

# Do-It-Yourself “Mind Control”

## Does the Bible Endorse This Method?

By Lorraine Day, M.D.

**Is it really possible to control a person’s mind?**

**Does the Bible discuss “Mind Control”?**

Very few Americans would believe their government is, and has been for many decades, involved in Mind Control techniques on children – for sex slavery for the elite – and on adults, to be used as assassins and “drug mules” (to move illicit drugs across borders). The ultimate in Mind Control is the Monarch Mind Control Project.

*Monarch Programming is a method of mind control used by numerous organizations for covert purposes. It is a continuation of project MK-ULTRA, a mind-control program developed by the CIA, and tested on the military and civilians. The methods are astonishingly sadistic (its entire purpose is to traumatize the victim) and the expected results are horrifying: The creation of a mind-controlled slave who can be triggered at anytime to perform any action required by the handler. While mass media ignores this issue, over 2 million Americans have gone through the horrors of this program. This article looks at the origins of Monarch programming and some of its methods and symbolism.*

Throughout the course of history, several accounts have been recorded describing rituals and practices resembling mind control. One of the earliest writings giving reference to the use of occultism to manipulate the mind can be found in the Egyptian Book of the Dead. It is a compilation of rituals, heavily studied by today’s secret societies, which describes methods of torture and intimidation (to create trauma), the use of potions (drugs) and the casting of spells (hypnotism), ultimately resulting in the total enslavement of the initiate. Other events ascribed to black magic, sorcery and demon possession (where the victim is animated by an outside force) are also ancestors of Monarch programming.

It is, however, during the 20th century that mind control became a science in the modern sense of the term, where thousands of subjects have been systematically observed, documented and experimented on. Below is a copy of

a highly redacted, declassified government document about the MK-Ultra Mind Control program by the U.S. government: MK-ULTRA.

8-13  
Boston

[REDACTED]

DRAFT [REDACTED] A  
9 June 1953

MEMORANDUM FOR THE RECORD

SUBJECT: Project MEGLTRA, Subproject 8

1. Subproject 8 is being set up as a means to continue the present work in the general field of L.S.D. at [REDACTED] until 11 September 1954. B

2. This project will include a continuation of a study of the biochemical, neurophysiological, sociological, and clinical psychiatric aspects of L.S.D., and also a study of L.S.D. antagonists and drugs related to L.S.D., such as L.A.E. A detailed proposal is attached. The principle investigators will continue to be [REDACTED] all of [REDACTED]. C B

3. The estimated budget of the project at [REDACTED] is \$39,500.00. The [REDACTED] will serve as a cut-out and cover for this project and will furnish the above funds to the [REDACTED] as a philanthropic grant for medical research. A service charge of \$790.00 (2% of the estimated budget) is to be paid to the [REDACTED] for this service. B

4. Thus the total charges for this project will not exceed \$40,290.00 for a period ending September 11, 1954.

5. [REDACTED] (Director of the hospital) are cleared through TOP SECRET and are aware of the true purpose of the project. C

*[Signature]*  
for [REDACTED] A  
Chemical Division/TSS

APPROVED:

*[Signature]*  
Chief, Chemical Division/TSS

[REDACTED]

[REDACTED] PROGRAM

However, the scope of MK-ULTRA does not stop. Experiments involving violent electroshocks, physical and mental torture and abuse were used in a systematic matter on many subjects, including children.



Declassified picture of a young MK-ULTRA subject, 1961.

Although the admitted goals of the projects were to develop torture and interrogation methods to use on the country's enemies, some historians asserted that the project aimed to create "Manchurian Candidates", programmed to perform various acts such as assassinations and other covert missions.

MK-ULTRA was brought to light by various commissions in the 1970s, including the Rockefeller Commission of 1975. Although it is claimed that the CIA stopped such experiments after these commissions, some whistle-blowers have come forth stating that the project simply went "underground" and Monarch Programming has become the classified successor of MK-ULTRA.

The most incriminating statement to date made by a government official as to the possible existence of Project MONARCH was extracted by Anton Chaitkin, a

writer for the publication *The New Federalist*. When former CIA Director William Colby was asked directly, “What about monarch?” he replied angrily and ambiguously, “We stopped that between the late 1960s and the early 1970s.” [3. Anton Chaitkin, “Franklin Witnesses Implicate FBI and U.S. Elites in Torture and Murder of Children”, *The New Federalist*]

## **Monarch Programming**

Although there has never been any official admittance of the existence of Monarch programming, prominent researchers have documented the systematic use of trauma on subjects for mind-control purposes. Some survivors, with the help of dedicated therapists, were able to “deprogram” themselves to then go on record and disclose the horrifying details of their ordeals.

Monarch slaves are mainly used by organizations to carry out operations using patsies trained to perform specific tasks, who do not question orders, who do not remember their actions and, if discovered, who automatically commit suicide. They are the perfect scapegoats for high-profile assassinations (see Sirhan Sirhan), the ideal candidates for prostitution, slavery and private movie productions. They are also the perfect puppet performers for the entertainment industry.

“What I can say is I now believe that ritual-abuse programming is widespread, is systematic, is very organized from highly esoteric information which is published no-where, has not been on any book or talk show, that we have found it all around this country and at least one foreign country.

People say, “What’s the purpose of it?” My best guess is that the purpose of it is that they want an army of Manchurian Candidates, ten of thousands of mental robots who will do prostitution, do movies, smuggle narcotics, engage in international arms smuggling, all sorts of very lucrative things, and do their bidding and eventually the megalomaniacs at the top believe they’ll create a Satanic Order that will rule the world”. [4. D. Corydon Hammond, Ph.D]

Monarch programmers cause intense trauma to subjects through the use of electroshock, torture, abuse and mind games in order to force them to dissociate from reality – a natural response in some people when they are faced with unbearable pain. The subject’s ability to dissociate is a major requirement and it is apparently, most readily found in children that come from families with multiple generations of abuse. Mental dissociation enables the handlers to create walled-off personas in the subject’s psyche, which can then be programmed and triggered at will.

“Trauma-based mind control programming can be defined as systematic torture that blocks the victim’s capacity for conscious processing (through pain, terror,

drugs, illusion, sensory deprivation, sensory over-stimulation, oxygen deprivation, cold, heat, spinning, brain stimulation, and often, near-death), and then employs suggestion and/or classical and operant conditioning (consistent with well-established behavioral modification principles) to implant thoughts, directives, and perceptions in the unconscious mind, often in newly-formed trauma-induced dissociated identities, that force the victim to do, feel, think, or perceive things for the purposes of the programmer. The objective is for the victim to follow directives with no conscious awareness, including execution of acts in clear violation of the victim's moral principles, spiritual convictions, and volition.

Installation of mind control programming relies on the victim's capacity to dissociate, which permits the creation of new walled-off personalities to "hold" and "hide" programming. Already dissociative children are prime "candidates" for programming". [5. Ellen P. Lacter, Ph.D., The Relationship Between Mind Control Programming and Ritual Abuse]

Monarch mind control is covertly used by various groups and organizations for various purposes. According to Fritz Springmeier, these groups are known as "The Network" and form the backbone of the New World Order. Monarch mind control is named after the Monarch butterfly – an insect who begins its life as a worm (representing undeveloped potential) and, after a period of cocooning (programming) is reborn as a beautiful butterfly (the Monarch slave). Some characteristics specific to the Monarch butterfly are also applicable to mind control.

"One of the primary reasons that the Monarch mind-control programming was named Monarch programming was because of the Monarch butterfly. The Monarch butterfly learns where it was born (its roots) and it passes this knowledge via genetics on to its offspring (from generation to generation). This was one of the key animals that tipped scientists off, that knowledge can be passed genetically. The Monarch program is based upon Illuminati goals to create a Master race in part through genetics. If knowledge can be passed genetically, then it is important that parents be found that can pass the correct knowledge onto those victims selected for the Monarch mind control." [6. Ibid.]

"When a person is undergoing trauma induced by electroshock, a feeling of light-headedness is evidenced; as if one is floating or fluttering like a butterfly. There is also a symbolic representation pertaining to the transformation or metamorphosis of this beautiful insect: from a caterpillar to a cocoon (dormancy, inactivity), to a butterfly (new creation) which will return to its point of origin. Such is the migratory pattern that makes this species unique." [7. Ron Patton, Project Monarch]

## Method

The victim/survivor is called a “slave” by the programmer/handler, who in turn is perceived as “master” or “god.” About 75% are female, since they possess a higher tolerance for pain and tend to dissociate more easily than males. Monarch handlers seek the compartmentalization of their subject’s psyche in multiple and separate alter personas using trauma to cause dissociation.

The following is a partial list of these forms of torture:

1. Abuse and torture
2. Confinement in boxes, cages, coffins, etc, or burial (often with an opening or air-tube for oxygen)
3. Restraint with ropes, chains, cuffs, etc.
4. Near-drowning
5. Extremes of heat and cold, including submersion in ice water and burning chemicals
6. Skinning (only top layers of the skin are removed in victims intended to survive)
7. Spinning
8. Blinding light
9. Electric shock
10. Forced ingestion of offensive body fluids and matter, such as blood, urine, feces, flesh, etc.
11. Hung in painful positions or upside down
12. Hunger and thirst
13. Sleep deprivation
14. Compression with weights and devices
15. Sensory deprivation

16. Drugs to create illusion, confusion, and amnesia, often given by injection or intravenously
17. Ingestion or intravenous toxic chemicals to create pain or illness, including chemotherapy agents
18. Limbs pulled or dislocated
19. Application of snakes, spiders, maggots, rats, and other animals to induce fear and disgust
20. Near-death experiences, commonly asphyxiation by choking or drowning, with immediate resuscitation
22. Forced to perform or witness abuse, torture and sacrifice of people and animals, usually with knives
23. Forced participation in slavery
24. Abuse to become pregnant; the fetus is then aborted for ritual use, or the baby is taken for sacrifice or enslavement
25. Spiritual abuse to cause victim to feel possessed, harassed, and controlled internally by spirits or demons
26. Desecration of Christian beliefs and forms of worship; dedication to Satan or other deities
27. Abuse and illusion to convince victims that God is evil, such as convincing a child that God has abused her
28. Surgery to torture, experiment, or cause the perception of physical or spiritual bombs or implants
29. Harm or threats of harm to family, friends, loved ones, pets, and other victims, to force compliance
30. Use of illusion and virtual reality to confuse and create non-credible disclosure [8. Ellen P. Lacter, Ph.D., Kinds of Torture Endured in Ritual Abuse and Trauma-Based Mind Control]

“The basis for the success of the Monarch mind-control programming is that different personalities or personality parts called *alters* can be created who do not know each other, but who can take the body at different times. The amnesia walls that are built by traumas, form a protective shield of secrecy that protects

the abusers from being found out, and prevents the front personalities who hold the body much of the time to know how their System of alters is being used. The shield of secrecy allows cult members to live and work around other people and remain totally undetected. The front alters can be wonderful Christians, and the deeper alters can be the worst type of Satanic monster imaginable—a Dr. Jekyll/Mr. Hyde effect. A great deal is at stake in maintaining the secrecy of the intelligence agency or the occult group that is controlling the slave. The success rate of this type of programming is high but when it fails, the failures are discarded through death. Each trauma and torture serves a purpose. A great deal of experimentation and research went into finding out what can and can't be done. Charts were made showing how much torture a given body weight at a given age can handle without death.” [9. Springmeier, op. cit.]

“Due to the severe trauma induced through ECT, abuse and other methods, the mind splits off into alternate personalities from the core. Formerly referred to as Multiple Personality Disorder, it is presently recognized as Dissociative Identity Disorder and is the basis for MONARCH programming. Further conditioning of the victim's mind is enhanced through hypnotism, coercion, pleasure-pain reversals, food, water, sleep and sensory deprivation, along with various drugs which alter certain cerebral functions”. [10. Patton, op. cit.]

Dissociation is thus achieved by traumatizing the subject, using systematic abuse and using terrifying occult rituals. Once a split in the core personality occurs, an “internal world” can be created and alter personas can be programmed using tools such as music, movies (especially Disney productions) and fairy tales. These visual and audio aids enhance the programming process using images, symbols, meanings and concepts. Created alters can then be accessed using trigger words or symbols programmed into the subject's psyche by the handler. Some of the most common internal images seen by mind control slaves are trees, Cabalistic Tree of life, infinity loops, ancient symbols and letters, spider webs, mirrors, glass shattering, masks, castles, mazes, demons, butterflies, hour glasses, clocks and robots. These symbols are commonly inserted in popular culture movies and videos for two reasons: to desensitize the majority of the population, using subliminals and neuro-linguistic programming and to deliberately construct specific triggers and keys for base programming of highly-impressionable MONARCH children. [11. Ibid.] Some of the movies used in Monarch programming include *The Wizard of Oz*, *Alice in Wonderland*, *Pinocchio* and *Sleeping Beauty* .



The movie *The Wizard of Oz* is used by Monarch handlers to program their slaves. Symbols and meanings in the movie become triggers in the slave's mind enabling easy access to the slave's mind by the handler. In popular culture, veiled references to Monarch programming often use analogies to *The Wizard of Oz* and *Alice in Wonderland*.

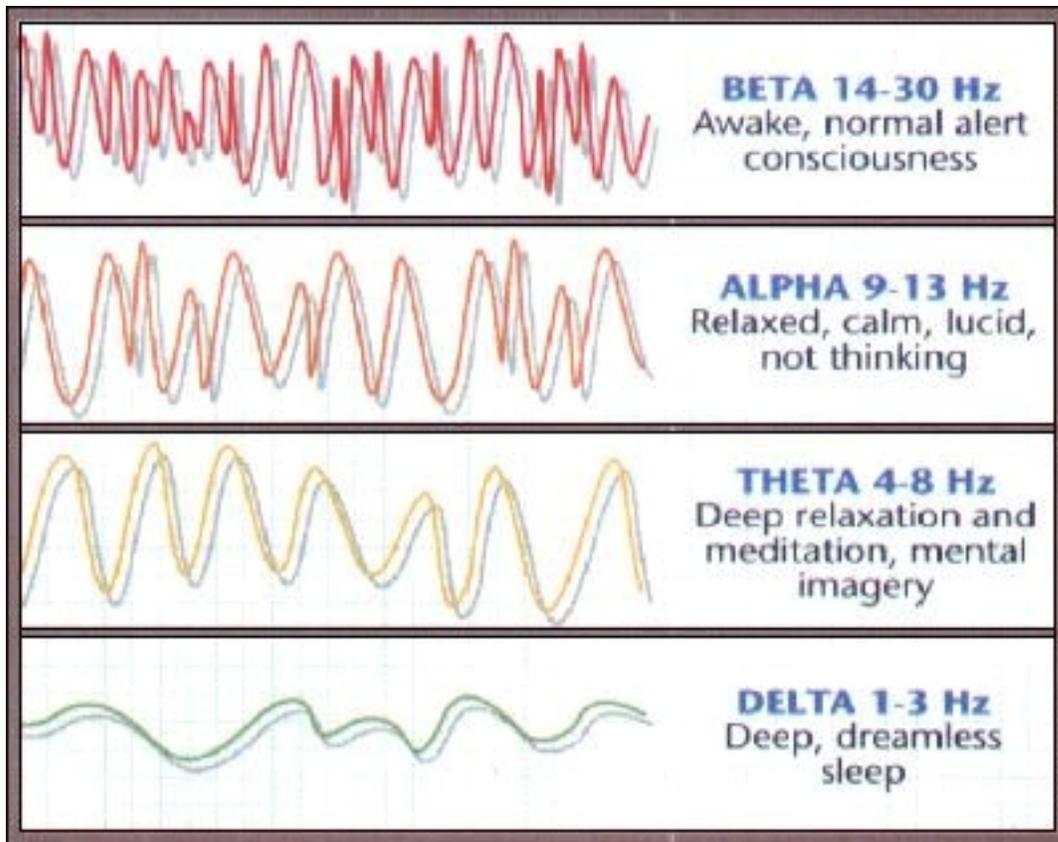
In each case, the slave is given a particular interpretation of the movie's storyline in order to enhance programming. For example, a slave watching *The Wizard of Oz* is taught that "somewhere over the rainbow" is the "happy place" dissociative trauma slaves must go to in order to escape the unbearable pain being inflicted upon them. Using the movie, programmers encourage slaves to go "over the rainbow" and dissociate, effectively separating their minds from their bodies.

"As mentioned before, the hypnotist will find children easier to hypnotize if they know how to do it with small children. One method that is effective is to say to the small children, "Imagine you are watching a favorite television show." This is why the Disney movies and the other shows are so important to the programmers. They are the perfect hypnotic tool to get the child's mind to dissociate in the right direction. The programmers have been using movies since almost day one to help children learn the hypnotic scripts. For children they need to be part of the hypnotic process. If the hypnotist allows the child to make up his own imagery,

the hypnotic suggestions will be stronger. Rather than telling the child the color of a dog, the programmer can ask the child. This is where the books and films shown the child assist in steering its mind in the right direction. If the hypnotist talks to a child, he must take extra precaution not to change the tone of his voice and to have smooth transitions. Most of the Disney films are used for programming purposes. Some of them are specifically designed for mind-control.” [12. Springmeier, op. cit.]

### Levels of Monarch Programming

The levels of Monarch Programming identify the slave’s “functions” and are named after the Electroencephalography (EEG) **brainwaves** associated with them.



### Types of brain waves in EEG

Regarded as “general” or regular programming, **ALPHA** is within the base control personality. It is characterized by extremely pronounced memory retention, along with substantially increased physical strength and visual acuity. Alpha programming is accomplished through deliberately subdividing the victim’s personality which, in essence, causes a left brain-right brain division, allowing for a programmed union of Left and Right through neuron pathway stimulation.

**BETA** is referred to as “sexual” programming (slaves). This programming eliminates all learned moral convictions and stimulates the primitive instinct, devoid of inhibitions. “Cat” alters may come out at this level. Known as Kitten programming, it is the most visible kind of programming as some female celebrities, models, actresses and singers have been subjected to this kind of programming. In popular culture, clothing with feline prints often denote Kitten programming.

**DELTA** is known as “killer” programming and was originally developed for training special agents or elite soldiers (i.e. Delta Force, First Earth Battalion, Mossad, etc.) in covert operations. Optimal adrenal output and controlled aggression is evident. Subjects are devoid of fear and very systematic in carrying out their assignment. Self-destruct or suicide instructions are layered in at this level.

**THETA** – Considered to be “psychic” programming. *Bloodliners* (those coming from multi-generational Satanic families) were determined to exhibit a greater propensity for having telepathic abilities than did non-bloodliners. Due to its evident limitations, however, various forms of electronic mind control systems were developed and introduced, namely, bio-medical human telemetry devices (brain implants), directed-energy lasers using microwaves and/or electromagnetics. It is reported these are used in conjunction with highly-advanced computers and sophisticated satellite tracking systems. [13. Patton, op. cit.]

## **In Conclusion**

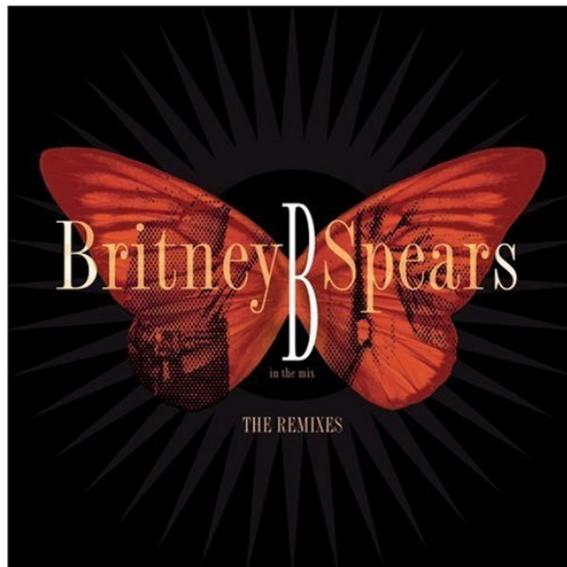
It is difficult to remain objective when describing the horrors endured by Monarch slaves. The extreme violence, the abuse, the mental torture and sadistic games inflicted on victims by “notable scientists” and high-level officials prove the existence of a true “dark side” in the powers that be. Despite the revelations, the documents and the whistle-blowers, a great majority of the population ignores, dismisses or avoids the issue altogether. Over two million Americans have been programmed by trauma mind-control since 1947 and the CIA publicly admitted its mind control projects in 1970. Movies such as *The Manchurian Candidate* have directly referred to the subject, even depicting actual techniques, such as electroshock, the use of trigger words and microchip implementation. Several public figures we see on our TV and movie screens are mind control slaves. Famous people such as Cathy O’Brien, [Candy Jones](#), [Celia Imrie](#) and [Sirhan Sirhan](#) have gone on record and disclosed their mind control experiences...and yet the general public claims that it “cannot exist”.

<http://vigilantcitizen.com/hidden-knowledge/origins-and-techniques-of-monarch-mind-control/>

The research and funds invested in project Monarch do not however only apply to mind control slaves. Many of the programming techniques perfected in these experiments are applied on a mass scale through mass media. Mainstream news, movies, music videos, advertisements and television shows are conceived using the most advanced data on human behavior ever compiled. A lot of this comes from Monarch programming.

Marilyn Monroe, Lady Gaga, Britney Spears and numerous other Hollywood celebrities are Jewish Illuminati Mind Control slaves who are forced into the most heinous, degenerate, filthy acts at the commands of their “handlers.”

In the picture below, Britney Spears’ name is superimposed on a “Monarch” Butterfly.



[Pics of the Month](#)

## Music Business



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The symbols of Illuminati Mind Control are no longer hidden. They have been revealed publicly numerous times, including at Super Bowl programs, on album covers, and in advertisements.

In Super Bowl 2015, the half time entertainment included Katy Perry dressed in red (the harlot) riding a beast. In addition, there were the usual Illuminati pyramids and the all-seeing eye heavily displayed.

### **Not Just Hollywood**

It's not just celebrities who are being mind-controlled. Unfortunately, the entire population of America is being subjected to mind control every day.

The Logos of almost every major corporation contain occult symbolism:

The occult winged disc of the Chrysler, Bentley, Chevrolet (stylized), Harley-Davidson, and Southwest Airlines is also found over the throne in the Freemasonry Masonic initiation room.

The pyramid of the Acura; the three pyramids of the Mercedes Benz.

The overlapping circles in Kool cigarettes, MasterCard, Gucci and Chanel represent the "vesica" of the female genitalia.

The vertical and horizontal intertwining circles of the Toyota logo represent the male and female genitalia, as does the Target logo.

U.S. dollars (Federal Reserve notes) are full of occult symbolism including the Satanic pyramid and the all-seeing eye.

As you can see, we are constantly being bombarded with Illuminati, Satanic symbolism. Most Americans have no idea how they are being Mind Controlled and brainwashed to accept Satanic symbolism.

The “cross” on churches is actually a “T” sign for the pagan god Tamuz. Jesus was crucified NOT on a cross, but on a pole, as the Bible, in the original Greek, so clearly states.

### **Americans are Deceived in almost every area of Life**

Almost all Americans have been mind controlled – deceived - about the perpetrators of 9/11, the perpetrators of the Oklahoma Bombing, the Sandy Hook Hoax, the Boston Bombing Hoax, the Federal Reserve bank, who runs the U.S. government, the War on Terror, the causes of World War I, the causes of World War II, the supposed Holocaust, the alleged Gulf of Tonkin incident that started the Vietnam war.

Why? Because they are being lied to repeatedly, and most people make no effort to find the truth.

**Repetition** is extremely successful when the government and the media lie to the public. But **repetition** is also extremely successful if an individual wishes to counter the lies, and embrace the truth.

When we learn the truth about politics, health, or religion, often times it is so different from what the average American believes, we must repeat these new truths to ourselves over and over again, so our mind can fully grasp them. Without that, we may fall back into believing the government, medical, and religious lies that are embraced by friends, family, and the majority of the population.

### **How can we counteract these Satanic Mind Control techniques of the U.S. Government and multi-national Corporations?**

God has given us, in the Bible, His OWN “Mind Control” program to counteract the Mind Control of the Satanic world in which we live. We find it detailed in the following texts:

We are to have a “renewing of our mind.”

“And be not conformed to this world: but be ye transformed by the **renewing of your mind**, that ye may prove what *is* that good, and acceptable, and perfect, will of God.” Romans 12:2

We are to concentrate on that which is true, honest, just, pure, lovely, and of good report.

“Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.” Phil 4:8

In the world of psychology, this is called “Positive Reinforcement.”

With Satan lurking in every nook and cranny of our lives, enveloping us at every turn with Illuminati symbolism and tempting us with the goals of the Adversary: fame, wealth, hedonism – how do we counteract these numerous assaults by the great Deceiver?

The Bible tells us:

“The carnal mind is enmity against God.” Romans 8:7

“For I delight in the law of God according to the inward man.

“But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

“O wretched man that I am! Who shall deliver me from the body of this death?

“I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God, but with the flesh the law of sin.” Romans 7, 22-25

“Wherefore, prepare your mind for action, be sober, and expectation to the end for the grace that is to be brought unto you at the revelation of Jesus Christ. 1 Peter 1:13

**What does the Bible say about a doubting, wavering mind?**

“If any of you lack wisdom, let him ask of God, who giveth to all liberally, without reproach, and it shall be given him.

“But let him ask in faith, never doubting. For he that doubteth is like a wave of the sea driven with the wind and tossed.

“For let not that man think that he shall receive anything from the Lord.

“A double minded man is unstable in all his ways.” James 1:5-8

### **What happens to those who set their mind on earthly things?**

“For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ.

“Whose end is destruction, whose God is their belly, and whose glory is in their shame, who set their mind on earthly things.” Phil 3:18,19

“Because when they knew God, they did not glorify Him as God, neither were they thankful, but became vain (to no purpose) in their reasoning and their foolish heart was darkened.

“Professing themselves to be wise, they became fools,

“And changed the glory of the uncorruptible God into an image made like unto corruptible man - - and to birds - - and fourfooted beasts - - and creeping things. . .

“And even as they did not like to retain God in their knowledge, God gave them over to a **debased mind . . .**” **Romans 1:21-23, 28**

### **What kind of a “mind” has God given us?**

“For God has not given us the spirit of fear: but of power, and of love, and of a sound mind.” 2 Timothy 1:7

“We have the mind of Christ.” 1 Cor 2:16

“Let this mind be in you which was in Christ Jesus.” Phil 2:9

The Bible tells us “to work out our own salvation.”

“Wherefore, my beloved, as you have always obeyed, not as in my presence only, but so much more in my absence, work out your own salvation with fear and fear and trembling.” Phil 2:12

“We cannot save nor sanctify ourselves -- God does that. But God will not give us good habits or character, and He will not force us to walk correctly before Him. We must get into the habit of doing things, and in the initial stages that is difficult. To take the initiative is to make a beginning – to instruct yourself in the way you must go. . . Take the initiative yourself, make a decision of your will, and make it impossible to go back to your old ways.

“We must get into the habit of carefully listening to God about everything, forming the habit of finding out what He says and heeding it. If, when a crisis comes, we instinctively turn to God, we will know that the habit has been formed in us. We have to take the initiative where we are, not where we have not yet been.” O. Chambers, My Utmost for His Highest, May 10

God expects us to get – and keep - our Mind under Control: the Best kind of “Mind Control”

### **How do we do that?**

“Hear, O Israel: The Lord our God is one Lord

“And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

“And these words, which I command thee this day, shall be in thine heart.

“And thou shalt teach them diligently unto thy children, and shall talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

“And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes.

“And thou shalt write them upon the posts of thy house, and on thy gates.”  
Deut 6:4-9

Unfortunately, the Jews are unable to understand the spiritual nature of these verses. Instead, they only understand them with “sense knowledge” – through their five senses. They have no “revelation” knowledge whatsoever.

That is why the orthodox Jews physically place a tiny version of the Ten Commandments (the print is so tiny it is not legible) in a tiny leather box with leather straps attached that tie around the individual's head and around the wrist. These are known as phylacteries

Because the Ten Commandments are so tiny they are unreadable, they do no good to the one who is wearing them, except for what appears to be pretentious pseudo-righteousness, in the tradition of the Pharisees of old who were only concerned with the appearance of "righteousness" but were "as dead men's bones" on the inside – of filthy character!

What the passage in Deuteronomy 6:4-9 is telling us is that we must keep the Lord and His promises of deliverance from sin, sickness and (ultimately) death, in our mind continually until we know the Lord so well that when a crisis occurs, we automatically turn to Him first – and ONLY!

### **God wants to put His law – His character – in our heart and mind**

"I will put My laws into their mind, and write them in their hearts. . ." Heb 8:10

Because God will not change our habits or our character, how do we get to the point that we trust God so completely that we automatically turn to Him in every crisis, whether it be financial, health, children, fear, etc.?

Before every action, there is a thought.

Many mechanisms in our body work automatically.

We breathe automatically. We don't have to think about it.

Our heart beats automatically. We don't have to think about it.

Our digestion occurs automatically. We don't have to think about it.

But for our habits – our good habits – to become automatic, we must train ourselves to do right.

How do we train ourselves?

### **The Seventh-day, Saturday, Sabbath**

God has given us one full day every week to spend with Him, learning about His character, learning about His great love for humanity, learning of His loving kindness even to those who do not love Him back.

The Sabbath Commandment (4<sup>th</sup> Commandment) is the “heart” of the law – God’s Ten Commandments. In it is found God’s “seal” – His title, His authority, and the territory over which He has control.

“Remember the Sabbath day to keep it holy.

“Six days shalt thou labor and do ALL thy work;

“But the Seventh day is the Sabbath of the Lord Thy God: in it thou shalt NOT do ANY work, thou nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates.

“For in six days the Lord made heaven and earth, the sea and all that in them is (Title: Creator, Authority: He made us, so He owns us, Territory: heaven, earth, sea = the universe) and rested (stopped His work) on the Seventh day: wherefore the Lord blessed the Sabbath day, and made it holy.” (No human being can change what God established.) Exodus 20:8-11

In addition to the 24-hour period of the Seventh-day Sabbath (Saturday) that begins on Friday night at sundown (from “even to even” Lev 23:32), we need time every day to spend with the Lord. That’s the way we get to know Him personally, that’s the way we develop a relationship with Him, and that’s how we learn to trust Him with everything in our life. Every day, we spend time reading His Word and praying. Daniel prayed three times a day!

With all the distractions and busyness of our lives, how do we continually keep our attention centered on Jesus Christ and His perfect character in order to counteract the fear of the future, and the temptations of the Adversary?

As we mentioned above, God gives us a Plan – His very own Plan of “Mind Control” if you will, or better yet, His plan for us to give our mind over to **His** control:

“Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.” Phil 4:8

We must think on the things of God regularly throughout the day – every day.

When we are anxious, we must remember:

“Be anxious for nothing: but in everything by prayer and supplication with thanksgiving, let your request be made known unto God

“And the peace of God, that passes ALL understanding, shall guard your hearts and minds through Christ Jesus.” Phil 4:6,7

When we are fearful, we must remember:

“Fear not, for I am with you. Be not dismayed for I am your God. I will strengthen you; yea, I will help you; yea, I will uphold you with the right hand of My righteousness.” Isa 41:10

When we have no resources, we must remember:

“My God shall supply all your needs. . .” Phil 4:19

When we are concerned about our children, we must remember:

God says, “I will save your children. . .” Isa 49:25

When we have no food, we must remember:

‘Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than food, and the body than raiment. . .

“Therefore take no thought saying, What shall we eat, or what shall we drink? Or wherewithal shall we be clothed?

“For your heavenly Father knows that you have need of all these things

“But seek ye first the kingdom of God, and His righteousness, and all these things shall be added unto you.” Matt 6:25-33

When we are sick, we must remember:

God says, “He heals ALL our diseases” (Psalm 103:3) IF “we follow His laws, commandments and decrees.” Deut 7:11-15

God promises, "I will give you back your health again" (Jer 30:17)

When we are struggling with unforgiveness, we must remember:

"For if ye forgive men their trespasses, your heavenly Father will also forgive you." Matt 6:14

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Eph 4:31-32

When we are struggling with anger or grudge-holding, we must remember:

"Do not let the sun go down on your anger, neither give an opportunity to the devil." Eph 4:26,27

"Do unto others as you would have them do unto you." Luke 6:31

"Cast your cares upon Him for He cares for you." 1 Peter 5:7

When we have no peace, we must remember:

"Peace I leave with you, My peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid."  
John 14:27

And there are many more such texts in each category.

**How do we keep these texts "as frontlets between our eyes" as God as instructed us?**

### **The Power of Your Mind**

We often sabotage ourselves by allowing thoughts to enter our minds either spontaneously or by design with no plan for countering those thoughts.

For instance, even though we are aware of God's promises of healing of diseases, unfathomable resources, protection, and peace, Christians often are overwhelmed with anxiety, fear, and worry.

They all claim to be Christians and they all claim to "trust" God. But when a crisis arises, they most often react as someone who is totally unaware of God's promises.

## **How can we learn to trust God completely?**

You CAN change your thinking. Christians know the promises are there. But how can they increase their likelihood of believing them – particularly when not only other Christians, but non-Christians, are constantly telling them to use “common sense.”

Believing in God’s promises requires FAITH – and FAITH is the opposite of common sense.

In order to have Faith, you must first get to know, personally, the One in whom you believe – Jesus Christ. In order to trust someone, you must learn whether or not that individual is trustworthy. You must develop a history with Jesus Christ to learn that He IS trustworthy. That takes a lot of Bible study and prayer.

Then you must continually keep God’s promises in your mind and be prepared when thoughts come into your mind either spontaneously, or from friends or family, sabotaging what you – in your heart – know to be true about God. Satan will constantly tempt you, through friends, family, and the media to believe in “man” and not in God. You may even be ridiculed for your faith, by those who claim to love you.

How will you respond in your own mind to these sabotaging thoughts and comments? You must be prepared!

### **Write down your favorite texts**

Studies have shown that preparation for success includes writing down your favorite texts on whatever subject you are being challenged by your own negative thoughts or those of others. Keep those texts on 3 X 5 cards or a piece of paper you can carry in your pocket or purse. Whenever negative thoughts come to mind, take out the texts and read them to yourself, reinforcing God’s promises to you.

You may even wish to write down specific responses of your own to these negative thoughts, when they arise. Psychological studies have shown this mechanism to be very helpful in all areas of life.

By becoming more aware of your sabotaging thinking, you can slow down and question your assumptions. Before every action, there is a thought. This moment of conscious reflection gives you the chance to think differently about the situation. Instead of allowing fear, anxiety, worry, or anger to overwhelm you, you now have a strategy. Take out your list of God’s promises and read them.

Replace your negative thoughts with the wonder of God's loving kindness and redeeming grace.

The Adversary and his followers have very sophisticated methods of Mind Control. ALL their methods include repetition.

God's method of "Mind Control" – your own control of your thoughts, your knowledge of God's promises, and your total reliance on Him – also requires repetition and a constant acknowledgement that Jesus Christ will not fail, because:

"Greater is He that is in you than he that is in the world." 1 John 4:4