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Foot Right

- Holy Spirit Impressions on right foot





Announce

- Right foot, big toe middle knuckle inside next to 2nd toe

And I saw a strong angel proclaiming with a loud voice, Who is worthy to open the book, and to loose the seals thereof? Revelation 5:2.

We should not walk in strife. We need to announce to ourselves and to the spirit realm that we will above all else be responsible for and remain in peace. If something is not going well, if we are efforting too much, we are operating in the spirit of strife. If we experience dissension and conflict, pray that God would restore peace to the situation or lead you to a different place and vantage point. Dreams are the Holy Spirit's way of working with us while we are asleep. Our dream images are not always what they seem. In the spirit realm for instance, if you dream of your mother, you may actually have had revealed to you through your unguarded walls the nurturing side of yourself. If you dream of a father figure you may actually be working on the providing, authority figure within and what would be the best for a given situation. If you dream of your mother or father it may also mean for you to pray for them. Anyway, I am getting beside the point. Our dreams carry spirit energy. Every object and feeling you dream has a Discernment point. You need to ask God to show you what He is trying to say and reveal to you. The boundaries in the world of dreams are not the same as the boundaries for our waking state. The Discernment points are however the same whether awake or asleep.

Anxiety

- Right ankle inside center bone

Let not your heart be troubled, neither let it be afraid. John 14:1.



We all feel anxiety at one time or another. We can be anxious about many things and rightly so. But the Word tells us to cast all our cares on Him because He cares for us. God cares for us whether we are awake or asleep. He is always transmitting His love and divine information to us. Sometimes a person is so set in their ways, the only way He can breakthrough is in sleep, when our physical body is at rest. God speaks to His people not only during their waking hours, but He also gives information to us in dreams. There are many examples throughout the Bible of God speaking to His people in dreams. He spoke to Joseph in the Old Testament. He spoke to Joseph (Mary's husband) in the New Testament. There are many instances throughout scripture where God uses dreams to get vital messages across to us.

I had been praying for a while for God to do some great and mighty things in my life. I was 39 years old and everything seemed to be in a rut, going nowhere. Life seemed like a mediocre substitute for what God really wanted. Every day was unfulfilling, almost a torment no matter what or who I was trying to help. There was a hole, even though I was a Christian. Talk about anxiety – many times it felt like I was going to jump right out of my own skin. And I would wager to say that there are many people who feel just like I did back but are afraid to admit ²⁴⁹ the truth.



B.T.U.

- Right foot 2nd toe top knuckle
on center

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

God has a program and a path for each of us. He does not want us to kill it. Remember, we are co-creators with Him. We can choose to co-create or we can choose our own way, the way to emptiness and nothing in the end.

The Holy Spirit is akin to the British thermal unit if you will. Webster's defines B.T.U. as how much heat is required to raise the temperature of one pound of water by 1 degree Fahrenheit. Think of how much heat and energy it takes God to raise our consciousness of Him by even 1 degree. Wow! When we are born again, it is dynamite power that regenerates us. Throughout our life God release His B.T.U power to us without reservation. It is God power that preserves and keeps us.

At this point, I would like to share a couple of "B.T.U." dreams with you so that you will be able to see and understand how Discernment points work. The bolded print is the discernment point God reveals once you are awake and focused. As you write the dream, you will feel the discernment points where God wishes to give you knowledge. So my friend. get writing your dreams.



Bugs me

- Right foot 3rd toe where it attaches to foot on top

We all have things that bug us, irritate, and downright annoy us. We are to pray for these types of situations. God says for us to ask that we should receive. If we pray for someone be assured He will begin work in that person's life. We may not get to see it, but rest assured He is beginning a work. He wants all to come to knowledge of Him. We believers in Christ here on earth are catalysts to release God's working power on behalf of others.

When you dream of someone, you need to look at the dream dualistically. First, pray for that person. Secondly, write the dream down and let God reveal to you His wisdom. Not too long ago I had a dream about a lady with whom I used to work. In the natural realm I was not too fond of her, but I knew and understood that God loves her beyond all else, just like me. I still pray for her this day.

The following words in parenthesis are the impression points, which reveal the meaning of the dream scenery.

This is the dream: J. L. (*story*) tried to give me a box of diabetes (*rejection*). Mom said, "No, doesn't own it." (*specific*). J.L. wrote my name on it and drew pictures of her classroom of kids – stick figure like with some of them going around in circles (*congestive*). My hair was fuzzy and curly. (*weak*). She wrote my name. (*bring you down*)



Buy

- Right foot 4th toe top center middle knuckle

For you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's
1 Corinthians 6:20.

There is no money on earth that can buy the peace of God. The peace of God surpasses all understanding. It guards our hearts and minds. It keeps us calm amidst the most turbulent of storms in our lives. About four years ago my life was beginning to fall apart. I almost lost my job, was turning 40, wasn't married and didn't feel fulfilled in any way. I'll bet a lot of you can relate to this juncture. A lot of us eventually come to this dark night, if we are on the spiritual journey God has foreordained for us. Money can't buy contentment. Christ on the other hand has already purchased peace of mind for us by and in His Resurrection. God is in the business of getting our attention. As sure as the sun rises, He will get yours whether awake or asleep. Not too long ago I saw my friend S. C. in a dream, a friend whom I had not seen in thirty years and her sister R. (*stop*). Remember the words in parenthesis are the accompanying impression points to reveal the dream imagery to you in a personal way.

S. and I were in bed. (*bring you down*). I was eating her and thought it was awful. (*mixed up*) Like seeds in my mouth. (*persecute.*) I didn't want a disease. (*disorder*) I touched her left toe (*lust*) and she told me she didn't like that. Then I saw J. M. – a lady from the place where I worked with sores around her mouth (*weak*) – like in real ⁹⁵³from time to time.

Cataracts



- Bottom of right foot near heel on the outside

The eyes of your understanding being enlightened that ye may know what is the hope of His calling and what are the riches of the glory of His inheritance in the saints. Galatians 1:18

God is in the business of removing cataracts from our eyes. He wants us to see clearly. He does not want us wandering through this earth fuzzily and blindly. He wants us to know that He is here presently and with us now. Sometimes after a dream, God will reveal the most astonishing things.

For instance, directly after the last dream I shared with you, there was a morning copy of the local newspaper on the table. I picked it up and started thumbing through it. It was unbelievable. In big print was my friend's name. She had just passed from a female type of cancer. I couldn't believe it, but there it was. I had not thought of my childhood friend for 30 years.

Dreams are dualistic, not only do they carry Discernment energy, they also reveal for whom you need to add to your prayer list. I knew that I was supposed to pray for her sister, R. in the situation as well.



Check

- Right foot second toe middle knuckle next to big toe

I have heard the check of my reproach,
And the spirit of my understanding causeth
me to answer. Job 20:3.

This particular Discernment point is sort of a homonym. It refers to "check" as to look at, not the monetary note. There is place on the right hand for that particular kind of check. God wants us to be watchful over the things we allow in our life. There is a check that comes in our spirit man when something is not right. Dreams help us to process every day events as God gives His thoughts on them. He also tells us who and what we need to be praying for as His ambassadors. In the following discourse, the words in italic are points of discernment.

In this particular dream instance, I was in Atlanta to see Uncle Joe with my Mom and Dad. (*Bring you down, I'm still here.*) We were in a car and Uncle Joe was driving. (*wild, freed*) There was snow on the hill (*dirt, floor*). We went to McDonald's. (*situation, stay*). In real life, my parents were planning a vacation to Georgia to stay with Uncle Joe. God was teaching me I needed to pray for even vacations in a dream. When Dad got back, he said that he had fallen on a slippery surface and hurt his side quite a bit. Nothing is irrelevant in dreams. We are to pray at all times with all perseverance for all the saints.

Confusion

- Right foot 3rd toe cuticle

For God is not the author of confusion, but of peace. 1 Corinthians 14:33



There is so much confusion in the world today. The media gives its slant on a situation. This person gives his thoughts and that person, their thoughts, but no one really has a solution, a fix for any of the real problems in the world today. We aren't really sailing anywhere. We are simply hanging onto a life raft for rescue. But who is going to come and save us? It feels like everything in the natural realm is on the verge of careening out of control into nothing but utter confusion and embarrassment.

...Isaiah shares with us about the unseen realm. He talks of the spirit of wisdom and understanding, the spirit of counsel and might, and the spirit of the knowledge and the fear of the Lord. When these six spirits are operating in their fullness, there will be no more confusion. Isaiah states that God Almighty shall make Him (and us eventually because we will be like Him) of quick understanding in the fear of the Lord. When you really understand the fear of the Lord, you will absolutely refuse to do what He does not want you to do. You will understand that there are consequences in the spirit realm that translate into the natural rather whether for good or for bad. We all have to start at the beginning in spiritual matters no matter how advanced we are in earthly facts whether we are 30, 40, or 50, or even 60 plus years old.



Dampen

- Right foot side and under in the middle

Thus saith the Lord of hosts, if thou wilt walk in My ways, and if thou wilt keep my charge, then thou shalt also judge my house, and shalt also keep my courts, and I will give thee places to walk among those that stand by.

Zechariah 3:7.

God will teach us and enable us to live without being self-centered and selfish. He will teach us how to be God centered. If you live only for yourself, your life will have dampened potential. You will not be able to flourish and become all that you are meant to become if you languor in self above all else. Selfishness produces a generalized non-caring for others. One only cares for what they can get and how they can use another to their own aggrandizement. When this sort of attitude is allowed to fester and take root, anger becomes a major facet of the personality. When we're not satisfied, we are upset.

If we want to walk in Discernment, we cannot dampen His efforts to strengthen us by selfishness, anger or any other thing, which could stand in the way. God does not judge by the sight of his eyes nor reprove by the hearing of his ears and neither should we. God sees the heart. With righteousness Isaiah continues, God shall judge the earth. In other words, He will judge in truth. He wants for us to share in this truth as well. The Holy Spirit's Truth is nothing we can think or dream up. It is entirely different and you are promised to know it. When we step in His truth, He will give us places to walk and we will keep His house and judge His courts.

Distracted



- Right foot under side big toe fat pad where foot attaches to toe

I press toward the mark for the prize of the high calling of God in Christ Jesus. Philippians 3:14.

We can all be easily distracted from what we are supposed to be doing. We can make ourselves so busy in fact that we forget what we've even done by day's end. Distraction in other words is that which takes your eyes off your focus. We are to press toward the mark of the high calling of God in Christ Jesus. Philippians 3:14. When we see Him, we will be like Him. God Almighty wants to reveal Himself. You can grow in the image of Him bit by bit right now. . . This is not a process that begins when we get to heaven. It is a process, which we embark on right here. God can even help us keep our focus while we sleep and to help us help others keep their focus as well.

I had a dream about a couple which our family knows quite well. All I saw was their faces, nothing more, no action or any other thing – no distractions. As I was dreaming, I felt a discernment point on my left foot. I knew that particular impression meant problems. As a result of this dream, I took the action I thought God would want me to take and throughout the course of the next day I prayed in tongues at various times for these two as the Holy Spirit brought them to mind.

Expire

- Right foot top of big toe and to the inside right on skin at top of cuticle

Be thou removed,
Mark 11:23



Haven't we all gone out to a parking meter at one time or another only to discover the time has expired and we need to put more money in the meter. We feel pretty lucky if we don't have a ticket. When God let's us know something has expired, we need to leave it be. It would be nice if we could just put another coin in to our endeavors, but that's not how this world is set up. God is sovereign we are not. If something we are doing isn't working after we have tried and prayed with all our heart, it may be that it has expired for you. It may have been right for you at one time, but one thing's for certain in this life and that is change. Things come and things go, but God is forever. For a short while I had a cleaning lady come and help once a week to help keep things in order. The Holy Spirit is concerned with every area of our lives – even cleaning but this weekly cleaning time eventually expired. I had a dream not too long before we stopped cleaning together. And this is what it was. The words in parenthesis are the correlating discernment points in the dream scenery. *C. came in (weak) the back of the house by the garbage cans (attention) I was thinking, "oh no" (not there for you). She put on a wig to meet (complicated, incorrect, missing, I don't want to do this, bring you down) my Mom and Dad and acted nice.* 258



First

- Under side right foot under pads of 4th and 5th toe.

This Book of the Law shall not depart from your mouth Joshua 1:8.

Seek ye first the kingdom of God and His righteousness and all these things shall be added unto you. Matthew 6:33. When we put God first, He will put us first. When we do things His way, the kingdom way, we will not scramble as the un-believing world. We are to be anxious for nothing, but in everything by prayer and supplication we are to let our requests be made known unto God. Philippians 4:6. It is promised that the peace of God, which passes all understanding, will guard our hearts and minds in Christ Jesus. How the cry of the human heart is to be first at all cost. This is just something we are born with. It is not something we develop. Listen to a baby sometime. They get the attention they want and they get it immediately by crying or throwing a good yell. They only know about themselves. How sad it is that so many adults have never grown out of this stage of development. They only think of themselves and how their needs can be met. When we talk badly of others we are behaving like a baby. We need to take our thumb from our moth and raise both hands to heaven. Once again, I had a dream. And I am sharing this to encourage you to explore your dreams for their wisdom to you.

I saw J's face. He was talking badly about motorcycles and me. I felt the following discernment points: Problems, significant, service, lust, trampled. In order to help in the unseen realm, we need to practice empathy and to realize those 5 spirits in their operation and to pray.

Fraud



- Right foot side of arch

You shall know the truth and the truth shall set you free. John 8:32.

Fraud is everywhere we turn today. People are pretending to be what they are not. Products proffer to deliver results that can never really happen. People make promises they cannot or won't keep. Deception is rampant in different manifestations any place you care to look. God wants us to find our sufficiency in Him. When we do, we will not have to be part of the crazy masquerade. Discernment points assist the believer in determining what truth is and what is not.

Not too long ago, I lost my job. God really had to go and dig deep to get me out of there. I never would have left on my own. I felt pretty bad about the whole incident and God knew my exact feelings about all the strife and wonderment. That night He gave me the most comforting dream. I asked Him right before I went to sleep why I had lost my job. In the dreamscape the Holy Spirit said the reason this happened was "to take me away from the evil." I certainly was uncomfortable in my job but still I wouldn't leave, after all we need security in this fleshly existence. What the world may see as something bad, God has better purposes intended. He cuts through fraud. Who is your God and leader? Man, money, or



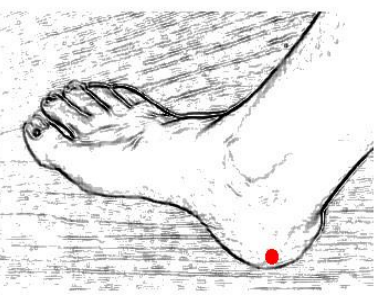
Go

- Bottom of right big toe

Go ye therefore and teach all nations baptizing them in the name of the Father, and of the Son, and of the Holy Ghost, teaching them to observe all things whatsoever I have commanded you. Matthew 28:19.

Go, go, go. That is the 21st century motto. We are constantly going here and there. We have to go the grocery store. We have to go the hardware store. We have to go the pharmacy. We have to get in the car and go to work. We need to drive somewhere to look at something on the market. But friend, are you going anywhere for God? Are you doing what He has asked you to do? That is all that really matters in light of eternity. We are told to **Go** and teach all nations, baptizing them in the name of the Father, the Son, and the Holy Ghost, teaching them to observe all things He has commanded us. He promises to be with us in everything we do. One cannot be a partaker in the heavenly kingdom without being born of the spirit. What is spirit is spirit. What is flesh is flesh. Flesh only produces death. Spirit produces life. We are to go and aid others in being a part of "life." We are to banish and make hatred and faithlessness go from our lives. The Bible tells us that the earth is the Lord's and the fullness thereof, the world and all they that dwell therein. He owns the cattle on a thousand hills. The psalmist David asks, "Who may ascend or go up into the hill of the Lord or stand in His holy place?" The answer is "He that has clean hands and a pure heart who has not lifted his soul up unto vanity nor sworn deceitfully. Psalm 24:4. This is the person who may enter and go into the "kingdom" even here on earth."

Ignorant



- Right foot back of heel 1st line on the side (where "program" is on left foot)

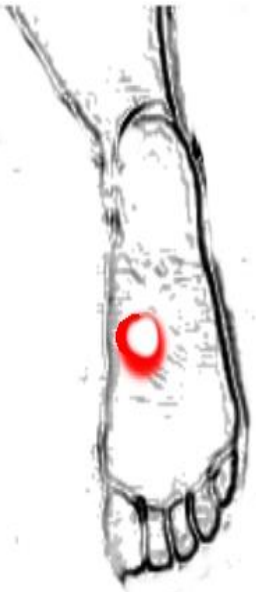
I would not have you ignorant brethren...Romans 1:13

Ignorance is rampant, alive and well in the world today. The results of ignorance are everywhere as evidenced by divorce, murder, theft, people unable to get along with one another, wars, conflicts, genocide, and the list goes ad infinitum.

Yes, we have schools that educate the mind, but where do we educate the soul? Criticism and condemnation surround us every day. Harsh words release complication. When you speak words of strife, you will inherit the wind. We are told to be aware in the scriptures. We are told to be vigilant. We are to see to it that no man render evil to any man. We are to ever follow that which is good. We are not to be unaware of the devices of satan. The Apostle Peter declares that the devil roams about as a roaring lion seeking whom he may devour. 1 Peter 5:8. Well, exactly how are we devoured? Does the power of darkness really come and get us? In a sense, I believe so...

We are devoured when we succumb to talking about others or gossiping. This type of behavior breeds fruit of the flesh. One cannot reap a harvest of the things they would enjoy if seeds of ignorance in our treatment of our fellow human beings are sown.

Impotent



*Infertility +bottom
of left big toe - eat*

- Right foot bottom center near inside arch

Many of us have areas in our life, which don't have any get up and go. Though we may daydream and think about doing one thing or another, all our dreaming cannot enable us with the power we need. Jesus tells us that the kingdom of heaven can be compared with 10 young ladies. 5 of them were wise and five of them were foolish. Matthew 25:1. We all need to take stock of our lives and discern to which group we currently belong – the wise or the foolish. The parable says that the foolish took their lamps with them but they forgot the oil. Let's think about this for just a moment. If we don't remember to put gas in our car we are not going anywhere soon. If we do not pay the propane bill, our house will be unable to keep a comfortable temperature. And so it is with us. If we forget to take God's Holy Spirit oil of anointing in our vessels -ourselves, we would be as the foolish because there would be no divine power or capacity to motivate our desire with any type of power, sphere, or influence. We must daily anoint ourselves in the Holy Ghost. He is always there; we just need to remember to hook up with Him.

I'm Still Here

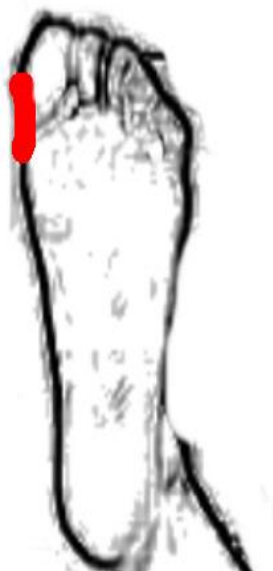
- Right foot top big toe where knuckle attaches to foot



*Forsake not the work of thine own hands.
Pssalm 138:8.*

The parable recounted in Matthew continues with five of the young ladies being wise. These wise ones took their lamps with them and remembered their oil as well. It is brought to our attention that this group was prepared while the previous group was not. Now as the bridegroom was out doing other things, all the young ladies went to bed for the evening with no idea when their bridegroom would arrive. The air must have been sizzling with anticipation. Amidst all this, our parable here teaches us that we need to always be vigilant, keeping our spirits lubricated with the Holy Ghost whether awake or asleep. The Holy Ghost is the great enabler. God is always whispering to our spirits "I'm still here, I will always be here." He enables us to go through things and do things with ease that would otherwise be difficult if not impossible on natural strength.

Suddenly, the parable says, a cry was made at midnight proclaiming the bridegroom on his way. All the girls were to get up and be ready. The festive occasion and hour was at hand. The foolish and the wise would both soon journey to very different circumstances because of choices made.



Insecure

- Right foot on outside of big toe

*He gives me the
sure-footedness of a
mountain goat upon
the crags. Psalm 18:36.*

There are many times in life when we have to deal with insecurity. We all have to face it at one level one time or another. God promises to be with us however no matter the situation. Sometimes a problem may seem almost insurmountable to our natural way of thinking. God does not want us to be double minded. He wants us to have the faith to realize that He can calm the worst of storms in an instant. He is in the boat with us. We are not alone. The Heavenly Father tells us that as He was with Moses so He will be with us. He will strengthen us. He will help us. He will uphold us. He will guide us. The God of all ages will not let your boat go down before you have run the race set before you. Every instance of insecurity you feel and experience is an opportunity for God to show you His security. The devil on the other hand wants you to feel insecure. He wants you to be timid and inert. He will try to shove you into a corner. But God intervenes on behalf of His saints and tells us that when we are weak, that is precisely the moment, if we are relying on Him when we become strong. It is at this point when we operate in divine power²⁶⁵

Jealousy

- Right foot on side underneath ankle bone

Is not my word like as a fire and like a hammer that breaketh the rock in pieces? My word shall not return to Me void.
Psalm 55:11.

Discernment is a word that seems to be confused, insecure, and rarely used in Christian circles though it is very much a gift of the spirit for believers today. When one looks around it really is no wonder that God's beloved people chase after pale shadows like horoscopes, astrology, and psychic prognosticators. People truly want something that is real, something to believe in, anything. Even if it is false, people want something more. An assurance, if you will, of a spiritual realm that exists, that works, that functions, that cares, that would be willing to share a glimpse of greater power and vision. People are crying out for want of something that is right now and relevant. People want to know more, they want help, a hand up.

God does have something for us now. He has the jewel of discernment poised for His people to partake. Discernment is wisdom from above to enable an understanding beyond any doubt as to what type of spirit or stumbling block is behind an action or a person's façade. God is not the author of confusion, ignorance, and darkness. He is the God of light.

Nosey

And when he thus had spoken, he cried with a loud voice, "Lazarus, come forth." John 11:43



- Right foot top of big toe on skin
above center of cuticle

It seems at least to me that our Christian community has fallen into a "Lazarus type state." We love God but have just fallen asleep. It is going to take dynamite power and a fresh anointing of the Holy Ghost to bring resurrection to us individually as well as corporately. God wants to bring you forth. Leave dead works behind. Leave the stinky cloth outside the door. He wants to call resurrection into your body, your soul, and your spirit. He wants you to live. He does not want His people to continue to plod in the land of mediocrity filled with hardship and nothing but despair and monotony. God has something else planned. It may not be money but He has something exciting for you. You have a reason for being here. You are not haphazard. You are meant to live. He does not want you to go through the motions of a boring day. No, He was something unique and wonderful in mind for each of us. Eye has not seen nor ear heard, neither entered into the heart of man all that God has prepared for those who love Him and are called according to His purpose. 1 Corinthians 2:9. God is light and in Him is no darkness at all. God spoke and the worlds were formed.

Other Direction

- Top of right 4th toe where foot connects at the knuckle.

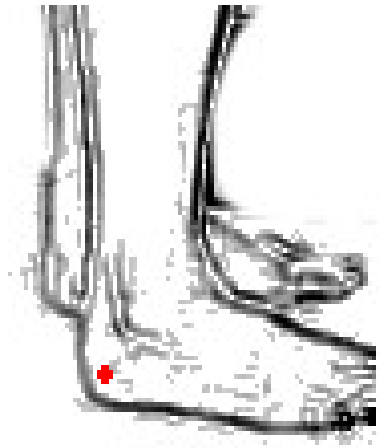


And they shall teach my people the difference between the holy and profane, and cause them to discern between the unclean and the clean. II Chronicles 32:22.

Music is an instrument given by God to man to bring and release strength and relationship to individual believers. Discernment alone is opened and unveiled by God Himself to His people. There are things however which we can practice as a daily catalyst for receiving discernment. Music is a facilitator for the release of power from God's hand to our heart. Music has within itself a seed of vibration that sets forth and unleashes discernment in each of us. It is almost like a musical note on our body. Scripture says we are to make a joyful noise. When we make a noise, God returns His sound to us. Faith is not a one-way conversation. Faith is not a thing just to be thrown about. Faith is relationship with God Almighty. Discernment is received by faith. It feels like an electrical pulse from the inside out. I believe God wants to help the body of Christ understand what this outpouring of intimacy is and to have all people even if not fully walking in Discernment, to be aware that this power of relationship is available to believers today. The book of Hebrews tell us that strong meat belongs 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.

Penalty

- Right heel Outside back on 1st line of heel on outside



The high praises of God shall be in their throats and a two edged sword in their hands. Psalm 149:6

We are to be gentle doves yet wise as serpents in this world. Matthew 10:16. We must love others with the love, which Christ loved us but we are not to be persuaded or usurped in the spiritual venue. We are to guard what God has told and given us with the greatest of care. Many well-meaning people will unknowingly take and rob you of your very God given path. They may say that what we are doing is wrong or that it is impossible or that it is too much. Our heavenly Father sees all these things and He is shaping us to become ever vigilant, just as He is. Gently He is teaching us to guard our very words. Words are the great power sources. With them we bless and speak creation. With them we can also curse and release negative energy. We must guard what we say to others. Our mouth is the catalyst for both life and death. God gives to His children treasures of value along various sections of our journey. Sometimes valued treasures are brought forth from irritation itself. And because of this very fact Matthew reminds us that we are not supposed to share all our priority nuggets of truth with those who are not prepared.

Only those who are ready can hear and not turn and dash under foot irreplaceable truths. Doubt is a robber of the brethren. Matthew admonishes us that we are not to cast our pearls to swine. Not that any of us are swine, but it is human proclivity to trample under foot albeit unknowingly the hard won gains of wisdom and growth. We must always guard our tongue. When we say too much there is opportunity for the thief to take it from us. There is a penalty with loose words. There are many things we do not know. God has chosen not to tell us. So we too are to walk in His footsteps.

Rules

And let the peace of God rule in your heart. Colossians 3:15



- Right big toe to the outer left at tip

If thou wilt diligently keep all the commandments, which I command you...then, shall the Lord drive out all these nations from before you. And you shall possess greater nations and mightier than yourselves.

Contentment and peace of mind always seem to be just around the next corner, reminiscent of stories like the tired old donkey walking continually forward looking and craving the carrot dangling just in front of him, just out of reach. Little does the poor donkey comprehend but this carrot is not possible to attain. It is being held incentive in order to make the donkey beholden to the master's wishes. And so it is with our lives. When we are continually striving for that just better situation, that just better job, that just better look, that just better house, that just better car, we are following the desires put on us by someone else and what they seek as a desired outcome. In today's 21st century story, television and computer have become the master and we have become the donkey. When was the last time a makeup designed for a 25 year old magically enhanced to give restored youth to someone 50? Believe what you will. All of this is merely incentive held by the reigns of those who want to profit on your weakness. Don't be weak. Don't be enslaved.

Be free in Christ. Live in the constraints that Christ desires and you will be free. God the Father desires us peace, a peace that passes all understanding, not like the world, Philippians 4:7, where you are only as good as your last attainment. We are not to let ourselves be troubled or afraid.

Unfulfilled desire is a cruel tyrant and can multiply many dreadful and negative consequences. Unfulfilled desire has as its parent, fear. And fear is the parent of all things awful we do to one another. We are to trust in the Lord with all our heart and lean not to our own understanding and He promises to direct our path where the peace of God and fulfillment will rule our heart. Proverbs 3:5.



Schedule

- Right second toe on top where knuckle and foot attach

*This book of the Law
shall not depart from your mouth.
Joshua 1:8.*

We are all on a schedule. We are all on a timeline. There are certain things we must do each day. And if we miss it, it can be difficult to go back but it is possible to do. God is an on-time God and we are to learn the quality of being on time.

So too with our life we need to be on time. The Lord is calling each of us to a relationship with Him. If we miss this first appointment then our entire life's investment will experience loss. But it is never too late to start. Today can be the first day of the rest of your life. When we are on a schedule there is something worthwhile and important due.

The universe itself is on a schedule. And this should be an example to us. In Psalms 119 David tells us that the heavens declare the glory of God and the firmament or sky showeth His handiwork. He continues that day unto day uttereth speech and night unto night showeth knowledge. David understood that there is no speech or language where His voice is not heard. Schedules are important. Walking, working, loving, playing and sleeping are all delegated us in order every day.



Selfish

- Right foot second toe cuticle

I can of my own self do nothing: as I hear I judge and my judgment is just: because I seek not mine own will, but the will of the Father which hath sent me. John 5:30

The world loves to put us in its selfish box. A box made and constructed of men's pressure. It is a box of schedules imposed, a house overrun with all things out of order, cluttered, and dirty. And there is nothing to be done about it. As soon as you try, you are immediately overruled. The box is pouring its abuse and hatred, and violence on you every day. You feel it. You try and deny it. But it's there. And no matter how much you try to think or get yourself removed, there is nowhere to run or turn. The box has locked in its vice and you are there in its ride.

Most people walk in two worlds. One is a place where great thoughts are made manifest and walked out. The other is the realm of the compromised - a path separate from Divine will. Only when God's path and our path are together can we truly be a unified soul. Only a unified soul can drink of the peace that Yahweh has for us. There is no peace apart from the truth. When we look at the world, we see things that could be great. But our natural instincts, emotions, feelings, and thoughts block our ability to rule our conduct. We are ever in a test down here in our daily lives. And only when we can rise above our self can we allow the touch of the divine to guide our life.

As it is written, many are called but few are chosen. Matthew 20:16. Narrow is the gate that leads to salvation.

His ways are not our ways. His thoughts are not our thoughts. The only way we can tap into greatness is to listen for and be open to His impressions, the voice of discernment. Discernment can lift the most heinous bars of iron in our lives. God tells us to give Him our strength. We are to give the Lord the glory due His name. We are to seek God with our full heart soul and mind. We are to meet Him with our very best. We are to actively absorb His Living Word. When we absorb and digest scripture, it becomes a part of our being, just as the food we eat becomes a part of who we are.

Service



- Right big toe center

*Study to show thyself approved unto God,
II Timothy 2:15*

The Word is full of creative power for life. Yahweh can take the driest of deserts and turn them into oasis's. He can take the shambles and crumbles of what you thought would be a life of ease under your dictate and control into a life where His creative power can flow through every fiber, cell, and molecule of your being. The divine is urging us to comprehend that we are not in control. He is. If we insist on leverage our way, we will reap sickness, disappointment, and loss of dreams, energy, and desire if we stay our course of self too long. Emptiness and void will overtake your very life as well as loss. This is not a threat or a scare story. It is the truth. We can choose life or we can choose death. We are told to choose life. But what is life? And how can we choose it?

We are not meant to be subject to pummeling. We are sons and daughters of the king. We are to be ruling through the blood of Christ and the trust of His efficacy. The difficulty lies in trusting that God will replace our tatters for His treasures. We must abdicate what we want. He wants for us what He knows is best. As humans we cannot actually begin to understand this paradox. If we could grasp this, we could drink of the water of peace. Many are called to the watering trough but when they arrive are unable to drink. God wants us to drink. When we are able to let go of that we so desperately want to hang onto then God can replace frustration for wisdom and truth. And wisdom and truth will enter the center of your being and fill your treasures with the things you desire most.



Shield

- Right fat pad under right 2nd toe

O people saved by the Lord, O people of the Lord, the shield of thy help and who is the sword of thy Excellency! And thine enemies shall be found liars unto thee and thou shalt tread upon their high places. Deuteronomy 33:29.

The Lord God is a sun and shield. The Lord bestows favor and honor. No good thing will He withhold from Him who walks uprightly. Psalm 84:11. God wants to relieve and release us from the box. The box of the humdrum, the box of less than expected, and the box of pressured acceptance that this is all there is. So much disappointment in all our lives is fear based. Fear is an energy that holds us in its fetters. It tethers us to the box. So often we are afraid of what might happen if we did this or did that. Fear is the worst of evil. But fear is not of God. Fear is a great enemy. Fear is a cowardly and dastardly spirit from hell itself meant to torment and keep us from our rightful position as heirs of peace. Fear will do anything to make you not able to move from the position you are stuck in. But the divine comes to our side, comes to our aid, comes to our rescue, and shields our heart as we yield to Him. God cares very deeply for each of us and is concerned with our thoughts and intents. For this is what shapes our lives. Our thoughts must be brought into obedience to Christ. Our thoughts cannot be rampant or self-willed.²⁸⁰ Those thoughts only breed emptiness and void.

God wants to impress His thoughts to us. Then and only then can we align ourselves to make decisions based on the truth for us.

God's shield of faith is Discernment. When we touch the hem of faith, God releases to us His wisdom in Discernment. Yahweh is looking for those who reach for the divine, the divine fire of the Holy Ghost's transforming power and will, the fire that can burn fear as dross from our lives, the fire that can cleanse our self- intent to intent that is God- driven.

Sing

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Sing unto Him who rides upon the heavens of heavens which are of old. Psalm 68:4.

In Psalms 149 we are told to sing the Lord a new song, to praise Him in the assembly of His saints. We are to praise His name with chorus and choir. We are to praise Him with the single and the group dance. We are to praise His name with timbrel and lyre and with all instruments. God takes pleasure in His people and He beautifies the humble with salvation and adorns the wretched with victory. When the high praises of God are in our throats, a virtual two-edged sword is placed in our hand. We are to wreak vengeance on the nations and chastisement on the peoples. We are to bind kings with chains and their nobles with fetters of iron. We are to execute the judgment written. This honor has all God's saints. No, we are not to do battle with people. We are to battle in the spirit realm against the spirits, which control human actions and reactions. When you walk in the gifting of discernment Yahweh will impress on you the spirit you are dealing with.

Music is an integral facet of walking in Discernment. Sound vibration releases God's divine energy and power. Sing to God. Sing Him a new song. Sing in the spirit. It releases power to blast away satan and his domain in the situation you are dealing with. If we only understood the power put forth when we sing we all would sing all the time. It does not matter if your voice is American idol quality. That is not the real purpose for song and singing. The original purpose is of power and release. In days of the old great Jewish aristocracy when kings went to battle, musicians were sent before the army as divine protection. The kings and their prophets understood that truth and spirit in music contain a shield both of cleansing and rebuking power as well as overcoming might.



Speech

- Right foot under side beneath fat pads between big and 2nd toe

Let your speech be with grace.
Colossians 4:6.

Human beings appear different than all of God's other creatures in part due to the fact that we have the gift of speech with the ability to both interpret and understand others of our species. Speech is a funny thing, with it we bless God and with it we curse people. Our entire life can be set on fire as hell itself by the words of our mouth.

This is a fallen world. It is rampant with sin, missing the mark, and other misshapen things. This world is by no means perfect. It is a transitory place in which we are placed in order to grow and develop our mind, will, and emotions with God's plan for our lives. Sadly, both Christians and non-Christians have procured speech as cover for true intent. What one says is not necessarily what one thinks. And only by walking in discernment can one begin to fully understand that what people say is not always what they mean.

Many times when I am talking to someone the spirit of kill or the spirit of hate or the spirit of lie presents itself. When we are conversing in the natural there is no way to grasp or even know true intent. But with Discernment, God allows you privy to underlying motives. This friend is how you can begin to reshape and deal with your particular life and its accompanying

It is the beginning of becoming a unified soul in intent and purpose with the Almighty. This is the beginning of fulfillment with God's true love, becoming the bride of Christ without spot or wrinkle, no more to be ripped apart and removed with guilt and sadness and remorse.

God knows our thoughts are not His thoughts. Neither are our ways His ways. With discernment He is shaping us into unified beings with Himself. We start to understand that all that is in the world is governed by what we cannot see. What we see is created by things that cannot be seen.

Subbing/Substitute

- Top of right foot
base pinky knuckle



Thou shalt have no other Gods before M
Exodus 20:3.

We are co-creators with God and the speech we put forth shapes the world in which we live. We can reshape our environment by speaking God's creative word. When we finally have faith as a mustard seed, a seed of discernment, we can say to our mountain, remove hence to yonder place and it will remove and nothing will be impossible to us. God's word will not return to Him void but it will accomplish that which He pleases and prosper in the things whereto he sends it. Isaiah 55:11.

Through the Holy Spirit, Father God enables us to substitute words of life for words of death and creative power for lifelessness. When we reach to God, He reaches back and enables us with spiritual dynamite. When we substitute faith for fear we too can walk on water, ride the wings of the wind, stop the mouths of lions and quench the violence of fire. We cannot look at circumstances; we walk by faith and not by sight. God tells us that we are more than conquerors. But to walk in victory, we with gentle help must substitute love for hate,²⁸⁶ peace for turmoil, joy for sadness, patience for impatience, kindness for rash actions, goodness for evil, faithfulness for lack of integrity, and

We are to be gentle as doves yet wise as serpents. Matthew 10:16. No job of substitution is every easy. When someone is called to substitute they are called to fill the place of an absent other. Fleshly character flaws are void of power they are our absent other. Their position must needs be filled with virtue. Beauty for ashes and the joy of oil for mourning are promised when we practice walking by the spirit. None of this is easy. If it were, everyone everywhere would be a practitioner. But we are promised with the help and enablement of the Holy Ghost that all things to us as believers are possible.

Thought life outcome



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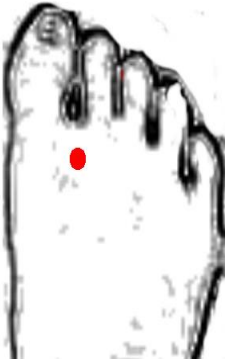
But while he thought on these things, behold, an angel of the Lord appeared unto him in a dream. Matthew 1:20.

Much is put on us by the world. The world tells us we must be young, beautiful, and talented. We are indeed fearfully and wonderfully made but not to a standard conceived of by man. Beauty is in the eye of God. Some may be short, some may be tall some may be large boned and some may be small. Some may have talent in one area, some in another, and some more or less than those around themselves. Commercial America would have us all to believe that if we are not of mannequin and idol proportions we have somehow missed the mark, that we are not good enough and must be left behind. This is a seriously skewed view and can bring and leave hurt to many. God never wanted it this way- thought life outcome based on man's markings and signature.

If we try and jump the hoops of man's demands and perfections we bring hurt to ourselves. We are not meant to remain in a box of men's opinions. We must break the box and the mold. We must be who we are designed to be. We must become who we are meant to become. God says He knew us before He formed us in²⁸⁸ the womb. We are fearfully and wonderfully made. Each of us has a divine purpose and reason for being. We are all as individual as snowflakes we

We are to seek Him to find our purpose, our reason for being as we develop in fellowship with Him. Man's ways can never bring the satisfaction and approval desired if you are constantly trying to conform to something you were never meant to be. The paradox is in the ability to lay down what it is you think you want and acquiesce to what it is God wants. We are not our own. We are bought with a price. Anything we have is due to the fact that God gave it to us for our purpose and sojourn here on earth. God replaces our ashes for His beauty, our mourning for His joy. But this all happens only as our thoughts are given new life and outcomes from on high. Understand yourself to the ability you can, know God and be true. Don't let anyone take from you your God given appointment. For only you can fill it.

Time



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For you know not the day or the hour
When the son of Man cometh.

Matthew 24:36

Time is a funny thing. Ecclesiastes tells us there is a time for everything under the heavens. There is a time to be young, a time to be old and a time to die. There is a time to plant and a time to reap. There is a time for peace and a time for war. We are here but for a short while. We are like the grass or the flowers of the field. We flourish and then we fade. We should make the most of our time to partake and enjoy the things we are given to do. We must live in our truth or the truth will eat away our time and we will have no more. This is the very reason it is so very important for each us to touch the hem of the Almighty's garment while we are able. It is only by Him and through Him that we can be truly alive in the time we have and are given to accomplish that for which we were created.

Yes, we are confined and defined by time, yet our spirits are timeless. The essential part of our being knows no time. Yet we perceive time everywhere from the moment we get up to the second we go to bed. From the time we go to work until it is time to stop and go ²⁹⁰home. Time is etched in the lines of our faces and arms and legs. Time is everywhere. When we are young we think it can scarcely be spent. As we

As our time is spent we need to check and see that our hearts are not haughty nor our eyes lofty. Psalms 131 tells us that we should not exercise ourselves in great matters or in things too high for us. This is not to say that in the natural world we should be second-class. Rather, we should assume leadership positions in the capacity to which we are called. Our country would not be in such a perilous state if Christians everywhere opened to their truth and stepped to the plate. In other words we should not be fretting over that which we have no control rather we need to govern that which we are able. As sons and daughters of Yahweh we need to double check that we are behaving and quieting our spirits, not allowing emotions to cloud our judgment, and that we are growing into spiritual adulthood.

Tithe

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Bring ye all the tithes into the storehouse and prove Me now herewith if I will not open you the windows of heaven and pour you out a blessing that there shall not be room enough to receive it. Malachi 3:10



Many people resist tithing because it is commanded in the Old Testament. The whole Bible is ours today. The promises are for now. Yes, we are under grace, but if you truly want to experience the fullness of God in every way in your life you must tithe.

God promises to open us the windows of heaven and pour us out a blessing that there will not be room enough to receive it.

I truly get excited to tithe. I know God is watching. It is incredible to see the hand of providence move in unbelievable ways – not just finances but in relationship with Him, divine protection, and divine enablement,

People who resist tithing are hurting and limiting themselves. God wants to bless us. This is the avenue God tests our allegiance in this world. Is our allegiance to Him or is it to money and the fear of not having enough or of

Trust



- Right foot 4th toe cuticle

Meanwhile Philip found himself at Azotus. He preached the good news there and at every city as he traveled on his way to Caesarea. Acts 8:40.

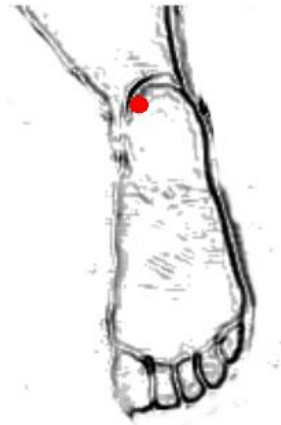
We must trust that God knows what is best for each of us. In **1 Corinthians 12:7-11** the Apostle Paul tells us that the manifestation of the spirit is given to every man to profit withal, for to one individual is given the word of wisdom, and to another the word of knowledge by the same spirit. To another faith is given by the same spirit, to another the gifts of healing by the same spirit. To another the working of miracles, to another the gift of prophecy, to another the **discernment of spirits**, to another divers tongues, to another the interpretation of tongues. But all these work that one and the self-same spirit dividing to every man severally as He wills. To discern is to perceive in the spirit realm that which is concealed and obscure to the natural man. No natural and unregenerate man can understand the mind of God. Only those who are born again and have the mind of Christ can be touched if but for a moment by His thoughts, His feelings, and His purposes. In **1 Corinthians 2:14** the Apostle Paul reminds us that the natural man cannot receive the things of the spirit of God for they are foolishness to him as they are **spiritually discerned**.

Discerning of spirits is wealth for your soul. You will know the truth from a lie. You will know the intent behind any words that are said. Anything false will be revealed. The Father wants you to be all that you can be. He wants you to know and understand. He does not want you to be in darkness. He wants His people to be a people victorious, a people, peculiar and undefeated by the world. The discerning of spirits is a great weapon against the darkness. Fools and their motives will be revealed. You will know the mind of God on a matter. Anger, hatred, lies, insecurities and waste will fall and surrender to you. God has placed a yearning hunger experience deep within each of us. When our soul begins to unify with His, then can we begin to experience calm from our turmoil. Discernment will surround us. Wisdom and truth reveal to us their treasures. God has given us the path that He would lead us, never forsake us, and that He would always be there.

- Right foot near heel on inside

Vow

And the desert shall rejoice and flowers shall bloom in the wasteland Isaiah 35:1



What is a vow? It is a promise or pledge that has been made and that binds one to a specified act. God gave us His pledge through His son we would not perish but have eternal life. God's promise to us is that He will never leave us or forsake us. And if we allow the comforter who comes to us through the propitiation of Christ on the cross and His resurrection we will be guided into our destiny.

Life can be grueling. There are many things that appear as difficulties, obstacles, and roadblocks. If we could only see with the eyes of the spirit and understand that what makes us uncomfortable and dissatisfied are often catalysts for growth in our mind, will, and emotions. When our souls begin to increase our circumstances develop the capacity for great change. Yahweh never intended for us to live lives of defeat. Some Christians become unhappy, depressed, and dissatisfied when they allow their natural inclinations to dictate the direction of their lives.

We are told to bless the Lord at all times. When we cast our gaze on Him and begin to say thanks even if we have no desire to, this is the beginning victory, of learning to overcome feelings and emotions, the great roadblock to real divine connection and discernment.

To develop in discernment, to be able to distinguish one path from another, we must eviscerate fleshly thoughts. Disappointment and its accompanying sadness will envelope the lazy, those involved in sin, and those blindly scuttering along following their own way as surely as gravity beings objects to the earth.

The flesh produces death. And while it may not be physical for a while unhappiness will be unavoidable and inevitable. Blaming of others is just a panacea. We must take responsibility for our own connectedness. And the only way we can have true joy in this world is to work on becoming a unified soul with God's spirit. We must work together with the grace given to walk in God's wisdom of discernment.

What is it

Behold what manner of man is this?

Matthew 8:27



- Right foot top of bone toward inside of arch

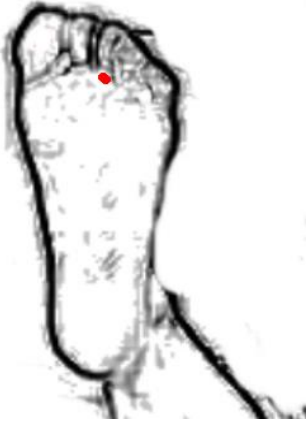
Daniel 2:21 tells us that the Lord changes the times and seasons. He sets up kings and deposes them. He gives wisdom to the wise and **knowledge to the discerning**. As we grow in our faith we will begin to absorb the Holy Spirit's ways and we will gradually be changed into much of the likeness of our Father. Little did human kind realize how much they abdicated when the way of their own will was chosen. Searching however much we can in the natural realm there is no way to find anything but fraud.

The way of faith is not an easy road. It is not something that is just plopped in our lap. Faith is active. Faith without works is dead. We must actively search the way God would have us go. And how can that possibly be known?

God has not left us abandoned orphans. The gifting of discernment is accessible to all Christians and is the only way provided to hear the voice of what God's opinion is on a matter, the choice of how to mold right and wrong. All things can work together for the good to those who love the Lord. **In the realm of the spirit, nothing is arbitrarily right or wrong.** Discernment promptings are an alert to something that is missing the mark or that may bring harm or detriment. The outcome however when we are a friend of God, and walking in discernment will be how we co-create the situation together with Him.

We will never be at a loss as to what we are dealing with here on earth. Our enemies will never have the upper edge. God the Father is in control. And God Himself will make known to us what it is that we are dealing with. The promise to us is that we are the head and not the tail, above and not beneath. You must ask for Discernment. You must seek discernment with your whole heart and you must continually knock on God's door of friendship.

Where is it



Go ye therefore and teach all nations.

Matthew 28:19

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In the fourteenth chapter of Hosea Israel is called to return to God. A powerful summons is given to God's people. And this same summons is given us today. God will take away our iniquity. He will heal our backsliding. Just as He promised to heal the ancient Israelites, so He pledges to heal us. He will love us freely and give of His grace as the dew on the grass. God's shadow will cover us. The prophet Hosea tells us that if we are wise we will understand these things. **And if we are discerning will know them.** A discerning heart is a gift from God. No natural man can receive the things of the spirit of God. They are foolishness to him. **He cannot understand them because they are spiritually discerned.**

God makes His mind on a matter known to us. We just have to listen. God's ways are right and if we deviate, sadly less than desired outcomes will result. We will be pushed away from the banquet table we so desperately wish to sit at. If we rebel we reap an upset and discontent and disconnect in our soul as well as tribulation in our circumstances. God wants to give us strength and peace as we co-create with Him our unique place on earth.

With discernment you will know when you are not supposed to do something or when it is poison for you. You are not to be concerned or to be thinking about what other people do or say. It will take all your effort to be concerned with and effect what God wants you to do. God is not just a friend or a suggestion, He is Lord. And He will let you know when there is a choice to be made. He will not make it for you. But He will let you know the spirit you are dealing with. The still, small voice of the Lord is powerful and sharper than any two edged sword and full of majestic creativity.



Yawn

Gird up thy loins

You will lie down in peace
And none shall make you afraid. Leviticus 26:6.

- Right foot on top where second toe and foot connect

It's easy to get tired in this world. It's easy to become overwhelmed, fatigued and simply exhausted from daily demands. We are not our own. And as we live life we become more conscious of the fact that we really do not have control the way we would like and our flesh takes full advantage of this. The Apostle Paul tells us that the very things he does not want to do, he does, and the things he wants to do, he does not.

The thief comes only to kill steal and destroy but Jesus has come that we might have life and that we might have life abundantly. John 10:10. And because Jesus rose again He sent us the comforter in all truth and wisdom. And truth and wisdom give us knowledge and understanding in the spirit realm. With discernment it is as if you are sitting in your house and you hear a knock on the door but you are not expecting any visitors. Discernment will let you know what the spirit is behind the knock. It is the still small voice of God that feels like an electrical impression at a specific point on the body. With discernment you will be able to know and drown a lie and its attenuating consequences. Discernment allows you to perceive what is otherwise concealed.

Discernment allows you to see significant truth behind action and individuals. It is x-ray machine like as there is no cheat or cover up. True motive is revealed. The church is in serious need of this gifting today more than any other due to the serious problems our world is facing. Discernment will allow you to understand the choice faced but it will be up to you as to how to handle or deal with the person or circumstance.

The world often would bring us its poison but Discernment will reveal its ride. When things are run by the world we are all slowly disqualified from its game. But God has a better way for His saints – the way of truth and wisdom in discernment.