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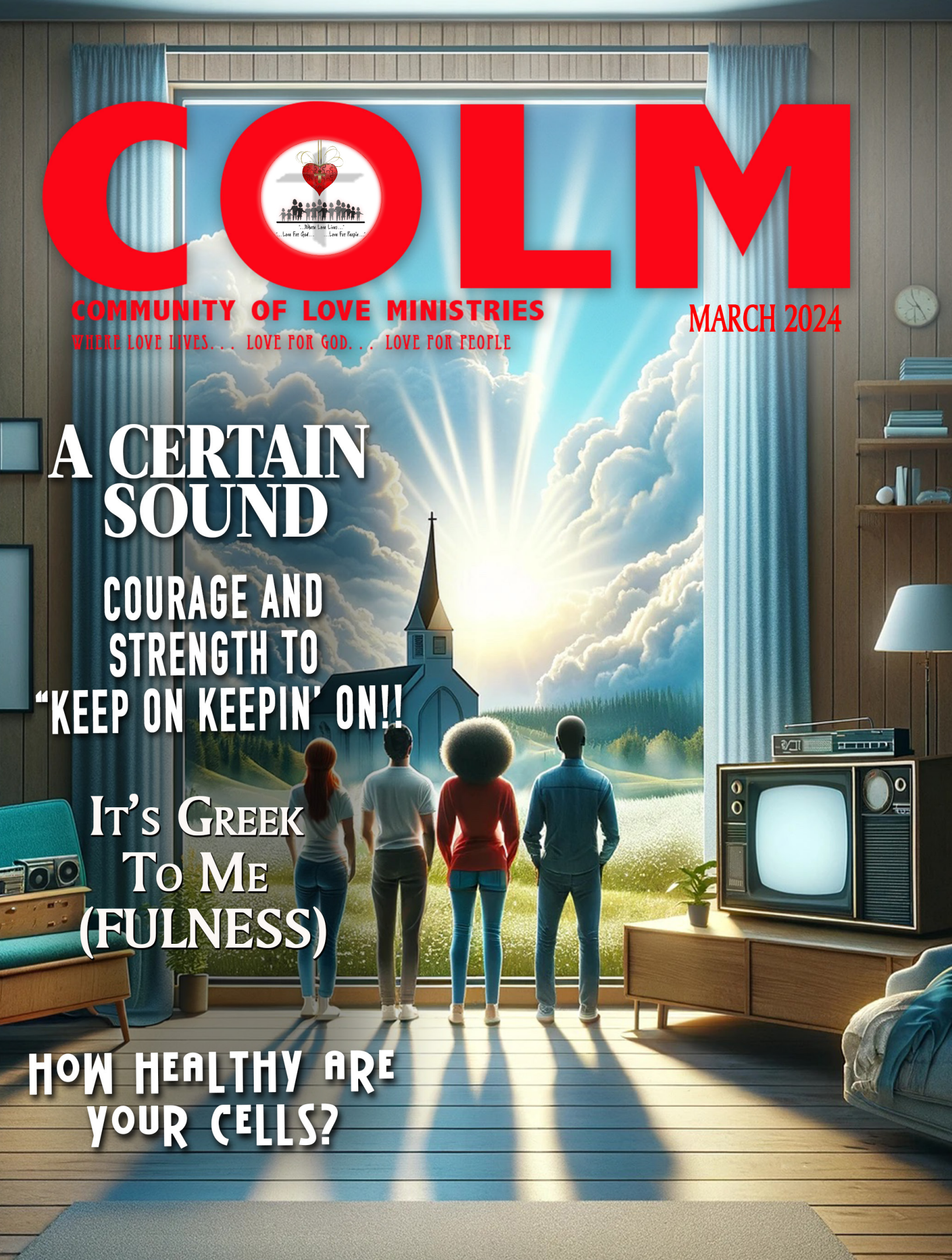
MARCH 2024

A CERTAIN SOUND

COURAGE AND
STRENGTH TO
"KEEP ON KEEPIN' ON!!"

IT'S GREEK
TO ME
(FULNESS)

HOW HEALTHY ARE
YOUR CELLS?





THIS IS HOW I SEE IT...

Vashti

We have all been blessed to have
our own opinion, perspective,
or point-of-view.....

It's not necessary that we all agree.
It is my hope that you see
the truth within my words for
this is how I see it....

bycherylvashti

A CERTAIN SOUND

'IS IT REAL OR IS IT MEMOREX?'

Is it real or is it Memorex?

That is a slogan that was used to advertise a brand of a cassette recording tape. The claim was that memorex's playback would deliver an authentic sound to the point that one would not be able to tell if they were listening to the cassette tape or the actual performance.

So why did I mention that? Well, I would like to ask a similar question. Is the spiritual life you have subscribed to something real or an illusion? Are the words that you've been following for years real or a watered down version of how man saw it or sees it? I've written articles that include church doctrine and rules. The question is, is the church doctrine a bunch of rules or about experiencing our true identity in God, His truth and our freedom.

What we have to understand is that we all have been and are still being hypnotized by society structures. It's a universal hypnotism. I give that credit to the fall of man. Just imagine for a moment, what it might have been like when man had to leave Eden and figure out things on his own. We may never admit it, but if we pause for a moment and evaluate our thoughts, actions, and choices, what do you think you would find?

You will find a structure that was followed from conception, to birth and beyond. You were, and are now told how things should go. Whatever your ethnic background, you were dictated some type of placement on a totem pole, further dictating your worth. Everyone went to school and learned the same exact way, and if you didn't grasp that dictated way, you were labeled as a failure. Television sitcoms further dictate illusions that were classified as reality. We sit in front of the television, watching what we were told was

while in fact, we sit in the perfect place to be hypnotized. The formation of our mind is taking place daily, and as we feed on the things of this world the subliminal messages given in the story are taking root and becoming our truth. If you don't believe me, next time you sit down and watch television or social media pay attention to how much more evil is displayed as entertainment in the movies, sitcoms and news. Count the commercials that point you to some type of medication for a minor intrusion to the body. New medical names are being given to the symptoms that occur in our bodies and a medication often with brutal side effects are prescribed as a cure or a mask to hide the affliction instead of a delivery from the affliction. My advice about the medication you are given, is to pray over the medication that you are given. But in the process take on an intentional research of God's plan of health and healing by allowing the fruit to be your food and the leaves your medicine. In other words take an honest review of your food intake as well as your emotional stress levels and make the necessary changes that will allow your body to return to its own power of healing.

What you must understand is that your mind is the instrument through which God's truth can flow. Your heart is the home to what you feed your mind. Whatever tone your thought pattern accepts, builds and creates the outside world around you. The condition of your heart influences your actions. Your heart is conditioned by what you feed it.

So, We should really pay closer attention to what we listen to and take ownership of because so much of the things we are feeding our spirits are illusions in the Kingdom of God. Why am I calling those things illusions? The things that are not acceptable in the Kingdom life are seen as illusions. They are truths in our human state of living but not in spiritual living. If they are not the plans God has for us then it is an illusion attempting to become a truth in your life. God's plans are of peace and not harm. His plans are abundance and not lack or limitations. His plans are peace and not chaos, His plans are health and not sickness. His plans are Kingdom living on earth as it is in Heaven. That doesn't mean you're not going to encounter some type of symptom. But it does mean you can choose to not accept any condition that knocks on your door. It can be lack, limitation, health, a simple cold, unemployment, depression, and wars, etc.

When you walk in the influence of the spiritual realm, you will experience that those things don't exist. The illusions seen as real it's only existence lies within your mindset. When you take on God's Word and hide it within your heart, His Word becomes alive in you and guides you. The sound of God's voice is heard through the ears of His hidden word within you and your response comes from the Kingdom life within you.

Take note, Spirit and flesh do not see eye to eye. Flesh sees as man taught it. Spirit sees as God has ordained it. Spirit lives in the kingdom of God. In the kingdom,

those things don't exist.

We must understand this spiritual realm as we journey through life on earth. First, we are all spirits on a human journey. Second, while we are here, we must take note that "we are not fighting against flesh and blood, but against principalities, against powers, against rulers of the darkness of this world, against spiritual wickedness in high places."

What we can't see has the ability to harm us when we lack the foundational truth of who we are and in God and the power, peace, promise and provision that is contained in that truth.

Not having that awareness gives entry to illusion. That illusion can become or form into the very definition that has been given to it. These attacks of such illusions are the very things floating through the airways, attacking our mindset and delivering their purpose. It is the invisible thief, hidden in the negative words we speak, and the actions we take, and the entertainment we review. That thief comes in with one purpose, and that is to steal, kill, and destroy our pre-ordained God purposed life.

Rooting and grounding ourselves in God and hiding His Word within our hearts becomes the activating source and fuel for our spirits. This awareness and acceptance allows us to tune in with God. The hidden Word is God's vested power in us that is alive and brings ability to hear the certain sound of His Voice above every false imitation that represents itself as real.

This Is How I See It!



Heavenly Father, Thank You for Your endless guidance, strength, and courage that You graciously give me. In moments of uncertainty and within the storms of life, Your voice is the certain sound and light that guides me through. Help me to listen intently, to discern Your will beyond the background noise that surrounds me, and to follow Your path with confidence.

Grant me the wisdom to recognize Your guidance, the fortitude to uphold Your strength, and the bravery to embrace the courage needed in every challenge...For there is no temptation or challenge that is common to man that You haven't provided me with the ability to escape. As I find comfort in Your presence, knowing that You are with me, leading the way forward, I will be still.

As I quiet my heart and mind, I open my spirit to hear Your voice clearly, feel Your profound peace, and see Your light in the darkest times. I am a vessel of Your love and hope to others, reflecting Your grace in all I do.

Thank You for being my steadfast source of comfort and inspiration. I am forever grateful for Your unwavering love and the precious gift of being able to hear Your voice, guiding me through my life's journey.

In Jesus name...AMEN (It is so...)





“This book of the law shall not depart from your mouth, but you shall meditate on it day and night. That you may be careful to do all that is written in it. Then you shall prosper, and then you shall have good success.” (Joshua. 1:8)

When I was growing up in the old Pentecostal church, I remember hearing the older saints saying during old school, testimony service, “ I thank God that He has given me the strength to keep on keepin’ on!!!” They were saying that, in spite of all the troubles, traumas, and tribulations they were dealing with, God would give them the strength and courage to overcome and be victorious. Whenever we face unknown and unfamiliar circumstances, or situations in life, there is a tendency to recoil and resist moving forward. The fear of the unknown often causes us to be paralyzed and unable or unwilling to move into New and unexplored opportunities God assigned Joshua to be the successor to Moses. Joshua has seen God work miraculously through Moses, but when Moses died, he began to feel the pressure of filling Moses’ shoes. When we face new opportunities, we often feel unprepared and ill equipped to take on the challenges and changes that stand before us. But, God wants us to be strong and courageous enough to move forward, even when we do not see “light at the end of the tunnel.”

The antidote for “fear of the future” is an keen awareness of God! We must put our trust completely in God, and be aware that he will infuse us with strength and courage, to be victorious in any and every area of our life.

Courage is a characteristic that we all need in life. Courage is the ability to move beyond personal fears and engage in activities that appear unachievable. It is the ability to face people or events that seem ominous, but to move forward, in spite of seemingly insurmountable odds. An old adage says, “only fools rush in where angels dare to tread.” But, someone has said, “courage makes champions, out of cowards!” Courage manifest, when we align our mind, Will, and emotions firmly in our trust in God, which allows us to move forward, even when we feel fear! in times of difficulty and uncertainty, we must increase our awareness of the power and presence of God!

1. Awareness that God is with us! The Bible assures us that God will never leave or forsake us. Even when we cannot discern His presence, we must be confident and courageous, in the fact that God is with us! God told Joshua, "just as I was with Moses, I will be with you!" even when we cannot trace God's hand, we must learn to trust His heart and love!

2. Awareness of God's will, for our life! God has given each of us, purpose and destiny for our lives. Sometimes things seem overwhelming and out of our reach. But, we must be certain that we are in God's will. We must hear God's voice in His Holy Word, and in our hearts. Joshua seemed unsure that he could live up to the example he had seen in Moses. But, God had used Moses to "groom" Joshua. Joshua was aware of the place God planted him as Mose's assistant, of the purpose and assignment. God had prepared him for, and that he had only to trust completely in God!! God said to Joshua, "...only be strong, and very courageous..."

3. Awareness of God's promise of victory! God gave Joshua the formula to be totally victorious in all of his future endeavors. Got told Joshua to totally rely on the Word of God. He assured Joshua that he would be prosperous and successful as he continued to let God's Word be in his mouth. When we keep God's words in our mouth and speak with authority, we will prosper, and be victorious in all of our endeavors. Jesus overcame Satan's assault in His wilderness experience by saying, "it is written!" Jesus was victorious over the devil, with the Word of God, and we can only be victorious

when we keep God's Word, coming out of our mouth!!

God gives us the strength and courage to keep on, keepin' on, as we are aware of His presence. God gives us strength and courage to keep on keepin' on, as we are confident that we are in His will! God gives us strength and courage to keep on keepin' on and be victorious, as we trust Him, and speak His Word every day!!



G.O.D.
(GREENS ON DECK)
Healthy Habits



'Let food be thy medicine and medicine be thy food.'
Hippocrates —

GO - DETOX JUICE

INGREDIENTS

1 celery stalk
2 cucumbers (no skin)
1 thumb sized piece of Ginger
1 whole lemon with skin
1 Handful of Parsely (I do half the bunch)
1 pinch of Cilantro (I do half the bunch)
7 Green Apples
1/2 tsp Cayenne pepper powder

PREPARATION

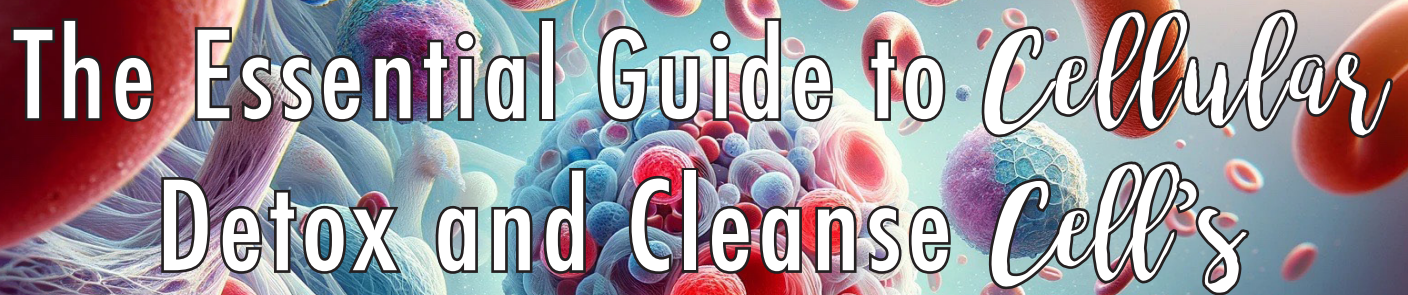
WASH & PREP: Rinse all produce. Peel cucumbers. Core and slice apples. Roughly chop celery, parsley, and cilantro. Quarter the lemon.

JUICE: Start with ginger, then add cucumbers, lemon, celery, parsley, cilantro, and finish with apples.

SPICE: Stir in 1/2 tsp cayenne pepper.

SERVE: Enjoy your zesty, nutrient-rich juice immediately!

Remember, adjust the cayenne to suit your taste and enjoy the freshness and energy boost!



The Essential Guide to Cellular Detox and Cleanse

Cellular Cell's

by michael aaron gordon

In the bustling rhythm of modern life, our bodies are constantly bombarded with pollutants, processed foods, and stress, all of which can accumulate and affect our health at the most fundamental level—the cell. As the basic building blocks of life, cells play a pivotal role in every aspect of our health and well-being. This is where the concept of a cellular detox and cleanse comes into play, offering a rejuvenating reset for our body's vital processes. But how does one embark on this journey towards cellular renewal, and why is it crucial for maintaining optimal health? Let's dive in.

Understanding Cellular Detoxification

Cellular detoxification is the process of removing toxic substances from the cells of our body. These toxins can include anything from environmental pollutants, such as heavy metals and pesticides, to internal waste products generated by normal cellular metabolism. Over time, the accumulation of these toxins can impair cell function, leading to decreased energy levels, a weakened immune system, and a higher risk of chronic diseases.

The Why: Benefits of a Cellular Cleanse

- 1. Boosted Energy Levels:** By removing toxins from your cells, your body can produce energy more efficiently, leading to increased vitality and stamina.
- 2. Improved Immune Function:** A detox can

help clear the way for your immune system to function more effectively, reducing your risk of illness.

- 3. Enhanced Mental Clarity:** Many people report clearer thinking and improved focus after a detox, as toxins can affect brain function.

- 4. Better Digestive Health:** Eliminating toxins can improve nutrient absorption and support healthy digestion.

- 5. Healthier Skin:** Since the skin is an organ of elimination, a cellular cleanse can lead to clearer, more radiant skin.

The How: Embarking on a Cellular Cleanse

- 1. Hydrate Wisely:** Water is the essence of detoxification. It aids in flushing out toxins through the kidneys and supports every cellular function. Aim for at least 8 glasses of spring water daily.
- 2. Opt for Organic:** Choosing organic foods whenever possible reduces the intake of toxins from pesticides and fertilizers, lightening the load on your cells.
- 3. Incorporate Detoxifying Foods:** Certain foods, such as leafy greens, berries, garlic, and turmeric, are known for their detoxifying properties. They provide antioxidants and nutrients that support cellular health.
- 4. Embrace Fasting:** Intermittent fasting or periodic short fasts can give your cells a much-needed break, allowing them to repair and detoxify more effectively.

Hippocrates —
'Let food be thy medicine and medicine be thy food.'

5. Exercise Regularly: Physical activity increases blood flow and helps in sweating out toxins. It also boosts the lymphatic system, which plays a crucial role in removing cellular waste.

6. Reduce Exposure to Toxins: Minimize the use of plastic, switch to natural cleaning and personal care products, and avoid processed foods to decrease your toxin load.

7. Support with herbs: Certain herbs, like milk thistle, dandelion root, green tea extract, cilantro, ginger root, and parsley, to name a few, can support the detoxification process. However, consult with a healthcare provider before starting any new supplement.

Listening to Your Body

Detoxing at a cellular level is not about harsh diets or extreme measures. It's about making mindful choices that support your body's natural ability to cleanse itself. Pay attention to how your body responds and adjust accordingly. Some may experience mild symptoms like headaches or fatigue initially, which typically subside as the body adjusts.

In Closing

A cellular detox and cleanse is a powerful step towards restoring your body's natural vitality and resilience. By incorporating these principles into your lifestyle, you're not just cleaning out your cells; you're setting the foundation for long-term health and wellness. Remember, the journey to better health is a marathon, not a sprint. Start small, be consistent, and embrace the process of renewing your body from the inside out.

ALSO REMEMBER:

IF GOD DIDN'T MAKE IT, DON'T TAKE IT.

It's All Greek to Me! (“FULNESS”)

*“The earth is the LORD's, and the fulness thereof;
The world, and they that dwell therein,”*

Psalm 24:1

In Greek, the term often translated as “fulness” is (pleroma). This word carries the meaning of “fullness,” “completeness,” or “totality.” It can refer to the full measure of something, the completeness of its content, or the entirety of a given entity.

When examining the scriptural phrase “The earth is the LORD's, and the fulness thereof; The world, and they that dwell therein,” it's important to note that this verse comes from the Old Testament, specifically Psalm 24:1, which was originally written in Hebrew, not Greek. In Hebrew, the word used is (m'lo), which also means “fullness” or “that which fills.”

In this Psalm, the phrase “the fulness thereof” refers to everything that fills the earth. This encompasses not just the physical aspects of the earth—like its lands, seas, and resources—but also everything that lives upon it, including humans and animals. It's a declaration of God's sovereignty and ownership over the entire world and everything in it.

In a broader theological context, this verse emphasizes the idea that everything in creation belongs to God and is under His dominion. It's a recognition of God's ultimate authority and the fact that all creation is within the scope of His power and presence. This concept is integral to many religious teachings, which highlight the idea that human beings and the world they inhabit are part of a larger, divinely ordered universe.

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PRAY FOR ONE ANOTHER

PLAN OF SALVATION

Jesus loved you enough to die for YOU so that you could have eternal life. (John 3:16) If you believe on the Lord Jesus Christ, He will come into your life now. (Acts 16:33; Luke 13:3) Just do these four things to begin your new life in Christ.

1. Realize that God loves you and has a good plan for your life. (John 3:16; Romans 10:10)
2. Realize that Man is sinful and separated from God and, therefore, cannot know or experience God's love and plan. (Romans 3:23; Romans 6:23)
3. Realize that Jesus Christ is God's only provision for man's sin. Only through Him can you know and experience God's love and plan. (Romans 5:5; 1 Corinthians 15:3-6)
4. Realize that we must individually receive Jesus Christ as Savior and Lord. Then we can know and experience God's love and plan for our lives. (John 1:12; Ephesians 2:8-9; John 3:1-8)

If you are ready, I invite you to pray this prayer and God will come into your life right now: *Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Lord and Savior. Thank You for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person You want me to be.*



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