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- Holy Spirit impressions on left foot





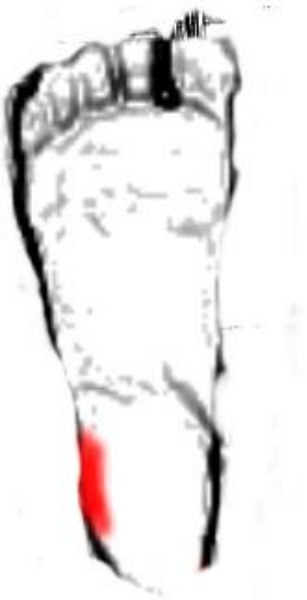
Abdomen

- Left foot on side of
foot on arch

Out of your belly shall flow
rivers of living water. John 7:38

In the book of the prophet Isaiah it is written that the desert will rejoice and that flowers will bloom in the wasteland and that the desert will sing and shout for joy. God promises us that when we align with Him, He will turn our desert places – our places where nothing can grow into lush gardens – oasis's. All of us have some place in our lives that is barren – that does not produce fruit. God wants to change that. He wants to show you what He can do when you put your trust in Him. He will take the most broken of dreams – if it is indeed a God-dream, and He will breathe resurrection power over it.

I have been a musician all my life but have always felt frustrated, upset, and empty inside because I could not improvise. But one day, after praying for many years, the breakthrough came and improvisation began to flow like speaking in tongues. It is always there – free and flowing. What is it you need today? Ask God. He tells us that everything is already finished. He is Alpha and Omega, the beginning and the end. He gives to all that are athirst of the fountain of living water freely. And to we that overcome, He says we shall inherit all things¹⁸³ We are His and His we are.



Abraçadabra/magic

- Left heel outside

Then Pharaoh called the wise men,
and the sorcerers, and the magicians of Egypt, they
also did in like manner with their
enchantments. Exodus 7:11

Finally brethren, whatsoever thing are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any praise, if there be any virtue, think on these things. Philippians 4:8. God wants us to set our minds on things above, not treasures here on earth. However Malachi tells us that it is indeed God's will to open the windows of heaven to us and pour us out a blessing that there shall not be room enough to receive it if we keep our heart in alignment with His guidance. .

When you press into God, He will press back into you. Spirit promptings are from God. Our DNA is light and vibration. If we allow, God will use these vibrations, almost like music notes to speak with you and warn you and comfort you about all things that concern you and your comings and goings and interactions with others. He is always transmitting spiritual information into the natural realm. We just have to be willing to have our channel set to receive the information. Once we start receiving we need to hone in the clarity. God will never not rebuke you for asking wisdom of Him. When you ask the Holy Spirit for wisdom, He will give it to you. Every prompting you feel is real and you need to pay attention. Every prompting has a correspondence in the spirit realm. If you feel the press of "abracadabra", God is simply letting you know what you are dealing with so that you can plead the blood covering in the spirit realm from

Accountant



- Left foot fat pad under side big toe

So then every one of us shall give account of Himself to God. Romans 14:12

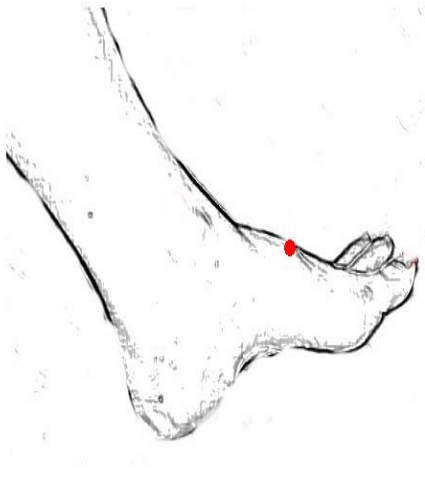
Ye shall know the truth and the truth shall set you free. John 8:32. Once we become children of God and are born again, the record of wrongs we have accumulated is nailed to the cross. So-called friends and or family may criticize and condemn us, but Jesus says, come, and drink of the waters of life. Out of the most barren belly shall flow rivers of living water. John 7:38.

This spirit impression on the fat pad on the under side of the left big toe, at least the first time I felt it, was odd. I always thought of an accountant as being the man or woman in an office who keeps the books and tallies and registers of numbers. With this particular prompting however the meaning is to tell a history of, or to recount a story according to your point of view.

We are all on a schedule and we need to ask God to rebuke the thief off our planner. We should give an account of ourselves daily to God. Ask Him to help you see clearly how to navigate the debris and obstacles that would try to hinder you.

God promises that when we go through the waters of adversity and conflict He will be with us. When we go through the rivers of hardship and disappointment, they will not overwhelm. When we go through the fire of trial, temptation, and tribulation it will neither burn nor scorch us. He gives us His promise that the flame of our enemy will not kindle or touch upon us. God loves you. If God be for us, who can be against us?

Alike



Top of left foot bone hump

The darkness hideth not
from thee: but the night shineth
as the day: the darkness and the light are
both alike unto thee.
Psalms 139:12

The Apostle Paul tells us that we see but through a glass darkly now, but in the future we will see Jesus face to face. And we will be like Him. 1 Corinthians 13 tells us that love is patient and kind. It is not jealous or envious. It is not haughty, arrogant, or rude. It does not demand its own way. It is not irritable or touchy. It does not hold a grudge. Love hardly even notices when others do it wrong. Love believes all things. Love bears all things. Love never fails. When we really look at ourselves, we see that we fall short. It is a good thing God does not behold us by our works. He sees us through Jesus' blood. And because He loves humanity so much, much more than we can ever know, He is always transmitting His love toward us. Our receptors need to be open always and we need to be tuned in.

Alike

There is an entire realm that we cannot see with our natural eyes, hear with our natural ears, taste with our mouth, feel with our hands or touch. But it is there. We all know that we cannot see the wind, but we do feel its effects. The same idea holds true in the spirit. There is nothing in the natural realm that has not first been birthed in the invisible realm of the spirit. When we think about it, our words are creators and containers for power. With them, we bless or curse. And there is that ever-present spiritual rule – what you sow, that you reap. We must truly bring our thoughts into obedience to Christ. If we do not, our lives will manifest in confusion and disorder which is anathema to the spirit .

Bird

- Left heel inside soft skin



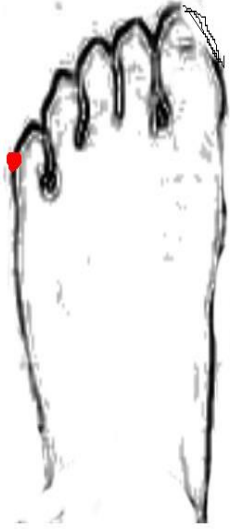
In the Lord put I my trust: how say ye to my soul
flee as a bird to your mountain?

Psalms 11:1

God has a plan and a purpose for each of us. He knew us before He formed us in the belly. He sanctified and ordained us prophets unto the nations...Jeremiah 1:5. God uses all circumstances to the good for those who love Him and are called according to His purpose.

Four years ago the powers that be at work called me into the office. My job was on the line. They informed me that the school just didn't have enough money to support a non-mandated program and that they would have to let me go. Talk about anxiety.

That night when I went to sleep I had a dream. The dream was written in cursive text was not like a regular dream but was more like a dove delivering a message. This is what the writing said: "Oh my afflicted, tempest tossed and troubled, I will rebuild you on a foundation of sapphires and make the walls of your house from precious jewels." When I awoke I knew that this dream was not an ordinary dream so on a pretty good assumption I went to a concordance and found that the dream writing was indeed a scripture verse from Isaiah 54:11.



Blow Away/wind

- Left foot pinky toe middle knuckle to the outside

And there came a sound as of mighty rushing wind and it filled the whole house where they were sitting.

Acts 2:2

Now glory be to God who by His mighty power which is at work within us is able to do far more than we would ever dare to ask or even dream of, infinitely beyond our highest prayers, desires, thoughts, and hopes. If God be for us who can be against us? When we encounter problems, we need to view these roadblocks as opportunities for God to show Himself on our behalf. There is always a reason for everything, nothing is really arbitrary. God wants us to learn to pray in the spirit. When we don't know how to pray, the spirit makes groaning for us in intercession that cannot be uttered.

Many times we may feel clueless as to how to pray. Sometimes it almost seems like trying to punch your way out of a wet plastic bag. We always need to remember that God's ways are higher than our ways. When we pray in tongues, the spirit is praying exactly for whatever the situation is. **Creative Power in the Spirit destroys enemy strongholds.** It is crucial you seek the Holy Spirit to give you divine enablement. Tongues are a great weapon of warfare.



Bomb

- Left foot bottom inside of heel

And the Lord your God, He shall expel them from before you, and drive them from out of your sight: and ye shall possess their Land as the Lord your God hath promised unto you. Joshua 23:5

God can speak to us anytime and anywhere in the midst of any activity. He is always speaking and always transmitting. There is a little story behind this particular impression. I had set down to watch some TV and there was a show on that I really wasn't paying much attention to, but I did happen to look up and see one of the main characters setting up a bomb to explode. There was a zap on my left heel and it just kept being there until the bomb scene was over. Strangely enough this happened a few more times during similar scenes on the TV.

I believe God is pouring out Discernment in this time. He is allowing clear communication levels with His people. He does not want to be distant. You can be close enough to God that He will let you know His thoughts and teach you His vocabulary.

There will be no bomb that can come in your life that He will not show you His thoughts on the situation. Discernment is not something we can think up. If you have a sentimental feeling or any type of feeling or rampant thought, then you can know that it is not from God. Discernment is actually neutral, but carries a charged pulse.



Camera

- Left foot 3rd toe knuckle
where foot and toe attach
together on top

Eye has not seen nor ear heard all that God has prepared for those who love Him and are called according to His purpose. 1 Corinthians 2:9

We are not to throw away the pictures of this world. We are here to learn and to grow from life's experiences. Eye has not seen nor ear heard all that God has prepared for those who love Him and are called according to His purpose. 1 Corinthians 2:9. There are events in our life that we are meant to remember. The Holy Spirit is God's camera and can bring to our remembrance at any time an event or situation that has current relevance. The Holy Spirit can do this while we are awake or asleep. God can show us pictures that He wants us to pray for or about. Dreams are often ways that the Holy Spirit can show you who to pray for and even a situation someone may be in. A good way to remember a dream is to write it down as soon as you wake up. Keep a notebook beside your bed with a pen handy. If there were main characters or people you knew in the dream, pray in the spirit for them. If you dreamed of a town, pray for the town. We are reminded to let nothing be done through strife or vainglory, but we are to esteem others better than ourselves, looking not on one's own things, but also on the things of others. Philippians 2:3. This is not a scripture to validate gossip. This is a scripture to validate praying and interceding for others as well as yourself.



Classical

Top of left foot underneath
big toe knuckle

I know the plans I have for you,
plans for good and not for evil.
Plans to give you a hope and
a future. Jeremiah 29:11

When something is classical it is significant. Take classical music for example. Classical music is the foundation for all other types of music. When someone is classically trained, they are grounded in the great masters like Beethoven, and Mozart, and Bach, and Haydn. These big guys are timeless. When you apply their principles, you get some of the best sounding music on earth today. Yes, you can play and be a musician without classical training. But, this training will enable you to be a better and more versatile musician with greater scope and understanding.

The same thing holds true for us as Christians. When we are rooted and grounded in the Word of God and Jesus Christ, the Word becomes a living part of us; we become walking epistles of Christianity. People may not read the Bible, but they can and will see and hear you. They will be able to see the effects of your communion with Christ in your life. Just like with the music, people may not listen to the old masters too much anymore, but when they hear your music, they will be able to sense that there is something different in you, a cut different from the norm.



Come In For

- Left foot third toe at upper left corner of skin outside cuticle

...For you have been a help to the poor and strength to the needy in his distress and a shadow from the storm. When the blast of the terrible ones is as a storm against the wall, thou shalt bring down the noise of strangers. Isaiah 25:4. What a promise from above. When we are experiencing difficulty in our lives for whatever reason, God will step in for us. When we are weak, He is strong. When we don't know what to do, He does. He helps the poor. The poor are promised that the kingdom of heaven is theirs if they choose. When you are poor, you have nothing. When you are poor in any area, this allows God to come in and fill it for you. You can receive the kingdom of heaven. He is strength to anyone who needs help. He freely gives divine enablement. When tempests of financial lack, aging, spousal, and job problems or anything else comes against you, He quells the storm. He says "Peace, be still." When others talk behind your back, when things you have had no control over come against you, He is there. He is your shield and your defense. He is your salvation. He promises that we will stand fast and not be moved when we are rooted and grounded in Him and His love. ¹⁹³

Cook



- Left foot top of 2nd toe middle knuckle

Who satisfieth thy mouth with good things
is renewed like the eagle's
103:5

God promises us that He will fill our mouths with good things. He wants to fill our lives with the delicacies and enrichments from being in secret places with Him during prayer time. He wants to go before you and give you the treasures of darkness. The things that the people of the world struggle all their lives for, he just wants to give us. We are sons and daughters of the king. He knows what we need or want before we even ask for it. He knows our every thought. He created us for His good pleasure. He knows us better than we know ourselves. He is the cook and we are the food. It is His pleasure to mold us and to bring us into what we are supposed to become. We need to remember that God is the provider and the "cook" for all things in our lives. Each of us is God's own special creation and He may use a little bit of this spice on this one and a little bit and maybe even a different spice on that one until we all become savory dishes in the fulfillment of what we are designed to become. We need to keep balance in our lives however, as good food can spoil and become lust if not kept in check. Too much of anything can turn one out of balance.



- Left foot 3rd toe pad underneath where toe meets foot
Discovery

Would not God have discovered it, since He knows the secrets of the heart. Psalm 44:21

Dreams can often help us to discover who and or what we are to pray for. The Holy Spirit never sleeps, but He is guarding us while we sleep. He also enables us to tune into what is being transmitted by the heavenly Father. There are many things we are to discover here on our earthly journey, among them, how much God cares and loves and is deeply concerned for all humanity.

Not too long ago I had a dream of many pieces of big juicy steaks on a spit. There was blue cursive writing above it that said, "Strong meat belongeth to them that are of full age." As soon as I awoke, I wrote down the words. I knew it was back to the Concordance. Sure enough, this was a scripture verse from the book of Hebrews. The entire verse said, "But strong meat belongeth to them that are of full age, even to those who by reason of use have their senses exercised to discern both good and evil." Hebrews 5:14. God does not want us living on milk alone. He does not want us to remain helpless, dependent infants. He wants you to develop and be able to chew on the meat of life. Our lives are to be full because we are living the dream He implanted. If you are empty and depressed or anxious, you need to look inside. Ask God to help you discover your God-dream. He made you for it.¹⁹⁵



Eat

- Bottom of left big toe

The meek shall eat and be satisfied: they shall praise the Lord that seek Him: your heart shall live forever. Psalm 22:26.

When these blips or promptings or impressions, whatever you like to call them manifest, there is already damage to the core in whatever area God is letting you know there is a problem. These frequencies are like radio transmissions –here for a second and then they are gone. These carry powerful information to you the believer. This is God’s vocabulary to you. He wants to teach you His language. He wants you to eat of His Words. We are learning His vernacular, just as we might learn French or Japanese. Actually, it is more like the training of a dog to learn to sit or stay. Anyway, we have a word and he has a corresponding electrical like touch or prompting. The Holy Spirit does not use audible words, He communicates in a way we can absolutely know that it is not our own minds or predatory delusions. Promptings are a separate, yet connected Force with and to us. It is about as wonderful to explain to someone as speaking in tongues. In the book of Joel, God promises that in these last days He will pour out of His Spirit on His Sons¹⁹⁶ and daughters and that He will show signs in heaven above and earth beneath.

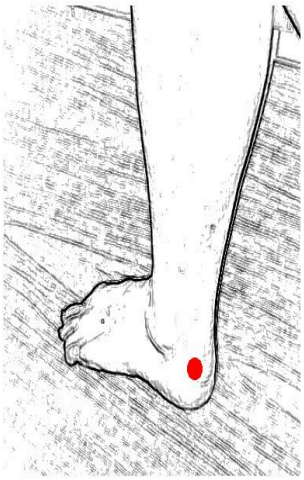


Event

- Bottom of left foot
outer edge at top

This particular impression carries with it also the undertone of scandal. We are to feed the hungry and help those in trouble. When folks are hungry in this day, it is usually for a lot more than food. One can be hungry for peace. One can be hungry for financial security. One can be hungry for love. The list is absolutely endless. God commands His people to help those in trouble. When you look around, it seems as if almost everyone is in some form of trouble or other and detained in life. It is guaranteed by God Himself that when we help the hungry and troubled, our light will shine out of the darkness. Conversely, everything around can get pretty murky when we walk in our own self-generated light. We are promised that when we practice concern for others, God will guide us continually and satisfy our every desire. Wow! We are promised that we will be as a well-watered garden and as an ever-flowing spring. When one operates on their own, burn out inevitably ensues. But when we operate in Him and His timing, we can ask for rain in the time of latter rain and He will make bright clouds and give showers of rain and for everyone grass in the fields. Joel ~~19~~ 2, 23.

Finest



- Left ankle to the outside. $\frac{1}{2}$ index finger length back from center of anklebone to heel on lines where it bends. $\frac{1}{2}$ finger length up from bottom of foot

God has His finest in mind for each of us. Deuteronomy tells us of God's finest us if we follow Him. "...Blessed shall you be in the city and blessed shall you be in the field. Blessed shall be the fruit of your body, the fruit of you ground, the fruit of your cattle, the increase of thy kine and thy flocks of sheep. Blessed shall be your basket and blessed shall be your store. Blessed shall you be when you go in and blessed shall you be when you go out. The Lord shall cause thine enemies that rise up against thee to be smitten before thee. They shall come out against thee one way and flee before thee seven ways. He shall open unto thee His good treasure, the heaven to give His rain unto thy land in His season. Thou shall lend to many nations and shall not borrow. Thou shall be the head and not the tail. Thou shall be above and not beneath. Deuteronomy 28:3-6.

This is a powerful scripture verse. It really should at least be partly memorized by all believers. The creative force in these words is phenomenal. Speak this out over your life every day. God wants His finest for you. Take hold and be a co-creator today with Him.



Fix It

- Left foot second toe cuticle

And the Ethiopian Eunuch said to Philip, "What prevents me from being baptized?" Acts 8.

Prayer is our connection to God. Prayer connects us to God's divine enablement. We must pray at all times. Everything we do should be as prayer to God, when we pet a cat, when we walk our dog, when we paint our house, when we study our schoolwork, and when we go to our job. All beings need to be aware of the presence of God manifesting around and about in the moment. A personal prayer life must be developed in order to form a relationship with the Heavenly Father. Jesus tells us to pray in secret. What we do in secret will be rewarded openly. We are not to go around boasting of all the time we spend with God. God sees it and He will REWARD us openly.

After some time is spent pursuing the presence of God in your life, God will begin to reveal His still, small voice to you. It is NOTHING you can think up. It is entirely separate. God will let you know. Listen. The Maker designed you for this, it is not a fantasy.

Headache



- Left foot 5th toe
under side fat pad

I will give unto him that is athirst of the fountain of the river of life freely. And to him that overcomes, he shall inherit all things. I will be his God and he shall be my son. Revelation 21: 6&7. After much searching, I have discovered there has not been much written on the subject of Discernment. It seems as though it has been left mainly a mystery or for some far off monk in an obscure corner of the world.

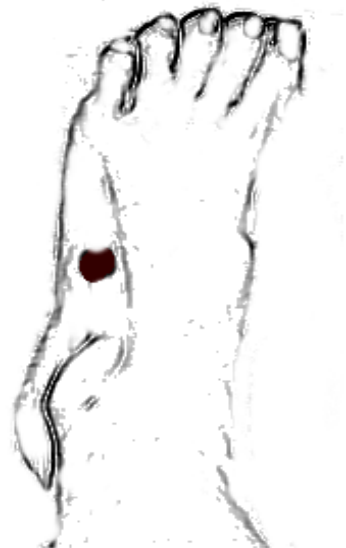
God does not want us to be in the dark or at a disadvantage. He is releasing an awakening into the Spirit realm. He is releasing "new wine" to people who are looking for Truth today. We are living in an ever increasingly difficult world and society where only with the help of the Holy Spirit will we be able to rightly step. The Holy Spirit is deeply concerned with each of our lives. He cares about everything we say, think, or do. He cares about decisions we are about to make, and will make.

God has given us everything we need for life here on earth. We are not separate from Him. He is right here with us. He is right here with us now. He wants to make His will known to us in a very personal way. We all are receptors for God's love if we will simply allow and accept it to flow within our lives.

Interview

Seek ye first the kingdom of God and His righteousness and all these things shall be added unto you. Matthew 6:33.

- Left foot upper side on top 1 knuckle length from bottom and 1 index finger length down from top of pinky. Impression is just below vein



The Holy Spirit is at work within the lives of people today. Though we may not always know or acknowledge His presence, He is there. He is leading us in the ways He knows are best. He wants to be a part of our everyday life, to help us with decisions and choices, to help us on our path, our journey to His image.

God speaks to His people in many different ways. He may speak to us through everyday circumstances, through dreams, through scriptures, through people, even through media. His ways are endless. Openness is the key to receiving the myriad of ways the Lord can touch us as individuals. He will meet you where you need to be met, if you just ask Him.

- Outside of left heel
1st line almost at
back

Jeopardy



And why stand we in jeopardy every hour?
I Corinthians 15:30

As I was with Moses, so I will be with you. I will help you. I will strengthen you. I will uphold you with the right hand of my righteousness. Joshua 3:7. Whenever we feel danger or threatened, we need to remember this verse. Speak it out over your situation. God is faithful to His word. He will see you through. He says, "Fear thou not for I am with thee. I will not fail thee nor forsake thee so be strong and of a good courage." Deuteronomy 31:6. Even though we may feel scared, we need to put our full trust in Him and do whatever it is we need to do because we know and understand that He will see us through. He will never ask us to do anything He has not given us the ability to do. He will however use these abilities to stretch our faith and trust in Him.

When you sing the Word it makes for added power. Look at all the heroes of the Old and New Testaments. They sang before they went into any type of situation. Deborah sang and David sang. Music is the connector between the spiritual realm and the natural realm. Music brings God's divine power in a great way to your situation.



Late

- Left foot underneath 2nd pad on bottom

He's an on-time God. The Bible tells us to delight ourselves in the Lord and He will give you the desires of your heart. He won't give them to you late, nor will He give them to you early. He will give them to you when you are ready to handle the responsibility. We all know we would never let a baby drive a car, so too when we are baby Christians we will not be allowed the same privileges as when we mature.

Sometimes it is difficult to wait on God's promises. We may feel there is nothing going on and may begin to question why is He waiting so long to act on our behalf. We may almost feel hateful and indignant about our situation. And that feeling my friends is exactly what God wants to bring to the surface. He wants us to know and see our heart and motives for what they are. He wants us to see how very much we need Him. Out of one mouth can come blessing and cursing. God does not want it this way. He wants us unified with Him. Our spirit sings with His right now but our journey here on earth is to bring our soul into alignment with His. And when we reach **that** point the long awaited breakthrough will be ours.

Let Me Know



- Left foot on outside edge down from ankle bone 1 index finger length

Matthew 11:12 tells us that from the days of John the Baptist until the present time, the kingdom of heaven has endured violent assault, and that violent men seize it by force, as a precious prize. A share in the heavenly kingdom is sought with our most ardent zeal and intense exertion. Ask God to help you look at your situation from His perspective. Ask Him to let you know your hunger. Ask Him to open the eyes of your understanding. God gives each of us Discernment not in order for us to criticize others but to judge in our spirit rightly. We are not meant to be in darkness; battling at apparitions – we are meant to know what the intent – the spirit is behind any given situation. How can one be a warrior or a priest with no plan?

The Holy Spirit is deeply concerned with every aspect of our lives. Although His ways are not our ways to begin with and neither are His thoughts our thoughts, we are meant to share in what His overview on our circumstances are. He lets us know that it is not too much. Discernment is nothing that we can dream or think up. It is entirely different and emanates from a different place and realm than our ²⁰⁴natural mind.



Lies

- Left foot side of big toe

Psalm 5:9 For there is no truth in their mouth, Their heart is destruction.

Parsites

Behold, I give you the keys to the kingdom of heaven. Matthew 16:19. There is so much around us that is nothing but a lie. Lies and falsehood are everywhere. God wants His children however to be able to tell the difference between what is true and what is not. The Holy Spirit is the great pierce of the soul and the spirit and of joint and of marrow. He is a discernor of the heart. Hebrews 4:12.

Sometimes we may feel out of sync and don't understand why – an ache, a pain, a prickle, a dizziness, or something else which makes us feel uncomfortable. As we walk in and with the Spirit we begin to realize that nothing is really random.

Our words, everyone's words are containers for power. And that is the reason why our biography soon becomes our reality. We need to be careful what words we speak out for they are full of creative potential. We are co-creators with God. God tells us that whatsoever things we loose on earth are loosed in heaven and whatsoever things are bound on earth are bound in heaven. Matthew 16:19.

God has given us the capacity for tremendous power if we step into it. Most people live far, far below their potential just because the gateway of their ²⁰³mouth prohibits them from receiving.



Lust

- Left foot big toe center knuckle

Bulimia

And they tempted God in their heart by asking meat for their lust. Psalm 78:18

For he that sows to the flesh shall of the flesh reap corruption. But he that sows to the spirit shall of the spirit reap life everlasting. Galatians 6:8. When we want or desire something more than God, we are operating in the spirit of lust. God is present everywhere and in everything we say, think, or do. He wants us to partner with Him. What we may mistake as a need for an Advil could actually be the Almighty speaking to us about a situation.

Just as we want God to flow freely in our lives, He wants to flow freely as well. However, there are a number of habits we need to foster, develop and practice in order to gain access to this higher ground – not walking in the flesh, but in the spirit, a place where we can have victory and fullness of life. How can this be done you may ask. There are a number of things we can do to facilitate the Spirit's work in our daily situations. Remember, we cannot do anything to merit His favor – it is a free gift. We must partner with Him in order for Him to take us to that next level –the place of abundance. Abundance is what God gives. What we try to take is lust.

Naked

- Left foot bottom of 3rd toe top knuckle next to 4th toe.

If a brother or sister be destitute and in need of daily food And one of you say unto them depart in peace, be ye warmed and filled, not with standing ye give them not those things which are needful to the body, what doth it profit?

James 2:25-26

To walk with the Holy Spirit at heartbeat's closeness we need to practice agape love. This is a type of love that watches out for his brother. It is a love that does not talk about others behind their backs. It is a love, which does not gossip. It is a love, which does not expose other's faults. It is a love that wishes the best for each individual.

We cannot all be ears. We cannot all be eyes. We cannot all be hands. We cannot all be feet in the body of Christ. But we are all commanded to treat others with the utmost care and concern.

If we talk about others in a manner which is less than full love, the Holy Spirit will not be able to come through to you in the way which is most powerful – where you can hear that still small voice as your helper and comforter in all that you do.



Nuclear

- Left foot 5th toe where base knuckle meets foot on outside

And they were all filled with the Holy Ghost and began to speak in other tongues as the spirit gave them utterance. Acts 2:4

He loves us beyond all we could ask or think. He will do whatever it takes to bring us to Himself. He gives us exactly what we need.

Discernment promptings have no human emotion connected with them. If they did, we could take credit. However, His impressions are simply something else. They are separate – almost like nuclear electric power – like little atoms being pressed into our corporeal body.

The Heavenly Father wants to begin to teach us a new language – the language of the Spirit Himself. We need Discernment to understand the difference between what is of our own devising and what is of God's heart.

We develop God's power and presence in our lives by speaking and praying His creative, nuclear Words over our daily situations. We can bring into being the things that aren't as though they already were if we practice His presence by taking every thought captive and by watching the words we speak.



Optimistic

- Left foot fourth toe cuticle

For I have called you a woman forsaken and grieved in spirit and a wife of youth when thou wast refused. Isaiah 54:6

He that dwelleth in the secret place of the most high shall abide under the shadow of the Almighty and I will say of the Lord, He is my refuge and my fortress, my God, in Him will I trust. Psalm 91:1. We are told to be optimistic in Him. He has wonderful plans for us. We need to trust that.

God wants to bring you into a place where He can bless you. When we put our soul into His Spirit He tells us "powerful kings and mighty nations shall provide us with the choicest of their good to satisfy our every desire." If we allow it, God Himself will exchange our brass for gold, our iron for silver, our wood for brass, and our stones for iron. Isaiah 60:17. He will exchange the scrap heap of our own making into something wonderful.

All things work together for the good to those that love Him and are called according to His purpose. Romans 8:28. Peace and righteousness will be our taskmasters. All war and violence will disappear from our land. Our walls will be called salvation and our gates shall be called praise. Isaiah 60:18.

How are these blessing possible you ask? We must walk in the ways He wants us to walk.



Orthodontics

- Left foot 2nd pad under side where foot connects to toe

How do we walk the way God wants us to walk? How do we smile the way God wants us to smile, How do we do anything the way in which God desires? By the gifting of Discernment. God knows we need dynamite; we need straightening and removal of the crooked and extra things that have occurred in each of our lives.

Not many of us like to go to the dentist. But we all like a pretty smile. Sometimes the dentist will have to remove a tooth; sometimes he has to fill one. Other times we need braces to correct an over or under bite or teeth that stick out all funny. God is our great heavenly dentist. He knows just what we need for a straight smile. Sometimes it takes a period of time to straighten that which is crooked. So too in the spirit realm, things can take time.

God can also however work instantaneously. He knows just what we need. His love and promptings are separate and something we must experience in order to understand. We come to the dentist with problems. We leave with the beginnings of a new smile. These promptings are the dentistry of God Himself.

Pass On By



- Left foot 4th toe
under side fat pad

For my determined purpose is that I may know Him and that I may progressively become more deeply and intimately acquainted with Him. God reaches His hand to us day and night. He does not want us to pass Him on by and so for that reason, discernment can also manifest in dreams as well as everyday situations and circumstances. Many times when waking out of a dream, the Holy Spirit discernment impressions will present themselves to that you so you cannot possibly miss the meaning.

One day a few years ago I had been struggling with some not so pure thoughts and my left big toe had been having a burning type of sensation. I asked God to show me what this was. When I went to sleep that night I had a vivid dream. I was in a hotel and there was an Asian man there whom I had never seen before. I had a sense that he wanted me. He was muscular and well defined. His skin was smooth, oily, and supple. He came flying through the air toward me. I knew he wanted me. There was also a huge mountain of ice cream in the room. He flew away laughing. As I awoke the discernment point on my left big toe was just as it had been during the previous day when I had been struggling with those "thoughts". The Holy Spirit alerts us as to when we are to pass on by whatever destructive circumstance has presented itself on our journey's path.

Path/Program



- Heel of left foot on first line above bottom of foot

And there will be a highway there called the road of holiness. No fools will mislead those who follow it. Those whom the Lord has rescued will travel home by that road. Isaiah 35:8.

Revive me by your word. I told you my plans and you replied. Now give me your instructions. Make me understand what you want, for then I shall see your miracles. David's heart to God was that he would be doing what God wanted him to do and not what David would choose for himself. He knew the only way to success was to follow the blueprint God chose for him before the foundation of the world. This same principle applies to each of us today.

We are not to be afraid as we step out. Jehovah Shammah (the Lord is here) has a program and a path for each of us, a divine destiny if you will, a destiny that forges character and substance to our souls. We just have to be willing to get on the road with Him. His ways are not our ways. He wants the best for us. So often, we choose things that are just filler. That is not what God has in mind.

The Lord is going with us wherever we go. We need not be timorous or looking everywhere for the truth – under a rock or in a sneaky place. God does not want to withhold any good thing from those who have a heart²¹² that walks uprightly.



Police

- Left foot third toe inside middle knuckle

*You will seek me and you will find me
when you search for me with your whole
heart.. Jeremiah 29:13*

Thank goodness for cops! The police force is necessary in our world today. The men and women of law are an abiding presence of security for those who follow the rules. These same individuals are a source of correction and fear to those who choose to thwart the rules of humanity.

We as Christians do not ever need to fear God. We do not need to view Him as some sort of wild patrolman out to get us for the least infraction. God Almighty is an abiding source of protection to all. We don't need to be perfect we just need to be covered by the blood of Jesus. God wants to assist us onto the divine path. God wants to give you truth, not a ticket or a misdemeanor.

There are many confused Christians looking in wrong places for something with power. Many conversely are looking for that special policeman in their imaginations to help them live right. People are fed up with lifeless rules and meetings and tickets en route to their pursuits. We Christians are purposed for truth and meaning.

Popular

- Left foot underneath the 4th toe pad now on foot. Under 'Pass on by.'

Sad to say, even some Christians can be drawn to different religions that are temporarily popular as well as the occult in the hopes to find something real. Christ only has the remedy for the human heart. He has the balm to quiet the most restless soul. He wants us to live in the present. He does not want us to live in the past nor the future. He simply wants us to be now. God is dynamic and alive, and powerful and sharper than any two edged sword. He divides between soul and spirit and joint and marrow and is a discerner of the thoughts and intents of all our hearts. Hebrews 4:12. The kingdom of God is not meat and drink, but righteousness, peace, and joy in the Holy Ghost. Romans 14:17. There can never be real fulfillment in chasing what is popular because what is popular is man-made, not God made. Just think about your last trip to the grocery store with all the gossipy tabloids at the counter. All of these publications are living vicariously off the revelations and misfortunes of those whom they solicit. This is not how God wants us to treat others. We need to treat other people with the same disclosure we would want for ourselves if we were in the same situation.

Problems



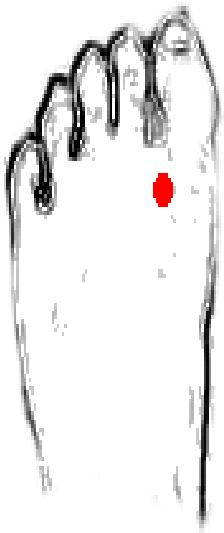
Casting all your care Upon Him for He careth for you. 1 Peter 5:7.

- Left foot fifth toe cuticle

We all encounter problems from time to time. We would not be in the world if we didn't encounter problems. Although we may not always see it, problems assist in developing our character. What we see as a cloaked and ugly thing, God sees as mercy and grace, doorkeepers, if you will that lead us into the conformation of His image.

The Lord says, "I will make my people strong with power from Me. They will go wherever they wish, and wherever they go they will be under my personal care. What a promise. God says and reiterates that He will give us strength. When we are weak, He will make us strong with power from Him. We are constantly in the shadow of His right hand. We are in and under His personal care, tutelage, and compassion.

What the world may see as a defeat, God will use to open new vistas and opportunities for you. As the old adage goes, when life gives you lemons, make lemonade. God knows we have needs in this world. He is repositioning His people to the places they are supposed to be.



Replacement

- On top of left foot between 2nd and 1st toes on body of foot

The thief comes only to kill, steal, and destroy. I have come that you might have life and that you might have life abundantly. John 10:10. Eye has not seen nor ear heard, all that God has prepared for those who love Him and are called according to His purpose. 1 Corinthians 2:9. How can you develop discernment? You actually can't but God can. He needs a willing partner, though. How then can we enable God's discernment to flow more freely in our life?

First, we need to take time and spend it with God every day. He needs to become your closet friend, your confidant, who you run to first for answers when problems and strife occur. In other words, when something happens, your first response should not be to run and tell others, rather it should be to run and tell God. People are just that – other creatures created by God trying to find their way. God knows the way. Why go to a lesser copy when you can have the real thing? When you open to Him, He will let you know what His will and ways are for you.

How do we spend time with God? What are we supposed to do? How do you talk to someone you can't see? God is spirit and we have to commune with Him in spirit and truth.

Scandal



- Left big toe outside corner at top
outside cuticle and on skin

Scandals fill the headlines everywhere you look today. This person here and that fellow there have succumbed to this foible and that transgression of the flesh. So many are so concerned about others they forget to remember to look and take stock of themselves. God is the judge. We are not. Each person receives his own crop. If one sows to the flesh, one reaps corruption. If one sows to the spirit, one reaps life everlasting. We should take time every day to be with God in order to reap a good harvest in our life. Get yourself comfortable and as free from distractions as possible. Begin just by reading a small passage from the Bible. Ask God to reveal His scripture to you. Ask Him what He is saying. I believe a real key for God's Word to grow in your being and take root and produce is to MEMORIZE. First, speak the passage out loud. Then, try to say just a portion of it without looking. Continue on after that and just say the first sentence. Keep adding just a bit more until you can say the whole verse without looking. Throughout the day when you think of it, try to say the verse in its entirety. You may forget parts in the beginning. Don't beat yourself up. Carry the verse on a small slip of paper to refresh any parts you may have forgotten.



Shower

He shall come down like rain upon the mown grass: as showers that water the earth. Psalm 72:6.

- Left foot 4th toe bottom of cuticle towards the outside

Ask ye of the Lord rain in the time of latter rain and He will give bright clouds and showers of rain and to everyone grass in the field. Zechariah 10:1. We need to shower ourselves in the Word. Not only should we read the Word, we should listen to it as well, whether it is Alexander Scourby reading to us from the King James or hearing some artist sing the scriptures. This is yet another way for Rhema (the living Word) to permeate our senses.

Our feet are our support structure. Our toes give us balance. And how we need balance in this world. It is so easy to get our weight too much to one side. We need to be in alignment spiritually, because only then can we hope to be in alignment in the physical world. Feet and toes enable us to stand. They make our whole body as one, to go where we need to go and do the things we need to do.

All is one when we speak His Word over our life. His Words are the container for release of creative power. God creates matter out of nothing. So too, when we are in alignment with Him, His words create our life.



Significant

*Where jackals used to live
marsh grass and reed will
grow. Isaiah 35:8.*

- Left foot knuckle
under big toe

We are all looking for significance in life, something to make us unique, special, or different from everyone else. So often we try with all our might even to the extreme only to find out in the end we are really no different or better or special than anyone else. We have come to discover the "Great God Hole." All of us have it. It is placed there by the creator as an enabler to find and seek Him. When we find our worth in Him, it does not matter what the world thinks of us, because we will know and fully understand that we are children of the most high, children of God Himself.

Okay, so maybe you are not the best at what you have chosen to do. God is not upset. You might be, but He's not. It is only men's standards that hurt others by comparison and rivalry. God weighs your reward based on how faithful you were with what you have. You cannot be expected to be something you were not designed for; the world can be a very harsh place. But this is really just an illusion, if you will it is only your response that God is interested in. The world and its reactions are simply cloaked and hooded guides for you to your truth.



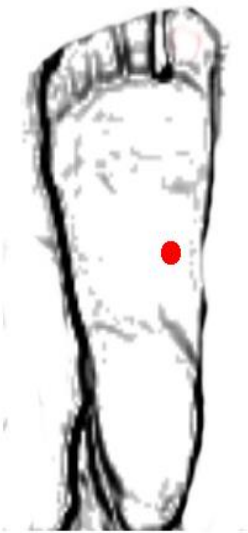
Theory

- Left foot big toe center at top edge

It seems in the world today there is a theory for just about everything. There is a theory for music construction, a theory for relativity, a theory for pulling troops out of war torn areas, and a theory for every this and that one could imagine. But that is all these things are – theories. No one is really sure if they work.

The truth of God's Word on the other hand says that He loves you and He designed us all differently. We cannot all be a head or a hand or a mouth, no matter how badly we would like to be that piece. The spiritual, the physical, and the church body need all of its parts in order to be whole, not just one or two. Honor must be given to all.

When we speak negatively, we become out of balance. When we speak God's words and watch the portals of our mouth, our life will eventually return to balance though it may take a while to turn the consequences of our human fumbblings around. Our circumstances may be askew in the beginning, but all things work together for the good to those who love Him and are called according to His purpose. Romans 8:28. Thank goodness we can rest in the assurance that God's good word is not just a theory but is the substance that holds all things together.



Underwear

- Bottom of left foot on arch toward the outside

When God first showed me the discernment, "Underwear" I was surprised. It had more of a connotation of Under Where, almost like under girded. And with that thought in mind, to have a close relationship with God we must be under-girded by Him. We must know that He has our life in His hands. When we are afraid, He says to fear not because He is with us. God's presence can manifest strongly in your life when you pray for others. When we don't know what or how to pray, let the Holy Spirit pray through you with groaning that cannot be uttered. The Spirit knows what the mind of the spirit is even though many times we don't have a clue. Music also plays a role in being under girded strongly by the spirit. During your time with God, ask the spirit to give you a song. Start singing or playing it. Music dispels darkness. It disperses and displaces enemy forces in the spirit realm. Music is a weapon of war in the heavenlies. I personally would never go any place that I would consider dangerous in any way without first singing in the spirit with tongues and understanding as well.

God's under girding protects us in the dream world as well. The spirit never sleeps. He works with us revealing attitudes and ways even while we are at rest.



U.T.I.

- Left big toe on cuticle center

He was wounded for our transgressions, He was bruised for our iniquities. Surely the chastisement for our well being fell upon Him and by His stripes we are healed. Isaiah 53:5.

What exactly is an infection? Webster's says it is the invasion of a bodily part by a pathogenic organism. Not only can our bodies become infected, our souls can be infected as well. Actually, the soul is infected before the manifestation happens in the body. I've heard it said by a number of notable teachers and pastors that where the mind goes, the man follows. If our minds are filled with crap, our body will eventually manifest the crap. Our body eventually becomes our biography. In American circles we like to put the horse before the cart, because it is an easy way out. It is an easy way to take responsibility and blame from our own shoulders and just put it on something out there over which we have no control. How can we keep our souls prospering and being in health? Isaiah says it well. "Feed the hungry. Help those in trouble. Then your light will shine out of the darkness and the darkness around you shall be bright as day. And the Lord will guide you continually and you will be like a well-watered garden, like an ever flowing spring." God has you covered. From the top of your head to the soles of your feet – God's got you covered. There is no place in your life God cannot reach.



Worry

- Left foot top of third toe

Take no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. Matthew 6:34

We are told not to worry. Worry won't add a cubit to our stature. Jesus tells us in Matthew 7 not to worry about food, drink, or clothing or tomorrow. Tomorrow will take care of itself, that sufficient unto is the evil thereof. God has called us His people, all forsaken and grieved in spirit. to rebuild us on a foundation of sapphires and make the walls of our homes from precious jewels, His jewels.

God wants to be your life in a powerful way. He wants you to experience a close relationship with Him, to hear His voice and to not be ignorant. He wants us to walk in clarity, and to walk in love. Birds don't reap or sow, neither do the lilies spin. Yet we are told that Solomon in all his glory was not arrayed like one of these. If He clothes the grass of the field which is here today and gone tomorrow, won't He the more surely take care of us? Matthew 6:29. Of course He will. God knows we have need of things here on earth. We are to trust Him. We are not to be like the people of the world filled with worry and anxiety. The words of Paul ring through time, "My God shall supply all my needs according to His riches in glory in Christ Jesus." Philippians 4:19



Worthless

- Left foot under "theory" and above "eat" almost on front of toe between the cuticle and skin.

Fear ye not therefore ye are of more value than many sparrows. Matthew 10:31.

How many people in today's society feel worthless? So often we are made to feel that if we are not beautiful or thin or rich or successful or young, that we are absolutely trumped and that we are worthless and really good for nothing but the scrap heap. How the devil and all the principalities of hell want to tear down God's people. We need to remember to keep our shields of faith brandished that we may be able to extinguish the fiery darts of the wicked. We do not wrestle against flesh and blood but against principalities and powers and the rulers of the darkness of this world. Ephesians 6:12. It is never a person that is the culprit of ignominy; rather it is a dark force being allowed to work through them. God loves us all. He does not love the sin of wickedness. Wickedness is anything that would harm another. Remember we who have knowledge need to pray for those who do not. God is the great lover and great avenger as well. He will take retribution on wicked spirits. We need to remember not to pray against people, but against the powers of darkness. God will intervene to work all things to the plan of good He has for each of us. He wants all people to come to knowledge of Him.