REITERATED MESSAGES

- Learn your lessons, or you'll do them until you get it right!
- Free will is a gift, but we can ask for God's help when we need it!
 - o It is important to say the Daily Lifting on a **daily basis** in order to remove anything that might interfere with our ability to exert our free will
- God isn't a punisher, and we must use our free will to take responsibility for ourselves and our choices
- Set your boundaries!
- Guides speak from your right side, the Demonic speaks from your left, Spirits can speak from either side.

Animals

- Animals incarnate repeatedly
- Animals incarnate within the same species
 - o A dog will not come back as a whale, a goldfish will never become a tiger
 - o A housecat can come back as a lion, and a chimpanzee as a gorilla
 - o A Great Dane could come back as a Chihuahua

Prayer Formulas

- The words prayer and formula are often used interchangeably by Carol
- The formulas that she uses, references, and provides us with are actually prayers.
- For each specific problem, a specific prayer exists.
 - o Genetic diseases, DNA/RNA deactivation are included
 - Formulas do not "fix" the problem, but put things into a stasis. Once this stasis occurs, you must change whatever caused the issue (mental, physical, spiritual, or emotional roots) or the issue will reactivate
 - If you fail to change the root cause of the issue, then the formulas will stop working
 - Carol worked on a man with a brain tumor. She used the formula four times, but on the fifth time, the formula didn't work because he refused to change the root of the problem.

Diseases

- Diseases DO NOT exist only in the physical body and ARE NOT caused singularly by what you take in to your physical body.
- Diseases are caused by what you think, how you think, your state of mind
 - o If you're a smoker and you KNOW that you're going to evolve cancer in your body with every cigarette that you smoke, you will evolve cancer.
 - o In this respect, diseases can be self-fulfilling prophecies
 - What you fear, you will bring into your emotional body, your psychological body, and eventually your physical body.

LESSONS

• Everyone is a teacher in our lives, and everyone serves a purpose. We are teachers and lessons for those around us.

- o Being a hermit accomplishes absolutely nothing.
- Some try to find their connectedness with God via solitude, but connecting with God means connecting with the people around you.
 - Monks who do this try to master themselves, which is easy to do in solitude. The true test is mastery among others.
- o There is part of God in everyone and everything- that's your soul
- Friends with negative belief systems will eventually affect YOU
 - o Positive people will lift you up and reinforce your positivity
 - It is not your responsibility to "bring up" the Negative Nancy's of the worldyou cannot change their mindset and they will bring you down
- Lessons vary, and can involve numerous things
 - o Breaking patterns or legacies is a common lesson

Psychics

- Psychics ARE NOT fortune tellers
- Psychics do not read the future.
 - The future can be changed, we have free will, we can make decisions for ourselves
 - o The future is what you want it to be. Our choices define our future.
 - Certain things are placed in your path, and are put there so you're forced to overcome them. You've scheduled them in, and it's better that you face them sooner rather than later, because they're not going away.
- "Supernatural" isn't supernatural, it's material.

The Human Soul

- Spirits are human and are physical
 - Your soul occupies your body, but when you leave your body you still look the same, and still retain the same features.
 - Your spirit cannot die because it's not biological and doesn't have the same functions.
- In Heaven, there is joy in our homecoming and sadness in our birth into this world... It's more of a death to be born here and more of a birth to go home
 - o Food is still a thing, though. Weight gain is not.
 - o Family reunions are common after a member passes
 - If a family member is Earthbound, then they'll ask the families to pray for whoever is Earthbound so he can come
 - You can choose what age you want to be
 - Loved ones will greet you at the age you remember them most
 - Instantaneous travel is a bonus. You can visit anywhere in the world you want to with a thought
 - o Loved ones on the other side mourn the separation just as much as we do.
 - You go through a life review, and you find out what you did to other people, how you treated them, and how you made them feel.
- Earthbound souls

- Some don't know they've died and keep living like they always have.
 Sometimes they'll get a glimpse of you, but you're like a ghost to them in their house.
 - There are different time levels, so you can have multiple spirits in one place that cannot contact each other
 - They'll be together if they died together
- Sometimes people just know they're going to Hell, so they exist in a grey limbo without any human contact
- o Suicide will bind you into a specific place.
 - They killed themselves to escape the misery
 - They killed their body, but the emotions and the pain are still there
 - These Earthbound souls will make contact, however, in an attempt to get help
- Extremely negative souls can make use of the heaviness of some layers of the
 Outer Darkness and use things like vortexes to hold other souls captive
- Doppelgangers
 - o When you see yourself outside of your body
 - o You astrally travel and run into yourself
 - We have 7 different bodies, one attached to each chakra

Reincarnation

- You reincarnate about every 60 years.
 - If you don't learn your lessons, you'll be born into specific circumstances over and over again
 - Forgive and release with love those people that you "hate", lest you bond yourself to them and reincarnate over and over again
- Hinduism, and other religions that believe in reincarnation as a religion, you'll come back (sometimes immediately).
 - Scars will be on the new body that are reminiscent of how they passed the last time
 - This makes it extremely difficult for evolvement
- After about 200 years in the Outer Darkness, you will reincarnate from the Outer Darkness
 - o This isn't good, because you don't get to plan your lessons yourself

Guides

- These are the Holy Spirits
- They're with us, and we need to ask them for help when you get to the end of your rope
- Ask questions of God, of your Guides, and you will get answers. You have to ask the right question, specific questions.
- You have to practice hearing your guides!
 - Say the lifting first
 - Ask them to speak so you can hear their voices
 - o Contemplate, don't meditate

- Ask them to use the Bible to give you a message pertaining to your life at that point, open the Bible at random, and read a chapter. Then, ask them to help you understand that you're reading and ask them questions.
- You can ask to see them, and you'll see sparks of light everywhere, and they'll smell floral or like incense.

Christ

- Christ didn't die on the Cross so that we can live free from responsibility for our actions, He died so that he could face Satan on his own turf and overcome spiritual death, thereby giving us all the opportunity to be with God and to go to Heaven
- In order for Christ to be able to defeat Satan, he had to give himself over to Satan 100%, and allow Satan to do whatever he wanted to Him, to the point of physical death
- Christ carved a tunnel of Light from Hell to Heaven, encompassing all ten dimensions of the Earth plane. Before this, everyone incarnated from the Outer Darkness and there was no "going to Heaven"
 - Christ is Light. Going into the Light is accepting Christ, whether you know it or not.
 - o Anyone, of any religion, or any creature can choose to enter the Light
- Wooden, silver, and iron crosses will leave burn marks on demonically possessed individuals, as Christ overcame Satan and the cross represents His sacrifice and victory
 - Wood, because of the wooden cross
 - Silver, because of the thirty pieces of silver that was paid to Judas to betray Jesus
 - o Iron, because of the iron nails used to nail Jesus to the cross

Dark Side

- They divide and conquer!
- Convince us to do things that we otherwise wouldn't do
 - o Suicide, drugs, alcohol, etc
- They prey upon weaknesses, fear, pride, ego
- The Dark Side teaches us our weaknesses. They prey on them and therefore call it to your attention. They're our best teachers.
- They will make decisions for you if you don't make them for yourself. They'll talk you into something bad or out of something good.
- Usually cause a red flag to go off for you... Being sick to your stomach is not a good thing and generally means you're not making the best choice for yourself.

Extra Resources

- Fortean Times on the Internet (http://www.forteantimes.com)
- TV Shows such as "The Ghost Inside My Child", "A Haunting"
- "Ghost" with Whoopi Goldberg and Patrick Swayze