Why is it so important to be "in the moment"?

- The now is all we have
- The decisions we make in the now affect and create our future

#### Plastic

- Doesn't transmit energy, so you can use saran wrap on your solar plexus to help you absorb less energy
- Also it helps keep things (like paper copies of the lifting) from "running away"

If you ask someone to pray for you, and their intent isn't the same as yours, can they damage the positive things that you're trying to make/do for yourself? Can other people's negative prayers cause you to be attacked by the demonic?

- Prayers are for positivity and positive things to happen to you and others
- The Spirit Community will disregard negativity, but the demonic might jump on board
  - o The negative prayers will not "cause" a demonic attack, per se.
- People can put damnations on people, and this can cause a demonic attack
- How can we combat this?
  - o Don't give out your permission to just anyone!
  - o Permission and trust should be earned.
    - We give out trust thinking that people will be honest just like we are, but the problem is that not everyone is trustworthy.

## Our Power Through God

- We're taught that we're powerless and that we don't count, but that couldn't be farther from the truth.
  - The dark side manipulates us with these teachings from a very young age.
    - We are blinded, by the dark side, from our truth in God
  - There's a lack of self-worth, unworthiness, etc. that runs rampant among mankind
- Every human being, everything on this planet, all of creation has worth and value.
  - We have power as a child of God and we can call upon God's Spirit Community to do amazing things
- We develop our value through the use of our free will
  - The dark side does what they do, people give us their opinions, the media influences us, and programs that we're taught from a young age, plus spirit attachments who rattle in your head all influence us and make it difficult to use our free will
  - Free will comes through the use of choice.

- Making decisions is free will in action.
- On a soul level we know about all of these truths, but it's difficult for a lot of people to acknowledge them because that means that God, spirits, angels, and demons are real; that's a scary thought for many because it means that we're responsible for our actions.
- 13: the spiritual age of consent
  - You can begin to make your own choices and decisions at 13 years of age.
  - Even parents have to ask children over 13 if they can pray for them.

## **Prayers**

- Most people don't know how to pray properly, it isn't something that is taught.
  - o Most people only pray when they're in a bind
  - Most people don't know who to call upon and what names of God to use in specific situations
    - Don't pray to anyone other than God, but you ask the members of God's spirit community who have domain over the issue you're dealing with for assistance
- Words are POWERFUL, and can cause harm when used inappropriately
  - o NEVER damn anyone, anything, or yourself!
    - If you do, ask for forgiveness and take it back
  - Damnations are real, and with emotion they can cause great amounts of harm
    - You're activating God's damnations, and this is "intensely stupid"
    - Use this formula if you believe you have been damned
    - http://www.carolpate.com/formula-for-curses-spells-andconjurations-etc/
  - o Gossip and bullying actually harms, and has consequences

# Spirit Attachment

- Humans who have left their physical body but haven't gone into the Light become Earthbound
  - Anyone, of any belief system, no matter who you are, can go into the bright white Light of Christ
  - o Christ died so that all who choose the Light can go to Heaven
  - You won't be judged, you won't be sent to Hell despite what the dark side says
  - o RED TUNNELS OF LIGHT GO TO HELL. DO NOT ENTER THESE.
- When they're Earthbound, they can attach to living humans to live vicariously through them
- When spirits attach, it causes chatter in your head.

- You can have one spirit attached; you can have hundreds of attachments.
  - Woman in Chicago with 300+ attachments... Carol worked them through in groups of 30. (Part 1, 23:00-24:15)
- People who are mediumistic tend to have more attachments
- 98-99% of the population have spirit attachments
- Having the knowledge that there is no such thing as death also brings responsibility

## The Dark Side (Part 1, 26:00-27:30, 30:30-52:00)

- The dark side is an army of fallen angels who have been here for a very long time
- There are many types of demons
  - o Incubus (affects women) and Succubus (affects men)
    - Lust demons who were previously angels of pure love before they fell, who work through another person or through yourself
      - When they work through others, they'll put a prismatic energy façade on that blinds you from seeing the individual.
    - They seduce and bring TINGLING in all the right places
      - Rushes of ecstasy, euphoria... Puts you under a spell
    - They get you hooked and you have no idea that anything out of the ordinary is happening
    - They'll start to tear you down, and then cut you off from the euphoria
      - When this happens, they get a smirk-y grin and they have the look of pure hatred in their eyes.
    - End result is to get you to commit suicide by convincing you to "stop the pain".
      - Once you kill yourself, you've broken spiritual law and they own you
      - After this happens, they can throw you on other people
    - Recognize them for what they are, call them out, and refuse to succumb to them.
      - Command them out in the name of Jesus, or ask Archangel Michael and his legions to remove the incubus/succubus and place it into appropriate protected sanctuary in the name of Jesus.
- Learn the patterns, recognize it for what it is, and you can do something about it.
  - The demonic speak in third person from the left side of the head and tear you down. NEVER in first person.

- o Three knocks, three scratches, sets of three.
- o They try to separate families, destroy relationships, and isolate people
- o They divide and conquer.
- o They prey on our weaknesses
- Illogical, negative images and words placed into your head are from the darkness.
- Most of your compulsions aren't good-trust how you feel in your solar plexus. If it tightens, that's bad.
- o do not challenge the demonic. You will lose.
  - You have power through Jesus Christ, you can do nothing on your own
- If the demonic show up in your dreams, command them out in the name of Jesus Christ, or call upon the aspects of God who have the authority to take care of them
- Demons are cockroaches, Christ is Raid

## Divine Help (Part 1, 27:30-30:30)

- Your guides speak from the right side, from the back, and from the top. You'll get a buzz of energy.
  - They never fluff your ego or tell you what to do. They won't admonish you or get onto you.
  - o They deliver pure information and at times they give warnings
    - Ask for clarification, ask them to be blatant with the information given
  - o If the images, people, and places are logical, then the information is being picked up clairvoyantly via a psychic energy
- Guardian Angels give warnings and direction more than your guides
- Guides show as a white mists, sparks of white light, and smell of floral or incense. Very rarely do they manifest directly in front of you because they don't want to scare you.
- It's best to speak aloud to your Guides, as it shows them respect
- It's okay to test- ask who their Lord and Master is. Only souls from the Light will be able to claim Jesus Christ as their Lord and Master.
- You can ask the Band of Mercy to train you to be of the most value to yourself and those around you who come to you for help. You have to ask them to help you learn.
  - They will teach you according to the level of the question that you ask

# **Appropriate Protected Sanctuary**

• If you don't specify for a being that is attached to you to be taken into Appropriate Protected Sanctuary, they will be removed from you and released elsewhere and left to roam and wreak havoc as they choose

- Protected Sanctuary is a place where they can be taken, released and unbound and returned to the state they were in before they fell, and returned back to God
  - o It's a rehab facility, if you will

#### Earth Plane

- The Earth plane is a place for lessons and tests that are great for growth.
  - o Lessons are what is placed in front of you at any given time
    - Lessons aren't really challenges, but they require change
    - Lessons are challenges in learning. When your "end of the world" terrible moments happen, acknowledge that there is a lesson to be learned. Ask your Guides for a word to help you figure out what your lesson is. If you need another word, ask for another word. (Part 1, 20:00- 22:30)
      - ALWAYS look the word up in the dictionary to confirm the definition
- It's not a place of total pleasure and enjoyment, BUT if you get on the right path, learn, and evolve, then Earth can be a pretty great place!

## Praying people who have committed suicide into the Light

- <a href="http://www.carolpate.com/sending-a-passed-over-loved-one-into-the-light/">http://www.carolpate.com/sending-a-passed-over-loved-one-into-the-light/</a>
- In order to narrow the person's choices down to either going into the Light or into appropriate protected sanctuary, you must meet one of the following conditions:
  - o Be a relative or a very close friend
  - o Get permission from a relative or a very close friend
  - o Be in the place where they committed suicide
  - o Purchase an antique that they have attached to
  - If the person who committed suicide is under the age of 13, it's a slightly different situation.
- If you don't meet any of these conditions, you can still pray the prayer, but the person who committed suicide has the right to refuse the assistance.

## Dogs (Part 1, 1:02:00- 1:08:46)

- Dogs don't understand why humans try to turn dogs into people
- Dogs want to please their owners
- Dogs can be very intelligent, and can convey information to Carol
- Photographs on phones, photographs, paw prints in ink all work to convey energy

• Dogs perceive spirits better than we do. They hear, see, and smell the spirits and can pick up on the intent. They know and react to the demonic.

## Astral Projection (Part 2, 1:30-13:00)

- All of us are very capable of this, particularly in our sleep
- You can knowingly do astral projection
  - o Teaches us that we are more than our physical body
  - Set a location for you to go, some place you know and feel safe and have a person at the other location set out a playing card in a specific place
  - o Lay down, and fall backwards out of your body
  - Go quickly to that location
    - You can scare yourself, because you see your body, so it's best not to look down
  - Have a person at the other location set out a playing card in a specific place
  - o When you get to the place, find the card and memorize it
  - o The next day, call and confirm
- If something bad happens, you'll come right back to your body and all will be normal
  - Gold and silver cords connect the physical and ethereal bodies
- Be hyper aware of your thoughts, because they manifest immediately
  - o A thought responsive environment
- Astral projection is different from merkaba
  - Merkaba is a means of getting from one place to another, within dimensions and even throughout the universe.
    - You can ask for the merkaba, a high spiritual frequency that can be used to transport yourself physically
      - Some of the names of God can be used together to call into effect the merkaba
    - You have to vibrate at the same frequency of the merkaba, and it is usually blue
  - When held in the left hand, it can be helpful for raising your own energy
- Remote viewing is going to the place in your mind to see, rather than traveling using your astral body