cues subtly influence your brain and your behavior, making it ultimately less of a strain to maintain self-discipline. Order seems to be contagious.”

Studies show that your environment has a massive influence on your self-control. Orderly, clean, and well-designed websites? More willpower. Sloppy websites with spelling errors and other problems? Less willpower. Tidy and neat lab rooms? More willpower. Messy lab rooms? Less willpower.

You can either create a willpower-supporting or a willpower-depleting environment around you. If you wish to do the latter, start by cleaning up and keeping things tidy. Oh, and for reasons mentioned in this article, get rid of unnecessary clutter while you're at it.

### **9. Play Offense, Not Defense**

“People with good self-control mainly use it not for rescue in emergencies but rather to develop effective habits and routines in school and at work. The results of these habits and routines were demonstrated in yet another recent set of studies, in the United States, showing that people with high self-control consistently report less stress in their lives. They use their self-control not to get through crises but to avoid them. They give themselves enough time to finish a project; they take the car to the shop before it breaks down; they stay away from all-you-can-eat buffets. They play offense instead of defense.”

The most successful people play offense, not defense with their willpower. They use self-control to build and establish patterns of healthy behavior—habits, systems, and pre-commitments that set them

up for success.

They eat healthy, exercise regularly, keep to a consistent sleep schedule, and abstain from bad habits like smoking, late-night snacking, or heavy drinking. Installing these patterns takes willpower initially. But once things become habitual, their lives can proceed smoothly and they find themselves doing the right things more or less automatically.

As an additional bonus, their habits (due to their automatic nature) help them conserve willpower, so that if emergency strikes, they have enough reserves to overcome them.

### **10. Use Pre-Commitment Strategies**

“The essence of this strategy is to lock yourself into a virtuous path. You recognize that you'll face terrible temptations to stray from the path, and that your willpower will weaken. So you make it impossible—or somehow unthinkably disgraceful or sinful—to leave the path. Precommitment is what Odysseus and his men used to get past the deadly songs of the Sirens. He had himself lashed to the mast with orders not to be untied no matter how much he pleaded to be freed to go to the Sirens. His men used a different form of precommitment by plugging their ears so they couldn't hear the Sirens' songs. They prevented themselves from being tempted at all, which is generally the safer of the two approaches. If you want to be sure you don't gamble at a casino, you're better off staying out of it rather than strolling past the tables

and counting on your friends to stop you from placing a bet. Better yet is to put your name on the list of people (maintained by casinos in some states) who are not allowed to collect any money if they place winning bets.”

Pre-committing yourself means locking yourself into a virtuous path. You decide in advance what you will or won't do in a specific situation. And if possible, you make it so that not doing the right thing literally becomes impossible.

Pre-committing basically means that you use willpower now so you don't have to use it in a future situation. That's playing offense in-

stead of defense.

So, what are some pre-commitment strategies? Here are a few of my favorites:

Don't bring any crappy food into your home

Don't buy cigarettes, alcohol, or whatever drug you're trying to resist

Pay or sign-up in advance (e.g. for a membership)

Block distracting websites

Create a commitment contract

If this summary has not helped you, you may wish to purchase the Willpower book. Ω

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From Inspiration

## Decision and the Will

by Ellen G. White

**Governing Power in Nature of Man**—The will is the governing power in the nature of man, bringing all the other faculties under its sway. The will is not the taste or the inclination, but it is the deciding power which works in the children of men unto obedience to God or unto disobedience.

**Everything Depends on Its Right Action**—The tempted one needs to understand the true force of the will. This is the governing power in the nature of man—the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right, as far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil prop-

ensities. They do not yield the will to God. They do not choose to serve Him.

**The Spring of All Actions**—Your will is the spring of all your actions. This will, that forms so important a factor in the character of man, was at the Fall given into the control of Satan; and he has ever since been working in man to will and to do of his own pleasure, but to the utter ruin and misery of man.

But the infinite sacrifice of God in giving Jesus, His beloved Son, to become a sacrifice for sin, enables Him to say, without violating one principle of His government: “Yield yourself up to Me; give Me that will; take it from the control of Satan, and I will take possession of it; then I

can work in you to will and to do of My good pleasure.” When He gives you the mind of Christ, your will becomes as His will, and your character is transformed to be like Christ's character.

**Man's Will Is Aggressive**—The will of man is aggressive and is constantly striving to bend all things to its purposes. If it is enlisted on the side of God and right, the fruits of the Spirit will appear in the life; and God has appointed glory, honor, and peace to every man that works good.

**Impossibility Lies in Own Will**—Our entire life is God's and must be used to His glory. His grace will consecrate and improve every faculty. Let no one say, I cannot remedy my defects of character; for if you come to this decision, you will certainly fail to obtain everlasting life. The impossibility lies in your own will. If you will not, then you can not overcome. The real difficulty arises from the corruption of unsanctified hearts, and an unwillingness to submit to the control of God.

**A Grand Soother of Nerves**—The mind and nerves gain tone and strength by the exercise of the will. The power of the will in many cases will prove a potent soother of the nerves.

**Satan Uses the Will**—When Satan is permitted to mold the will, he uses it to accomplish his ends. He stirs up the evil propensities, awakening unholy passions and ambitions. He says, “All this power, these honors and riches and sinful pleasures, will I give thee”; but his conditions are that integrity shall be yielded, conscience blunted. Thus he degrades

the human faculties and brings them into captivity to sin.

**Temptation Taxes Willpower to Uttermost**—It is our privilege, as children of God, to hold fast the profession of our faith without wavering. At times the masterly power of temptation seems to tax our willpower to the uttermost, and to exercise faith seems utterly contrary to all the evidences of sense or emotion; but our will must be kept on God's side. We must believe that in Jesus Christ is everlasting strength and efficiency. Hour by hour we must hold our position triumphantly in God, strong in His strength.

**Education of Children Not Like Training Dumb Animals**—The education of children at home or at school should not be like the training of dumb animals; for children have an intelligent will, which should be directed to control all their powers. Dumb animals need to be trained, for they have not reason and intellect. But the human mind must be taught self-control. It must be educated to rule the human being, while animals are controlled by a master and are trained to be submissive to him. The master is mind, judgment, and will for his beast.

**The Will to Be Directed, Not Broken**—A child may be so trained as to have, like the beast, no will of his own. Even his individuality may be merged in the one who superintends his training; his will, to all intents and purposes, is subject to the will of the teacher. Children who are thus educated will ever be deficient in moral energy and individual responsibility. They have not been taught to move from reason and principle;

their wills have been controlled by another, and the mind has not been called out that it might expand and strengthen by exercise. They have not been directed and disciplined with respect to their peculiar constitutions and capabilities of mind to put forth their strongest powers when required.

Teachers should not stop here but should give special attention to the cultivation of the weaker faculties, that all the powers may be brought into exercise and carried forward from one degree of strength to another, that the mind may attain due proportions.

**Save All the Strength of the Will**—The work of “breaking the will” is contrary to the principles of Christ. The will of the child must be directed and guided. Save all the strength of the will, for the human being needs it all; but give it proper direction. Treat it wisely and tenderly, as a sacred treasure. Do not hammer it in pieces; but by precept and true example fashion and mold it until the child comes to years of responsibility.

**Teacher Not to Be Dictatorial**—Those who are selfish, peevish, dictatorial, coarse, and rough, who do not carefully regard the feelings of others, should never be employed as teachers. They will have a disastrous influence upon their students, molding them after their own character, thus perpetuating evil. Persons of this character will make an effort to break a boy's will, if he is unruly; but Christ has authorized no such manner of dealing with the erring. Through heavenly wisdom, through meekness and lowliness of heart,

teachers may be able to direct the will and lead in the way of obedience; but let no one imagine that by threatening, the affection of the student may be gained. We must work as Christ has worked.

**The Divided Will Is a Snare**—Every youth needs to cultivate decision. A divided state of the will is a snare, and will be the ruin of many youth. Be firm, else you will be left with your house, or character, built upon a sandy foundation. There are those who have the misfortune to be always on the wrong side, when the Lord would have them faithful men who can distinguish good from evil.

**Two Elements of Character**—Strength of character consists of two things—power of will and power of self-control. Many youth mistake strong, uncontrolled passion for strength of character, but the truth is that he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by the power of the feelings that he subdues, not by the power of the feelings that subdue him. The strongest man is he who, while sensitive to abuse, will yet restrain passion and forgive his enemies. Such men are true heroes.

**The Will United With Divine Strength**—You may become men of responsibility and influence if, by the power of your will, united with divine strength, you earnestly engage in the work. Exercise the mental powers, and in no case neglect the physical. Let not intellectual slothfulness close up your path to greater knowledge. Learn to reflect as well as to study that your minds may expand, strengthen, and de-

velop. Never think that you have learned enough and that you may now relax your efforts. The cultivated mind is the measure of the man. Your education should continue during your lifetime; every day you should be learning and putting to practical use the knowledge gained.

**Right Exercise of Will Resists Disease**—I have been shown that many who are apparently feeble and are ever complaining are not so badly off as they imagine themselves to be. Some of these have a powerful will, which, exercised in the right direction, would be a potent means of controlling the imagination and thus resisting disease. But it is too frequently the case that the will is exercised in a wrong direction and stubbornly refuses to yield to reason. That will has settled the matter; invalids they are, and the attention due to invalids they will have, irrespective of the judgment of others.

**A Factor in Dealing With Disease**—The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being and will be a wonderful aid in the maintenance of health. It is a power also in dealing with disease.

By the exercise of the willpower in placing themselves in right relation to life, patients can do much to cooperate with the physician's efforts for their recovery. There are thousands who can recover health if they will. The Lord does not want them to be sick. He desires them to be well and happy, and they should make up

their minds to be well.

Often invalids can resist disease simply by refusing to yield to ailments and settle down in a state of inactivity. Rising above their aches and pains, let them engage in useful employment suited to their strength. By such employment and the free use of air and sunlight, many an emaciated invalid might recover health and strength.

**Improved Health Promised**—Evil habits and practices are bringing upon men disease of every kind. Let the understanding be convinced by education as to the sinfulness of abusing and degrading the powers that God has given. Let the mind become intelligent and the will be placed on the Lord's side, and there will be a wonderful improvement in the physical health.

But this can never be accomplished in mere human strength. With strenuous efforts through the grace of Christ to renounce all evil practices and associations and to observe temperance in all things, there must be an abiding persuasion that repentance for the past, as well as forgiveness, is to be sought of God through the atoning sacrifice of Christ. These things must be brought into daily experience; there must be strict watchfulness and unwearied entreaty that Christ will bring every thought into captivity to Himself; His renovating power must be given to the soul, that as accountable beings we may present to God our bodies a living sacrifice, holy and acceptable unto Him, which is our reasonable service.

**Narcotics and the Will**—There are



some who use narcotics, and by indulgence are encouraging wrong habits that are obtaining a controlling power over the will, the thoughts, and the entire man.

**Teach the Power of the Will**—The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown.

**Holy Spirit Does Not Take Place of Will**—The Spirit of God does not propose to do our part, either in the willing or the doing. This is the work of the human agent in cooperating with the divine agencies. As soon as we incline our will to harmonize with God's will, the grace of Christ stands to cooperate with the human agent; but it will not be the substitute to do our work independent of our resolving and decidedly acting. Therefore it is not the abundance of light, and evidence piled upon evidence, that will convert the soul. It is only the human agent accepting the light, arousing the energies of the will, realizing and acknowledging that which he knows is righteousness and truth, and thus cooperating with the heavenly ministrations appointed by God in the saving of the soul.

**Safe Only When United With Divine**—The will of man is safe only when united with the will of God.

**Human Will to Be Blended With Divine Will**—In this conflict of righteousness against unrighteous-

ness we can be successful only by divine aid. Our finite will must be brought into submission to the will of the Infinite; the human will must be blended with the divine. This will bring the Holy Spirit to our aid, and every conquest will tend to the recovery of God's purchased possession, to the restoration of His image in the soul.

**Conversion Does Not Create New Faculties**—The Spirit of God does not create new faculties in the converted man but works a decided change in the employment of those faculties. When mind and heart and soul are changed, man is not given a new conscience, but his will is submitted to a conscience renewed, a conscience whose dormant sensibilities are aroused by the working of the Holy Spirit.

**Satan Rules the Will That's Not Under God's Control**—Christ declared, "I came . . . not to do My own will, but the will of Him that sent Me" (John 6:38). His will was put into active exercise to save the souls of men. His human will was nourished by the divine. His servants today would do well to ask themselves, "What kind of will am I individually cultivating? Have I been gratifying my own desires, confirming myself in selfishness and obstinacy?" If we are doing this, we are in great peril, for Satan will always rule the will that is not under the control of the Spirit of God. When we place our will in unison with the will of God, the holy obedience that was exemplified in the life of Christ will be seen in our lives.

**The Will to Be Directed by a Pure Conscience**—Inward peace and a

conscience void of offense toward God will quicken and invigorate the intellect like dew distilled upon the tender plants. The will is then rightly directed and controlled, and is more decided, and yet free from perverseness.

**The Will Determines Life or Death**—Eternity alone can reveal the glorious destiny to which man, restored to God's image, may attain. In order for us to reach this high ideal, that which causes the soul to stumble must be sacrificed. It is through the will that sin retains its hold upon us. The surrender of the will is represented as plucking out the eye or cutting off the hand. Often it seems to us that to surrender the will to God is to consent to go through life maimed or crippled.

God is the fountain of life, and we can have life only as we are in communion with Him. If you cling to self, refusing to yield your will to God, you are choosing death.

It will require a sacrifice to give yourself to God; but it is a sacrifice of the lower for the higher, the earthly for the spiritual, the perishable for the eternal. God does not design that our will should be destroyed, for it is only through its exercise that we can accomplish what He would have us do. Our will is to be yielded to Him that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power.

**To Understand True Force of Will (counsel to an unstable young man)**—You will be in constant peril until you understand the true force

of the will. You may believe and promise all things, but your promises or your faith are of no value until you put your will on the side of faith and action. If you fight the fight of faith with all your willpower, you will conquer. Your feelings, your impressions, your emotions, are not to be trusted, for they are not reliable.

**You Can Control Will**—But you need not despair. It is for you to yield up your will to the will of Jesus Christ, and as you do this God will immediately take possession and work in you to will and to do of His good pleasure. Your whole nature will then be brought under the control of the Spirit of Christ, and even your thoughts will be subject to Him.

You cannot control your impulses, your emotions, as you may desire; but you can control the will, and you can make an entire change in your life. By yielding up your will to Christ, your life will be hid with Christ in God and allied to the power which is above all principalities and powers. You will have strength from God that will hold you fast to His strength; and a new light, even the light of living faith, will be possible to you. But your will must cooperate with God's will.

**The Link That Binds With Divine Energy**—We are laborers together with God. This is the Lord's own wise arrangement. The cooperation of the human will and endeavor with divine energy is the link that binds men up with one another and with God. The apostle says, "We are laborers together with God: ye are God's husbandry, ye are God's building" (1 Corinthians 3:9). Man is to work with the facilities God has

given him. “Work out your own salvation with fear and trembling,” He says. “For it is God which worketh in you both to will and to do of His

good pleasure” (Philippians 2:12, 13). When the will is placed on the Lord's side, the Holy Spirit takes that will and makes it one with the divine will. Ω

## The Double-Minded Man

### Steps to Life

*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double-minded man is unstable in all his ways. James 1:5-8.*

### Symptom 1

The double-minded man is the man who is bent on having his own way. He seeks to follow his own way while professing to be doing the will of God. Not only does this deceive others, eventually he is deceived himself. He really thinks when following his own way that he is doing the will of God. It took forty years of training to prepare Moses to withstand these types of problems: “It was the experience gained during the years of toil and waiting in Midian—the spirit of humility and long-suffering there developed—that prepared Moses to meet with patience the unbelief and murmuring of the people and the pride and envy of those who should have been his unswerving helpers. Moses ‘was very meek, above all men which were upon the face of the earth,’ and this is why he was granted divine wisdom and guidance above all others. Says the Scripture, ‘The meek will He guide in judgment: and the meek will He teach His way.’ Psalm 25:9. The meek are guided by the Lord, because they are teachable,

willing to be instructed . . . God does not force the will of any; hence He cannot lead those who are too proud to be taught, who are bent upon having their own way. Of the double-minded man—he who seeks to follow his own will, while professing to do the will of God—it is written, ‘Let not that man think that he shall receive anything of the Lord.’ James 1:7.”

### Symptom 2

The double-minded man has two agendas in his mind. When people talk to him, sometimes he is on one agenda and sometimes on the other. Consequently, while everything he says might be absolutely the truth according to the agenda he is talking about, actually it is very deceptive. This deception eventually is manifest when the two agendas become known and are found often to be contradictory. “They are men of two minds.”

### Symptom 3

The double-minded man is unstable—he is constantly in the pro-

## Carnal Man

*The natural man receives not the things of the Spirit of God: for they are foolishness unto him.”*

1 Cor. 2:14

## Spiritual Man

*Put ye on the Lord Jesus Christ and make not provision for the flesh to fulfill the lusts thereof.*

Romans 13:14

### The Works of the Flesh



### The Fruit of the Spirit

Feeds on Television, Glamour Magazines, Pleasure, Extravagance, Sports, Fashions, Success, adultery, fornication, uncleanness, idolatry, hatred, jealousies, selfish ambitions, heresies, murders, rev- elries, sorcery, contentions, out- bursts of wrath, dissensions, envy, drunkenness.

Condemned

Walks after the flesh

Under the law of sin and death

Minds things of flesh

Carnally minded is death

Enmity (Enemy) against God

Not subject to God's law

Cannot be subject to law

Cannot please God

In the flesh

Out of Christ

None of His

Shall die (Spiritual death)

**Appetites of the Carnal Man: Loves lusts of the flesh:** Vaunting of the self. Sensual arts (cosmetics, jewelry, adornments, deification of flesh), Physical, Unnatural beauty, Physical feats, sports, Entertainment that appeals to appetite of sex, hunger, ambition, Moral corruption of others. Carnal man has allowed himself to live in the flesh but he is dead unto God. The carnal man is a spiritual man sometimes but he is reacting to external circumstances.

Feeds on the Word of God, Prayer, Holiness, Good works, love, joy, peace, patience, kindness, good- ness, faithfulness, gentleness, en- durance, knowledge, self-control, moral excellence, faith, loves others, trusts God, obeys, introduces others to Christ, has effective prayer life, is empowered by the Holy Spirit.

No condemnation

Walks NOT after the flesh

FREE from law of sin and death

Minds things of Spirit

Spiritually minded is life

Friend of God

A subject of God's law

God's law the rule of his life

Pleases God

Not in the flesh (not carnal)

In Christ (Spirit indwells)

A child of God

Shall live.

**Appetites of the Spiritual Man: Loves spiritual nature:** The Image of Christ, The welfare of others, Righteousness, Obedience, Order, Moral, Self-improvement, Influenc- ing others to purity and goodness, Transformation, Moral discipline, Command of the thought life, The joy of pleasing God. The spiritual man has crucified his flesh and he is alive unto God. The spiritual man has put his flesh on the Cross. He will say I will have love, joy, peace. Ω



cess of changing his mind, back and forth and up and down. “To be double-minded is to be unstable.” “They are unstable in all their ways, and cannot be depended upon.”

#### **Symptom 4**

The double-minded man professes one thing and does another. To be more specific, he by profession deplores the work of Satan and yet enters into his devices. “Of what profit is it to say pleasant things, to deplore the works of Satan, and yet at the same time to enter into the fulfillment of all his devices? This is being double-minded.”

#### **Device 1: Blaming others and justifying ourselves.**

“The spirit of self-justification originated in the father of lies; it was indulged by our first parents as soon as they yielded to the influence of Satan, and has been exhibited by all the sons and daughters of Adam. Instead of humbly confessing their sins, they try to shield themselves by casting the blame upon others, upon circumstances, or upon God.”

“The very thing that gained for Satan the sympathy of one-third of the angels in heaven, was this spirit of self-justification. The angels were deceived by Satan’s misrepresentations and by his artful power of accusing those who would not unite with him. Satan has kept up this work ever since his fall, and he has large numbers of men and women who follow in the very steps he has taken, until they fall from the truth, give up their steadfastness, and stand on Satan’s side, as accusers, criticizing others.”

We are all in a world of temptation,

“let no one feel that he makes no mistakes.” The problem is not so much that we make mistakes, but rather when we do make them, do we take responsibility? Or, do we instead accuse others, trying to cast the blame on some other scapegoat?

#### **Device 2: Deception.**

In the effort to cause good to happen to ourselves by self-justification and blaming others, inevitably we will sooner or later be caught up in deception. We may have proclaimed to all that we are transparent in all our actions, etc., but an attempt to justify self and blame others will always end up in a crooked course of action. Not only will others be deceived but we will deceive ourselves by this course.

#### **Symptom 5**

Instead of going to God for unerring, stable counsel, the double-minded man seeks counsel from man—he is controlled by men instead of God. Because of this he is never comfortable unless there is a coalition of people working together. Consequently, it is only through human association and groups that he can feel safe and comfortable. If things do not work out in one group, he is forced to seek some other group to be a part of so that he feels safe, secure and comfortable. He is not comfortable except in a group.” ‘A double minded man is unstable in all his ways.’

God calls upon His people now to consecrate all their powers to His service. He would have every household become a home-church. None are to place themselves under the guidance of human beings; for God

has not ordained this. He bids us look to One and depend upon One who understands our needs, and is able to supply them from His abundant fullness.”

#### **Symptom 6**

The double-minded man has not a personal spiritual foundation—he walks in the light of another’s torch. Why do you believe what you believe? Some people believe what they believe because that is what they were taught by their Bible teacher or by the evangelist they trained under or by some theologian, etc. All these people may know the truth, but you must know the truth for yourself, not just what somebody else believes, or you will not endure through the shaking. “Many of those who profess the truth have received it because some one else did, and for their life they could not give the reason of their faith. This is why they are so unstable. Instead of weighing their motives in the light of eternity, instead of obtaining a practical knowledge of the principles underlying all their actions, instead of digging down to the bottom and building upon a right foundation for themselves, they are walking in the light of another’s torch, and will surely fail.”

#### **Symptom 7**

The double-minded man deals in man-made tests. “Men will arise speaking perverse things bringing sacred truth upon a level with common things. The devisings of men’s minds will invent tests that are no tests at all, that when the true test shall be made prominent, it shall be considered on a par with the man-

made tests that have been of no value. To cast lots for the officers of the church is not in God’s order.”

#### **Symptom 8**

The double-minded man speaks evil of his brethren who will not be turned from the truth to his present opinion. He will call them all sorts of names and epithets such as schismatic, “ignorant of theology or history,” divisive, back-biters, wishy-washy, filled with hatred against him—in short he blames his troubles on his brethren who do not agree with him about this or that.

“Satan is at the head of fallen principalities and powers, and is the ruler of the darkness of this world. Day and night he is plotting against God and against those who are seeking to obey the truth. He transforms himself into an angel of light, and makes darkness appear as light, and light as darkness; and he seeks continually to lead unstable souls to unite with him in thinking evil and in speaking evil of those who will not be turned from the truth. He is described in the Scriptures as a liar, a destroyer, a tormentor, an accuser, a murderer, and it will not be difficult to discern on which side a soul is fighting, or under what leadership he is moving, if he is found accusing and condemning others. If men and women have been placed so that they have gained influence, and they use that influence to further Satan’s designs, they are uniting with the great adversary and apostate.”

#### **Symptom 9**

The double-minded man says anything that comes into his mind. He strongly advocates something and

then strongly advocates just the opposite and then denies what he formerly advocated. There is a double-mind.

To a double-minded minister Ellen White wrote as follows: "When a man gives evidence that he is sound in principle, when he is of good repute among those where he is best known, when his character is one whose influence will be Christ-like, he should be admitted to fellowship and confidence without hesitancy. But he whose works show him to be unstable, who says one thing and does the very opposite, is careless of his words and influence, bringing out of his heart the evil things lurking there, such a one will profane both men and God. He will say anything that comes into his mind, whether he knows it to be falsehood or truth. There is a mixture of good and bad in his character, and he speaks just as he feels without studying the influence his words must have upon those who believe him to be a true minister of the gospel. They have heard him speak as Christ's ambassador, and therefore they will either regard his sins lightly or their confidence in him as a devoted servant of Christ will be destroyed. The minister of Christ should be circumspect, he should understand human nature."

"One day you will stand in the pulpit and strongly advocate the testimonies which God has sent to his people; in a few days, if you feel like it, you do your best to unsettle faith in them, among those with whom you associate; and then in a day or two you are advocating the testimonies again. Now, my brother, are you anchored anywhere, or are you not

more like the waves of the sea, tossed to and fro, unstable, unreliable, moved not by principle, but by emotion? Will not your work be of the same character? Will it not ravel out? Both you and your wife are under the reproof of God. What are you going to do about it? Will you draw nigh to God? Will you set your own house in order? Will you unitedly make earnest work for eternity? Or will you throw down the yoke of Jesus, refuse to lift his burdens, and choose to be independent, perverse, willful, uncontrollable? You often deny what you have said or done."

Ellen White was forced to consider workers' past experience and how this past experience had molded the mind and judgment when making decisions about trusting a person in the future. She wrote concerning one such double-minded worker whom she refused to re-accept for employment: "This past experience has given a mold to the thoughts, and has fashioned the mind and judgment. I can see no safety in trusting the matter the Lord shall give me in the hands of one of such unstable, unreliable developments of character that a balance wheel is needed constantly, else she will be running off on a side track where Satan may choose to lead the way. Fannie is so wrapped up in her own exalted estimation of herself that any contrary influence that has been brought to bear upon her mind meets with a resistance that is according to the attributes of the enemy. The surroundings, the impulses, give tone and character to the whole life. There are too large and important interests at stake in this matter to be lightly imperiled. Should I consent

that Fannie remain in connection with the work, there would be a constant burden of foreboding upon me, for these elements of character are not easily changed." Manuscript Release, 926.

We have been given similar counsel in preparing for the time of trouble: "Before the great trouble shall come upon the world such as has never been since there was a

nation, those who have faltered and who would ignorantly lead in unsafe paths will reveal this before the real vital test, the last proving comes, so that whatsoever they may say will not be regarded as voicing the True Shepherd. The time of our educating will soon be over. We have no time to lose in walking through clouds of doubt and uncertainty because of uncertain voices." Ω

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## The Danger of Double-Mindedness

Double-mindedness means "bad faith," "double-heartedness," "of two minds." It pertains to self-deception as two semi-independently acting minds within one mind, deceive one the other." Webster's Dictionary.

A double-minded man is never sure of anything. He has an aggressive will which is constantly striving to bend all things to its purposes. He does not yield the will to God. He does not choose to serve Him.

A double-minded man is unstable in all his ways. He does not want to correct defects in his character. The impossibility lies in his own will. If he wills not, then he can not overcome. A double-minded man has a corrupt, unsanctified heart, and therefore he is unwilling to submit to the control of God.

A double-minded man refuses to enlist his will on the side of God and right. He does not build faith in God. Being selfish, and wanting things immediately, he gathers illegal and like-minded advisors around him who lead him in the wrong path. He has no mind of his own, but other's.

Therefore, it is of a surety that a double-minded man cannot be walking in the Spirit, nor can he have the mind of Christ. He cannot be a prayer-dependent person, nor is he spiritual. Due to insatiability (desire impossible to satisfy), he will always demonstrate poor judgment. He is generally ruled by his emotions and his feelings. A double-minded man often operates by his own agenda.

A double-minded man and his decisions cannot be trusted. He is not honest. His instability will have a negative affect on others. The Christian who is always indecisive and is constantly changing his mind does not know God, nor trusts Him, nor understands the will of God.

A double-minded man should not expect to receive anything from the Lord. *"But he must ask in faith, without doubting, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not expect to receive anything from the Lord. He is a double-minded man, unstable in all his ways.* James 1:6-8.

The double-minded do not go to

heaven. They cannot be saved as they serve God half-heartedly. *“No man can serve two masters; for either he will love the one and hate the other; or else he will hold to the one and despise the other.”*

Plea! If you are a double-minded person, please fall at God’s feet and surrender your will to Him. Ask Him to strengthen your faith. Give up your ego. The meek will inherit heaven. Let no one say, I cannot remedy my defects of character. The

impossibility lies in your own will. If double-mindedness is a generational curse, pray that this curse may be broken from you and from your children because parents’ weaknesses are passed on to children until the fourth generation.

The Pineal gland in our brain is the throne of God. Only one can sit on that throne at a time—either God or Satan. Strive for perfection. Give your will to God. Choose ye this day whom you will serve! Ω

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### Willpower Defeats All Power

## Your Will Power Is More Powerful Than You Think

Usha Sunil

Willpower has been termed ‘the greatest human strength’, and rightly so, as it is the factor behind every single noteworthy human achievement down the centuries! With willpower, the impossible can be made possible. Without this all important quality, everything you have worked for can be lost in an instant. By harnessing your willpower, and exercising self control and practical wisdom, you can work toward your personal and professional goals and truly enjoy quality life.

Even if you have always felt that you lack this all important quality, do not feel disheartened. By consciously trying to develop willpower, you can in fact achieve miracles. Through regular exercises and self-discipline, willpower can be cultivated over the years. Self-discipline can ensure that you have the willpower to get things

done, on time and every time.

To ensure career success through willpower, it is important that you have a roadmap charted out. Chalk out the professional goals you would like to achieve in your life. Set targets, and put down dates by which you would like to have reached each career milestone. Some goals may need some work—such as undertaking a course of study—or achieving a certain level of experience.

You can also map out your weaknesses, and formulate ways to turn them around. For instance, if you wish to be a leader, but are not good at communication, there are workshops you can attend to skill up as required. A series of small changes can turn around your life and lead to huge positive changes in your career.

You could take the help of training experts to work out the certification

courses that could help you along the way. One of your goals could be to increase your earning capabilities. Some credentials such as the PMP certification in India have been proven to give a 42% salary hike to certified individuals. You can list out your goal of completing the course of study leading to the PMP exam, and successfully clearing the exam. Willpower plays an important role in this endeavour—you should study religiously every day, despite any other pressures you may face in your life.

Make resolutions and stick to them. Your resolution may be as simple as clearing your email inbox every day. Piling up incomplete work never helps, and once you fall behind it is very hard to catch up. Staying on top of your daily work requires a certain amount of willpower.

Levels of failure and success in your

career, leadership capabilities, the ability to be a good team player, and the ability to get tasks completed on time are all directly related to your willpower, or the lack of it! A person who lacks this all important quality is certainly doomed to a life of constant failures and inadequacies.

In fact, a lack of mental strength and willpower can affect every aspect of your life, not just your career alone. Taking the first few steps to develop your mental faculties can be difficult, especially if you are faced with toxic situations, peer pressure or stress caused by family or friends. However, you must make a comprehensive life plan. Keep at it and you will surely succeed. Make sure you start to consciously work on developing your personal and professional skills through willpower, and you could create a sea-change in your entire life! Ω

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### Section II

## The Lower and Higher Natures

Kevin D. Paulson

### Lower and Higher Forces Exist in Human Nature

#### Introduction

Flesh and the Spirit of God are the two opposing powers by which we are dominated or ruled. We have both these natures in us. God created us in His image, breathed His breath into our nostrils, and wrote His laws on every nerve and cell. Thus we have the nature of God, which we call higher nature. Then Eve fell for Satan and due to sin, we inherited Satan’s nature, which we call lower nature.

#### Two Forces in Human Nature

In man there are two natures. In one he lives for the world alone. This is his material or lower nature. And in the other, he approaches God. This is his spiritual or higher nature. Every good habit, every noble quality, belongs to man’s spiritual nature, whereas all his imperfections and sinful actions are born of his material nature. “If a man’s divine nature dominates his human nature, we have a saint,” said Abdul Baha.

Jesus declared to His disciples in Gethsemane, “The spirit indeed is willing, but the flesh is weak” (Matt. 26:41). Paul declared: “I keep under my body, and bring it into subjection” (I Cor. 9:27), and speaks of the weapons of Christian warfare “bringing into captivity every thought to the obedience of Christ” (II Cor. 10:5).

The Bible is clear that to be tempted by our lower, fleshly desires is not sin:

*“But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived it bringeth forth sin: and sin, when it is finished, bringeth forth death.”* (James 1:14-15).

Notice that only when lust conceives—when the will gives consent—does sin occur.

There are thoughts and feelings suggested and aroused by Satan that annoy even the best of men; but if they are not cherished, if they are repulsed as hateful, the soul is not contaminated with guilt and no other is defiled by their influence.

The lower nature of itself cannot sin: The lower passions have their seat in the body and work through it. The words “flesh” or “fleshly” or “carnal lusts” embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God. We are commanded to crucify the flesh, with the affections and lusts. How shall we do it? Shall we inflict pain on the body? No, but put to death the temptation to sin. The corrupt thought is to be expelled. Every thought is to be brought into captivity to Jesus Christ. All animal pro-

pensities are to be subjected to the higher powers of the soul.

Notice how carefully Ellen White distinguishes the lower passions from the higher powers. Once this distinction is understood, we can better understand the two types of statements on passions and propensities as they relate to human beings.

### **Evil Passions and Propensities: Controlled or Cast Out?**

We need to both control and cast out evil passions and propensities: The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. Our natural propensities must be controlled, or we can never overcome as Christ overcame.

However, other statements speak of the need to cast out evil passions and propensities: The only power that can create or perpetuate true peace is the grace of Christ. When this is implanted in the heart, it will cast out the evil passions that cause strife and dissension.

But although their evil propensities may seem to them as precious as the right hand or the right eye, they must be separated from the worker, or he cannot be acceptable before God.

Nonsense and amusement-loving propensities should be discarded, as out of place in the life and experience of those who are living by faith in the Son of God.

We must realize that through belief in Him it is our privilege to be partakers of the divine nature, having escaped the corruption that is in the

world through lust.

Then we are cleansed from all sin, all defects of character. We need not retain one sinful propensity.

As we partake of the divine nature, hereditary and cultivated tendencies to wrong are cut away from the character, and we are made a living power for good.

But from where are evil passions cast? Where are sinful propensities not to be retained?

Evil propensities are out of place in the life and experience of the faithful, that as we partake of the divine nature, hereditary and cultivated tendencies to wrong are cut away from the character. The character is the higher nature, where choices are made.

Notice she doesn't say these tendencies will be cut away from the lower, fleshly nature, so that we won't feel the urge to sin any more. That change will not happen until Jesus comes: So long as Satan reigns, we shall have self to subdue, besetting sins to overcome; so long as life shall last, there will be no stopping place, no point which we can reach and say, I have fully attained.

Appetite and passion must be brought under the control of the Holy Spirit. There is no end to the warfare this side of eternity.

During the Holy Flesh controversy of the early 1900s, Ellen White wrote the following:

When human beings receive holy flesh, they will not remain on earth, but will be taken to heaven.

We need to notice carefully what these statements say, and what they

don't say.

They aren't saying that complete victory over sin is unattainable this side of eternity.

They are simply saying that war with the flesh will not cease this side of eternity, which means the fleshly urges will still be present in the lower natures of believers. Continuous warfare doesn't necessarily mean occasional defeat.

Complete victory over the fleshly nature is promised to the Christian in this life (Rom. 8:4,13; II Cor. 7:1). But while complete victory does mean the absence of failure, it does not mean the absence of conflict until our earthly life is past.

### **Jesus our Example**

There was no sin in Him that Satan could triumph over, no weakness or defect that he could use to his advantage. But we are sinful by nature, and we have a work to do to cleanse the soul temple of every defilement.

But another statement, which uses similar language, helps us understand what “no sin in Him” means:

Satan finds in human hearts some point where he can gain a foothold; some sinful desire is cherished, by means of which his temptations assert their power.

But Christ declared of Himself, “The prince of this world cometh, and hath nothing in Me.” John 14:30. Satan could find nothing in the Son of God that would enable him to gain the victory. He had kept His Father's commandments, and there was no sin in Him that Satan could use to his advantage. This is the condition in which those must

be found who shall stand in the time of trouble.

Thus, “no sin in Him” means no cherished sinful desires, not the absence of such desires in the lower nature. The statement we quoted earlier, which speaks of our being “sinful by nature” and needing “to cleanse the soul temple of every defilement”, clarifies this point again. Elsewhere Ellen White is clear when this cleansing is to occur:

Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost.

Obviously this refers to the cleansing of the will and character, which will take place prior to the end-time sealing and latter rain. This does not refer to the cleansing of the lower, fleshly nature, since the same author maintains we must contend with that nature till Jesus comes. Thus, when she writes in the earlier statement of our being “sinful by nature” in contrast with Jesus who had “no sin in Him”, she is speaking in context of the higher nature. She is not denying that Jesus inherited a fallen lower nature at birth, with its tendencies and desires.

We see this point further clarified in another Ellen White statement, where she writes of our Lord: “The prince of darkness found nothing in Him; not a single thought or feeling responded to temptation”. Yet in another statement which we saw earlier, Ellen White is clear that it is

not the arousal of sinful thoughts and feelings that constitutes the response to temptation here described, but rather, the cherishing of these thoughts and feelings:

There are thoughts and feeling suggested and aroused by Satan that annoy even the best of men; but if they are not cherished, if they are repulsed as hateful, the soul is not contaminated with guilt and no other is defiled by their influence.

In another statement, Ellen White says Jesus had to struggle with sinful thoughts: Some realize their great weakness and sin, and become discouraged. Satan casts his dark shadow between them and the Lord Jesus, their atoning sacrifice. They say, It is useless for me to pray. My prayers are so mingled with evil thoughts that the Lord will not hear them.

These suggestions are from Satan. In His humanity Christ met and resisted this temptation, and He knows how to succor those who are thus tempted.

In a pamphlet devoted specifically to sexual indulgence, Ellen White offers hope to the tempted with these words:

All are accountable for their actions while upon probation in this world. All have power to control their actions. If they are weak in virtue and purity of thoughts and acts, they can obtain help from the Friend of the helpless. Jesus is acquainted with all the weaknesses of human nature, and if entreated, will give strength to overcome the most powerful temptations.

Elsewhere we read:

His (the Christian’s) strongest temp-

tations will come from within, for he must battle against the inclinations of the natural heart. The Lord knows our weaknesses.

### **And how does He know our weaknesses?**

He knows by experience what are the weaknesses of humanity, what are our wants, and where lies the strength of our temptations, for He was “in all points tempted like as we are, yet without sin” (Hebrews 4:15).

Our Redeemer manifested no human weakness or imperfection.

The key word here is “manifested.” That refers to choice, the consent of the will, the higher nature. Jesus most assuredly struggled with human weaknesses in His lower nature, which the above statements clarify beyond dispute. But He never consented to such weaknesses through choice.

“He was perfect, and undefiled by sin. He was without spot or blemish”. But then we remember another statement where she says, “He took upon Himself fallen, suffering human nature, degraded and defiled by sin”. The first statement refers to His higher nature, the second to His lower nature.

“His spiritual nature was free from every taint of sin”. But other Ellen White statements make it clear that the spiritual nature is the same as the higher nature:

Professed followers of Christ are today eating and drinking with the drunken, while their names stand in honored church records. Intemperance benumbs the moral and spiri-

tual powers and prepares the way for indulgence of the lower passions.

The faculties of the mind, as the higher powers, are to rule the kingdom of the body. The natural appetites and passions are to be brought under the control of the conscience and the spiritual affections. By such misuse of the marriage relation, the animal passions are strengthened; and as these grow stronger the moral and intellectual faculties become weaker. The spiritual is overborne by the sensual.

The indulgence of natural appetites and passions has a controlling influence upon the nerves of the brain. The animal organs are strengthened, while the moral and spiritual are depressed.

“He was born without a taint of sin, but came into the world in like manner as the human family”. Many have alleged that this means He was born without the inherited sinful nature common to all humans. But at least two other statements make it clear that His being “born without a taint of sin” refers to His divine nature, not to the absence of fleshly desires in His lower, human nature:

What a sight was this for Heaven to look upon? Christ, who knew not the least taint of sin or defilement, took our nature in its deteriorated condition.

Though He had no taint of sin upon His character, yet He condescended to connect our fallen human nature with His divinity.

In other words, Christ was “born without a taint of sin” is that He came from heaven pure. In no way

is it implied that anyone is tainted with sin just by being born.

“He (Christ) took upon His sinless nature our sinful nature”. The sinless nature here described refers not to His inherited human nature, but to His divine nature. This becomes clearer yet in another statement:

Sinless and exalted by nature, the Son of God consented to take the habiliments of humanity, to become one with the fallen race.

Jesus had no taint of sin, is talking about His choices, not the human nature He took at birth: One unsanctified act on the part of our Saviour would have marred the pattern, and He could not have been a perfect example of us; but although He was tempted in all points like as we are, He was yet without one taint of sin.

Christ, the second Adam, came in the likeness of sinful flesh. In man’s behalf, He became subject to sorrow, to weariness, to hunger, and to thirst. He was subject to temptation, but He yielded not to sin. No taint of sin was upon Him.

Not one impure word escaped His lips. Never did He do a wrong action, for He was the Son of God. Although He possessed a human form, yet He was without a taint of sin.

What we must remember, as we noted at the beginning, is that inspired statements can only be understood in the light of each other. This is true with Scripture (Isa. 28:9-10; I Cor. 2:12-14), and it is true with Ellen White.

Be careful, exceedingly careful, as to how you dwell upon the human

nature of Christ. Do not set Him before the people as a man with the propensities of sin.

He is the second Adam. The first Adam was created a pure, sinless being, without a taint of sin upon him; he was in the image of God. He could fall, and he did fall through transgression. Because of sin his posterity was born with inherent propensities of disobedience. But Jesus Christ was the only begotten Son of God.

He took upon Himself human nature, and was tempted in all points as human nature is tempted. He could have sinned, He could have fallen, but not for one moment was there in Him an evil propensity.

Adam was tempted by the enemy, and he fell. It was not indwelling sin which caused him to yield, for God made him pure and upright in His own image. He was as faultless as the angels before the throne. There were in him no corrupt principles, no tendencies to evil. But when Christ came to meet with temptations of Satan, He bore the “likeness of sinful flesh”.

Notice how both these statements put the tempted Adam and the tempted Christ alongside each other. But it is important to note the difference in the way Adam and Christ are contrasted in one statement, as distinct from how they are contrasted in the other statement. Even if one concludes—as I believe the weight of evidence demands—that the “propensities of disobedience” in the early part of the first statement refer to the lower nature, while the “evil propensity” at the end of the statement refers to the cherishing of

such tendencies by the higher nature, there is still sufficient contrast between Adam and Christ so that the statement makes sense. Adam was capable of falling, and he did. Christ was also capable of falling, but He didn’t.

### Condemning Sin in the Flesh

The apostle Paul writes, in the book of Romans:

For what the law could not do, in that it was weak through the flesh, God sending His own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh. That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit” (Rom. 8:3-4).

In succeeding verses he writes: For they that are after the flesh to mind the things of the flesh; but they that are after the Spirit the things of the Spirit. So then they that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of His. For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live (verses 5,8,9,13).

The word the “likeness of sinful flesh,” indicates that the word “likeness”—*homoiomati* in Greek—means sameness (see also Acts 14:11,15; Phil. 2:7). The prefix “homo,” which this word contains, is obviously where we get such English words as “homogenous” and “homosexual.” “Homo” means same, as distinct from “hetero” which means different.

But aside even from this argument, the surrounding verses in Romans 8 which we cited above make it clear that the flesh, as described in these verses, is something hostile to the Holy Spirit and to God’s will. Jesus “condemned sin in the flesh, that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit (verses 3-4). We read that “they that are in the flesh cannot please God” (verse 8), that “if ye live after the flesh, ye shall die” (verse 13). But the apostle also states, “But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you” (verse 9).

Paul isn’t saying in the above verse that Christians no longer have a fleshly nature to contend with. That much is clear when he writes elsewhere, “But I keep under my body, and bring it into subjection” (I Cor. 9:27). He is simply saying that Christians refuse to live after the flesh, declaring that “if ye through the Spirit do mortify the deeds of the body, ye shall live” (verse 13).

Clearly, according to Paul, it is possible to subdue the flesh and overcome sin through the Spirit’s power. And it is Jesus who “condemned sin in the flesh” (verse 3), in the same fleshly nature we inherit, who has shown us how to “walk not after the flesh, but after the Spirit” (verse 4).

### Summary

Lower and higher forces exist in human nature, and that in the sanctified Christian’s life, the lower forces must be controlled by the higher.

Jesus did not have sinful passions



and propensities, in the higher nature, the seat of character and the will, where we need not retain such passions and propensities either.

Like Jesus, the Christian must always contend with the lower, fleshly nature throughout his earthly sojourn. But because Jesus consistently trusted His Father's strength and never yielded to the lower nature's sinful urges, the sanctified Christian is able—through the same divine strength—to do as Jesus did.

### Practical Relevance

Where we stand on this issue makes all the difference in the practical struggles of our lives. Its relevance is heard in the privacy of the pre-dawn devotional hour, as a young man pleads for strength to defeat the forces of lust, only to be comforted by the awareness that His Savior vanquished these very temptations. Its importance is felt in the executive office and construction yard, as frustrations and irritations are met with the confidence that our Lord subdued these very feelings.

Its splendor breaks like sunshine in the heart of a teenage daughter whose family has a history of incest, as she learns that this was part of Jesus' family lineage also (Gen. 19:32-38; Ruth 4:10; Matt. 1:5).

A few years ago a denominational editor wrote, regarding the continuing debate on this subject in the church: "How I wish that we could turn our energies from fighting over

Him (Christ) and instead contemplate Him". I appreciate his concern. I too wish we would all contemplate Christ more. But it will do no good to contemplate a false christ, a sterilized savior who never contended with the frustrations, urges, and hormones of fallen humanity. As we find our way through the veritable minefield that is life, the inspired assurance of a truly relevant Savior becomes more precious than all beside.

This is not, as some believe, some abstract quarrel over how many angels can dance on the head of a pin! It is an issue of supremely practical relevance. For this reason, not for any perverse love of argument, this issue will not go away. We close with the following promise from the inspired pen:

In our own strength it is impossible to deny the clamors of our fallen nature. Through this channel Satan will bring temptations upon us. Christ knew that the enemy would come to every human being, to take advantage of hereditary weakness, and by his false insinuations to ensnare all whose trust is not in God. And by passing over the ground which man must travel, our Lord has prepared the way for us to overcome. It is not His will that we should be placed at a disadvantage in the conflict with Satan. He would not have us intimidated and discouraged by the assaults of the serpent. "Be of good cheer," He says, "I have overcome the world." John 16:33 (85).      Ω

*Why the Christian life is so difficult to many is because they have a divided heart. They are double-minded, which makes them unstable in all their ways. — EGW*

## Inspirational Quotes On Willpower

www.awakenthegreatnesswithin.com

Willpower is the ability to control oneself and determine one's actions, displaying self-control within and without. May these quotes inspire you to have control over yourself so that you attain success.

1. "Willpower is like a muscle: The more you train it. The stronger it gets." Anonymous.
2. "People do not lack strength; they lack will." Victor Hugo.
3. "People don't just find the strength and the willpower they need, they create it." Anonymous.
4. "Willpower isn't something that gets handed out to some and not to others. It is a skill you can develop through understanding and practice." Gillian Riley.
5. "It's not that some people have the willpower and some don't. It's that some people are ready to change and others are not." James Gordon.
6. "Willpower—it has bigger power than you think, much bigger." Anonymous.
7. "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." Vince Lombardi.
8. "Willpower is not genetic. It requires the will to resist, and the power of a resolved mind." Anonymous.
9. "Everything is generated through your own will power." Ray Bradbury.
10. "Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear." Dan Millman.

11. "Willpower and desire, when properly combined, make an irresistible pair." Napoleon Hill.

12. "There is no great talent without great willpower." Honore de Balzac.

13. "Willpower knows no obstacles. Find your greatness." Nike.

14. "Most of life's actions are within our reach, but decisions take willpower." Robert Mckee.

15. "Strength does not come from physical capacity. It comes from an indomitable will." Mahatma Gandhi.

16. "Willpower is the basis of perseverance." Napoleon Hill.

17. "Technique and ability alone do not get you to the top; It is willpower that is the most important. This willpower you cannot buy with money or be given by others. It rises from your heart." Junko Tabei.

18. "A big part of willpower is having something to live for." Mark Shuttleworth.

19. "The men who succeed are the efficient few. They are the few who have the ambition and willpower to develop themselves." Herbert N Casson.

20. "You have willpower, and you should bring it to your aid. You have not done this, but have let your highly wrought imagination control reason. In this you have grieved the Spirit of God. Had you no power over your feelings, this would not be sin; but it will not answer thus to yield to the enemy. Your will needs to be sanctified and subdued instead of being arrayed in opposition to that of God." Ellen G. White      Ω

God has given full knowledge to this endtime generation. Until recent years, doctors had allowed a little indulgence to their patients, “to enjoy their food before they die.” No one got better. They all died while indulging themselves.

Diseases have exploded. Dangerous and expensive surgeries have been put in place. Patients lost food, clothing, shelter, sometimes organs and their lives—in their pursuit to get better. Needless surgeries were recommended. Sicknes bred in every home.

Then God raised dozens of conscientious doctors to say—“No animal products, no oil, no refined foods, no sugar, no drugs and supplements, only whole foods, plant-based diet.” People got better. They reversed major diseases with food. What Hippocrates said 2,500 years ago—*Let food be thy medicine and medicine thy food*—came true.

\* \* \*

We are fortunate to live to see this. We live in a world where indulgence is encouraged and self-discipline is discouraged. Food and drug companies ensure that we get sick and they make money.

**Food industries**, take out what God has put in food—the bran with multi-vitamins and minerals—and add what God has not put—one vitamin—in a devitaminized product and call it ‘enriched;’ And ready-to-eat foods are causing diseases.

**Drug Companies’s** statistics—Of the \$1.05 trillion revenue for the

global pharmaceutical market, nearly half of it—roughly \$515 billion—comes from the U.S. and Canada. However, the two countries make up only around 7% of the total world population. That is where your money goes. Over 7,000 drugs are currently in development around the world. That number includes 1,813 cancer drugs and 1,329 neurological disorder drugs.

Drug Industries have a vested interest in our sickness. Selling vitamins and plant-isolates is a multi-billion dollar industry. Dr. Colin Campbell says: “This process omits the thousands of plant chemicals (phytochemicals) now being shown to have useful activities toward the prevention of chronic degenerative diseases. These activities must be developed only within the context of whole foods, where the natural order does its own thing on its own time, and under its own conditions.” For example, eating whole soya is more beneficial than taking soya protein isolate capsules. Using Periwinkle whole plant as tea is more beneficial than using Vincristine and Vinblastine chemo drugs. Eating whole foods is the way to go.

\* \* \*

People need to go one step further in their self-discipline. They should refuse to keep any refined foods in their kitchen shelves, and they should refuse to buy anything that is not whole food—such as, white rice, white flour, processed atta, legumes and beans without skin; dehusked vermicelli; noodles and

macaroni made of white flour; refined oils, etc. All polished grains cause nutritional diseases, to the people of a country who are already poor, who cannot afford the medical costs.

\* \* \*

As I write, the news about BJP’s tampering of evms in all states is coming and I see a second revolution happening in India. Friends, pursue this revolution. God wants to cleanse this land from all corrupt leaders, and He needs our help. Injustice to innocent individuals should be punished. When a country lacks justice, that country will be doomed for punishment from God. That punishment could be delayed and peace purchased when people agitate against corruption.

\* \* \*

I would like to see a third revolution happen in India, that is, with regard to food. If all diabetics can exercise self-control and willpower, and switch to whole foods, plant-based diet, this country will no longer be called “the diabetic capital of the world.” In fact, the world’s scientists should say: “Go and visit India. It is a vegetarian country. People there live long, are healthy, and practice ahimsa.” We should cause a revolution to see that only whole foods are sold in India.

A month ago I was in Mysore to get molasses tested by a lab; and knowing that Dr. Khadar valli lives in Mysore, I visited his home briefly and thanked him for helping change India. He said: “Not only India, I want to change the world.” Because of him and his daughter, millet-growing is spreading in India; distributors are increasing; stores

selling millets are springing up, millet-cooking recipes are available on the internet and foreigners are visiting him for advise. I hope that soon healthy cookies and snacks for school children using millets will come into the market. With a handful of people like him in India, there could be a food revolution. My salute to Dr. Khadar valli for bringing India’s disease index lower and raising health index higher through millet revolution. I already experienced the benefits of millet because my protein powder has six millets and it has improved my health. More farmers should grow it so that the cost of the millets could come down.

\* \* \*

Dear brother and sister who have a problem with addiction: be it drugs, sex, food, pornography, facebook, whatsapp, etc., this issue, “Addiction-3,” is my last issue on addiction. If you have not read the first two issues, you may obtain them at <http://independent.academia.edu/JohnEllen>. But this issue alone is sufficient to help you to overcome. I hope that you will re-read this issue, will pass it to your friends, will exercise your willpower and will take control of your health. Hand over your will to God. Jesus said: “Be of good cheer, I have overcome the world.” Jesus is more powerful than Satan who is trying to destroy you.

To those who are sick, are on drugs, are discouraged and depressed—You need not be sick. Use your willpower and self-control. Change your diet, change your mind and get well. Lack of willpower is the main reason for obesity, diabetes, heart problem, depression and most health issues. If you think you can be whole, you can. God bless! — Ellen Prasad Ω

## Price List

Description	Qty	Cost Rs.
<b>HEALTH PRODUCTS</b>		
<b>Activated Charcoal Powder</b> .....	500 g .....	400.00
Activated Charcoal Powder .....	250 g .....	225.00
Activated Charcoal Powder .....	125 g .....	135.00
Activated Charcoal Tablets - .....	Approx. 105-110 tablets .....	250.00
Activated Charcoal Capsules .....	100 Capsules .....	350.00
<p>Activated Charcoal is the strongest adsorbent of poisons in the world. Use it for gas, stomach problems, to detox kidneys, liver, for snake bites, for poison cases, to cleanse one's blood in case of leukemia, to remove radiation from the body, etc. Order the companion booklet: '<i>Activated Charcoal, God's Natural Remedy</i>' to know the diseases charcoal treats, for Rs.25.00. This is the most read magazine of all our magazines on the internet.</p>		
<b>FOOD SUPPLEMENTS</b>		
<b>CHIA SEEDS</b> .....	100 g .....	100.00
<p>Chia seeds are one of the most nutrient dense foods on the planet. They have calcium, omega-3 fatty acids, protein, dietary fiber, vitamins, minerals and polyphenolic antioxidants. They benefit diabetes, dyslipidemia, hypertension, inflammation, oxidative stress, and blood clotting. They are laxative, boost vision and immunity, relieve anxiety and depression. They absorb water, hold things together well, and are an egg substitute. Ideal for powders, nutrition bars, breads and cookies or simply soak a spoon of seeds in a glass of water and drink.</p>		
<b>BARLEY GRASS POWDER</b> .....	100 g .....	250.00
<p>Aids in strengthening and detoxification of liver, alkalizes for a healthy body pH, boosts energy, boosts immune system, corrects blood sugar levels, cures and prevents allergies, destroys cancer cells, effective in treating ulcerative colitis, Improves blood circulation, maintains glowing skin, offers unique and powerful plant antioxidants, prevents heart disease, protects bone health, removes toxins, and is a useful remedy in fighting alcohol and drug addiction. Barley leaves have 68 Micronutrients: 17 types of minerals; 16 types of vitamins; 17 types of enzymes and 18 types of amino acids. It is a nutrient dense food. You require only 1/2 tsp. per day. Mix in a glass of water, lime water, molasses water, fruit juice, vegetable juice or protein powder and drink. Add to your sauces and salad dressings.</p>		
<b>BLACK STRAP MOLASSES</b> .....	500 g .....	350.00
<p>Blackstrap molasses contains 52 vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. It is beneficial in the treatment of cancer, combats stress and anxiety, gives glowing skin, heals endometriosis, skin diseases; lowers blood pressure and hypertension; maintains blood sugar balance, healthy bones and teeth; Prevents and cures iron deficiency anemia, protects from cardiovascular disorder, relieves constipation, menstrual cramps, PMS, etc. 1 tbsp. of molasses mixed in warm water may be taken in the morning. And use as sugar substitute in coffee and tea. The lab test of this product is over and we await permission. Please check with us in June.</p>		
<b>SOYA PROTEIN POWDER</b> .....	500 g .....	400.00
<p>Soyabeans have complete protein. This protein powder has 26 ingredients. Everybody should consume soya every day. Use it as a drink, in your atta, in dose batter and to make cookies. Cook soya beans with rice and curries. Soya strengthens your bones, prevents cancers and heart attack, and your body pains will disappear as it cleans arteries and veins from all cholesterol, thus removing all blockages from your blood flow. Drink 1 cup in the morning and one cup in the evening for a 10-day trial. Directions: Keep one glass of water on the stove. Add a pinch of salt, a pinch of jaggery, add 1 tbsp. powder and whisk it. When it comes to boil, pour into your cup.</p>		

Description	Qty	Cost Rs.
<b>VITAMIN C POWDER (ASCORBIC ACID)</b> .....	100g .....	300.00
<p>Vitamin C is necessary for the growth, development and repair of all body tissues. It is involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Vitamin C reaches every cell of the body, and holds the body together. It boosts the immune system. Helps the nervous system by converting amino acids into neurotransmitters and saves lives. It protects against colds and is the only cure for gingivitis (bleeding gums). It is known to cure over 30 major and incurable diseases. Some of the diseases Dr. Klenner treated with aggressive vitamin C therapy are: Pneumonia, encephalitis, herpes, pancreatitis, hepatitis, alcoholism, arthritis, leukemia, most cancers, diabetes, glaucoma, schizophrenia, radiation burns, complications of surgery, chronic fatigue, multiple sclerosis, alzheimer's, parkinson's, depression, anxiety, etc. We have purchased this for our patients but if you are in need of it, we will make it available to you. One may take upto 2000 mg per day. Mix 1/4 tsp. in a glass of water and drink it. It is preferable to use fresh limes, but when limes are not available, you may use this powder.</p>		
<b>WHEAT GRASS POWDER</b> .....	100 g .....	160.00
<p>Boosts immunity, clears skin of pigmentation, freckles, eczema, psoriasis, acne, scars, blemishes, itching and body odor. Revitalizes the skin. Slows down aging process. Fights tumors, heals cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils. Helps heal wounds faster. Helps treatments and prevention of cancer, anaemia, diabetes, piles, peptic ulcer, constipation, obesity, asthma, acidity, T.B., Thalassemia, arthritis, hair fall. Improves blood sugar disorders. Restores alkalinity to the blood, cleanses and builds the blood. Improves digestion and bowel movements. Increases energy levels. Is anti-inflammatory and Antioxidant. Lessens the effects of radiation. Neutralizes toxic substances like cadmium, nicotine, strontium, mer-cury, and polyvinyl chloride. Potent detoxifier. Prevents kidney stones. Reduces fatigue. Reduces blood pressure. Stimulates metabolism. Sweetens breath. Mix 1 tsp. in a glass of water, lime water, molasses water, fruit juice, vegetable juice or protein powder and drink. Add to your sauces and salad dressings.</p>		
<b>SOAPS:</b> .....		
All soaps.....1 g=1 Re Each soap is between.100-120 per weight.		
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This soap is made from wound healing plants, oils and charcoal and is good for wounds, and skin eruptions. This is people's favorite soap as it makes their skin soft.		
2. <b>Neem &amp; Lavendar Soap</b>		
Neem is anti-inflammatory, antibacterial, anti-fungal and anti-parasitic. Can cure skin ailments like eczema and psoriasis. Apply to hair to get rid of dandruff.		
3. <b>Soapnut, Shikakai Shampoo Bar</b>		
This all natural aromatic shampoo bar gives extra lather due to soap nuts and shikakai and lasts long. You may use it for both bath and hair.		
<b>OILS FOR HAIR AND MASSAGE</b>		
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2. Hair darkening oil .....	50 ml .....	100.00
3. Pain Massage oil for bath & arthritis pain .....	40 ml .....	120.00
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3. Anti-Itch Herbal Salve .....	50 g .....	120.00
4. Body Cream: .. Geranium .....	50 g .....	120.00
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## Plantpure Communities & Bangalore Health Foods Column:

**Wish More Restaurants Offered WFPB meals?**

Together, we can make that happen! Chronic diseases like heart disease and type-2 diabetes are preventable and in some cases reversible by shifting to a whole food, plant-based (WFPB) diet, which means getting WFPB options added to restaurant menus can help individuals take control over their health.

Thanks to your support, we've seen great success with the PPC (Plantpure Communities) Restaurant Campaign so far. It has expanded globally to restaurants located in 7 countries, and more than 105 restaurants have added plant-based, oil-free meals to their menus!

Together, let's increase that number by 350 restaurants by the end of 2020! With your donations, PPC will conduct outreach to restaurant chains and associations, work with restaurant-related apps, and improve resources for restaurant owners.

*info@plantpurecommunities.org via gmail*

**Healthy Recipes**

Charcoal could be added to brownies, cakes and cookies. Charcoal expels gas, gives healthier skin, removes dead skin cells, disease germs and parasites. It cleanses blood and organs. It has filtering capacity to remove radiation, harmful, distasteful substances, balances pH and mineralizes water. Mass production of charcoal added cake, cookies, candies and other products should be done as part of the income generating activities.

*Asia Pacific Journal of Multidisciplinary Research, Dec. 2015*

**Vegan Soft Baked Activated Charcoal Cookies**

**Ingredients**

- 2 cups whole flour
- 1 teaspoon baking powder
- 1-2 tbsp activated charcoal
- 1/2 teaspoon salt
- 1 1/2 cups jaggery/powdered sugar
- 1/3 cup coconut oil, melted
- 1/2 cup almond milk, room temperature

1 1/2 teaspoons vanilla extract

**Instructions**

Preheat oven to 350 degrees. Line baking sheets with parchment paper. In medium bowl, sift together flour, activated charcoal, baking powder and salt. Set aside.

In the bowl of standing mixer, beat together powdered sugar, melted coconut oil, almond milk and vanilla until creamy.

Add flour mixture and continue to mix until combined. Dough will thicken as you stir. If the dough still seems runny simply pop in the fridge for 5 minutes.

Roll 2-tablespoon size scoops of dough into balls and place onto prepared baking sheet.

Flatten slightly with fingers to 1/2-inch thick. You can of course make them as thick as you like! Bake cookies for 8-10 minutes. Do not over bake, as cookies won't shift in color. Remove cookies from oven and place on cooling rack to cool completely.

**Notes**

You can add cocoa powder for a chocolate flavor and omit the vanilla. You can add the charcoal later to the mixing bowl with all of the ingredients to achieve various shades. Simply start with a little and gradually

add more. 1/2tbs will get you a dark grey color!

<http://www.eatdrinkshrink.com>

### Tomato Foxtail Millet for Weight loss

#### Ingredients

1 sachet Foxtail Millet  
1 Onion  
2 Tomatoes  
1/2 tsp Oil  
1/2 tsp Ginger Paste  
1 tsp Green Chillies, chopped  
1/2 tsp Turmeric Powder  
1/2 tsp Chilli Powder  
1/2 tsp Mustard Seeds

1/2 tsp Cumin Powder  
1/2 tsp Coriander Powder  
Salt – (To Taste)  
Water – (As Required)

#### Instructions

Take oil in a pan. Add mustard seeds, curry leaves, green chilli, ginger paste and onion to it. Saute them.

Then add tomato, water, turmeric powder, chilli powder, coriander powder, required amount of water and foxtail millet to it. A good lunch item. Ω

<https://truweight.in/blog/recipes>

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Your Willpower is More Powerful Than You Think by Usha Sunil.

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*If undeliverable, please give to someone who could read English.*

