- I will share my 2018 journals sequentially that will include:
- What God said and did in 2018
- What does that mean for 2019?
- What does God want to reveal and unveil to us 2019?
- What does God want us to do and where does He want to take us in 2019?

- Please don't believe anything I say just because I say it
- If you resonate with anything I say in your spirit or if you object strongly to anything I share take it back to God and openly ask Him to give you direct revelation

- I can only share information about my revelation that has come through my personal encounters and experience
- Only by engaging God yourselves can you have revelation not information
- We all need to know the truth

- Love is my plumb line for truth
- God said to me "If it is not unconditional love, it is not Me
- "If it is love, it is Me; and love must be unconditional and otherly, otherwise it is not love at all"
- Don't tell people how lost they are Show them how loved they are!

- Expanding consciousness was a focus during the year
- No one can be limitless if the source of their desire is disconnected from the eternal source of enlightenment which can only be found in the Perichoresis relationship of I AM.

 When My children only draw from the possibilities that can be seen from the DIY source of intellect their realities will always be limited to the spirituality of earth.

 The earthbound consciousness is limited to the boundaries of the mind of man but those who are untethered and free to live in the realms of heaven have access to the mind of Christ in the eternal now as the true source of limitlessness.

- The restrictions of religion have also disconnected My children from their true potential by tethering them to a system of beliefs and laws.
- Reconnecting the subconscious mind to the omniscience of I AM and a flow of nonlinear truth will unlock the power of the consciousness of sonship.

 The mind has the potential of creative thought to shape reality so that creation can become free from its bondage to decay into the freedom of love's light.

- The minds of those disconnected by lost identity or by religion can never but perpetuate the limited possibilities of natural intellect.
- Only those whose minds are connected to the divine have ever brought real change because their consciousness danced with eternal possibilities.

- The natural mind, however deep it goes, can draw from nothing more than the soulish creative possibilities; it is, and always will be, limited.
- Most technological advances were men's attempt to recreate what was once possible through the power of the mind.

- Peace, love and joy, that together make rest, can never be fully experienced outside of relationship with Me.
- There are many substitutes and many counterfeits but they will never fully satisfy
- There will always be something missing until the genuine and the authentic are experienced.

 Many people think that ready meals are the true culinary taste, be it lasagne, curry, Italian, Indian, Chinese, Thai or Mexican but when they taste the authentic restaurant cooked or home cooked dishes it is a whole new world.

- True reality and abundant life can only be experienced in the face to face relationship with the source, the creator, the Father.
- All religion is but a substitute for the genuine and inoculates My children against Me.

 The whole of mankind is seeking for love, joy and peace from the wrong things and have no true rest, just an imitation that can never restore true sonship or truly connect them to creation so they can find their true identity and position.

- Meditation and mindfulness are based in good principles but are restricted and limited to the soul realm of the DIY tree knowledge.
- Expanding consciousness can only fully be accomplished through the spirit and engaging the mind of Christ.

 Many seek to engage the celestial planes and other dimensions but most are stuck within the creations of their own soul's fantasies or the limitations of the earth spiritual realms.

 Only the masters have opened the doorways between dimensions but they have only created more problems rather than finding true ascension.

 The power of the soul is immense but pales into insignificance compared to the power of the spirit; but true authority can only be discovered when soul and spirit are reintegrated and whole.

- When the mind and the spirit are in unison then the full potential of the creative consciousness of sonship will be discovered.
- Destiny can never be fulfilled when tethered to the soul and physical realms.

 True freedom is found only when ascending the 9 stones of fire into sonship; being joined and one spirit with the creator, within the circle of the dance between Father, Mother and Brother.

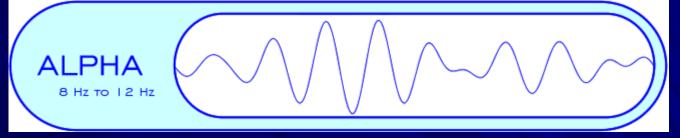
- Meditation helps us to be at rest; being mindful enables us to connect our consciousness to a deeper and higher level of reality
- Meditation raises our awareness and our consciousness levels

- Delta wave state is not to be confined to deep sleep but is the state of consciousness that is true rest.
- That state of consciousness can be the normal state that has access to beta, alpha and theta states where the quantum possibilities can create reality that is tuned and aligned to the rhythm of My heart's deepest desires framed in love.

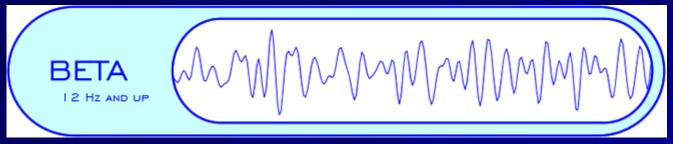
- Our mind functions at different
 wavelengths and engages different levels
 or states of consciousness
- Beta waves normal awake state; problem solving mode
- Alpha waves slower; accessing intuition and creativity within
- Theta waves spiritual access beyond the soul

- Delta waves deep sleep state; with being at rest and peace with no dreams
- The monostatic brain accesses only one state of consciousness at a time
- We need to learn to tune into each state concurrently and have a life of increased capacity and capabilities

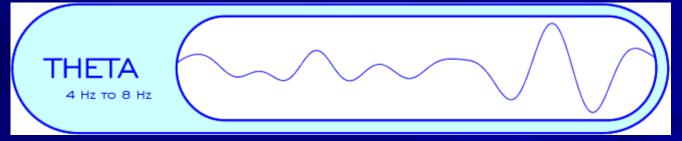
- Our brain is vibrating at different frequencies, with different wavelengths.
- We can learn to focus our brain waves to be more effective through meditation and mindfulness techniques



Alpha brainwaves move towards deep relaxation, imagination and intuitive thinking



Beta brainwaves are engaged when the brain is aroused or processing activities



Theta brainwaves can indicate drowsiness, daydreaming, the first stage of sleep or 'indirect' imagination/thinking



Delta brainwaves can reveal deep sleep or slow-wave 'background' thinking.

- The brain has the capacity to operate on more than one frequency range at any given time.
- In fact all four rates can occur at once, yet at varying amplitudes. A good analogy would be to relate each brainwave state to a string on a violin.
- All four strings make notes, yet one or more strings can dominate the overall sound at a greater volume.

- Meditation and mindfulness is learning how to focus our thinking and access different states of consciousness
- Coming into a state of rest which is living in full love, joy and peace
- Having a lifestyle of rest not stress

Matt 11:28 "Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light."

- Sonship is truly about living loved, is loving living in the moment of infinite possibilities that are then expressed by living loving.
- Son, the mind is a battleground for many people when it is designed to be the place of dimensional convergence when it is at rest.

- Rest is the state of abiding in love, joy and peace and that is fully abiding in I AM.
- To be at rest is to live loved, love living and live loving within the circle of the dance that can be experienced only with a renewed mind and expanded consciousness.

- The limitations placed on the mind by the religious and cultural systems restricts My children to a life of being slaves to the machine.
- A mind free from past restrictions has the capacity to shape reality creatively through the living connection to My grace within all things.

 Know My heart the precepts, know My mind - the statutes, and use My voice - the laws, to shape reality so the beginning and end converge in time from eternity.

- Religion is a veil of darkness masquerading as light that is but a DIY system of beliefs to conform My children to slavery.
- The religiously conformed mind is living the illusion of having freedom and enlightenment when in reality the mind is chained and darkened.

- Son, let Me show you. I stood in the midst of the limitlessness of creative thought as a conversation between Father, Son and Spirit.
- I was able to hear a passing thought concerning love's light that is so simple yet so profound that it is more than all men's philosophy combined.

- That one thought was like a vast neural net of interactivity with many access points.
- One of God's thoughts is beyond the sum total of humanity's knowledge; but we have been made in God's image, with our minds capable of understanding complexities beyond.

- Son, you have the legislation now use it to open the hearts and minds of My children.
- When My sons arise they will be able to live in the now with nonlinear thinking and the ability to create alternate realities.

- To choose the end from the beginning and continually realign reality to enable love to bring good in all things.
- Sonship is inextricably intertwined with creation and its restoration.

 Restoration is but the beginning then the creative abilities of My sons will fulfil the mandate to be fruitful, multiply, fill, subdue and rule by expanding throughout the dimensions.

- Love's light will shine with a radiant frequency that will bring an end to darkness and everything will be illuminated.
- Sons, arise, shine, your light has come and the glory of the Lord has risen upon you.

- Now is the time for creation to respond to the light of your glory to be liberated into the freedom of your sonship
- Legislation using decrees and declarations to call things into existence, releasing sounds, frequencies and light

- I call for love bombs to explode over MorningStar to reveal Your true nature and cause people to hunger and thirst for freedom from religious coverings.
- I call for angelic visitations and dreams of the promised land beyond the veil.

 I release the sound from heaven calling people out of the wilderness of the Moses generation restrictions and limitations.

 I use the laws of religious freedom and deconstruction to prepare the Joshua Generation for the removal of religious veils and release the mind-quakes necessary to collapse the pillars and religious and cultural frameworks constructed in their minds.

- I call for radical cognitive dissonance to challenge the assumptions and presumptions that trap them in normalcy.
- I call for engagements with the living God to create major shifts of metanoia.

- I call for the renewing of minds to embrace the true, living, loving God who is Father, Son and Spirit.
- I call for love encounters that will challenge the warped and false images that have distorted the very essence of who God is.

 I call for an open heaven over the intensive and lightning bolts of pure truth to penetrate the veils of deception and delusion which cover the minds with blindness and darkness

 I call for the sons of God to arise and shine with love's light to answer creation's groan with the freedom of true sonship.

 I call for the weapons house to be opened and the statute house to be in alignment for the assignment of legions of angels to use the lightning bolts and love bombs on those who have heard the sound of heaven's call but don't know how to cross over

 I call for our media resources to create a new sound to resonate with the hearts and minds of those still trapped in the wilderness of religious coverings.

· I call people to the book, blog, YouTube Channel, website, Facebook page and podcasts as they shine with light and vibrate with new energy to connect with the hungry, thirsty and dissatisfied.

- I call people to the Joshua Generation to be equipped through the <u>Engaging God</u> <u>programme</u>
- I call for breakthroughs for those desiring to see, hear and engage the heavenly realms.

- Son, with the Engaging God programme ambassadors look to strengthen national connections by preparing for yearly national Engaging God summits.
- USA, Canada, UK, Europe, South Africa, Australasia/ Far East and eventually India and South America

 These gatherings would be about My agenda not just local issues but will be agreed by the Ambassadors to strengthen relationships, establish strategic goals, equip and release representatives.

- Son, the blue light call was and is still to call people into governmental positions of authority as benches.
- You must use the same foundation for Ambassadors. Look to establish a bench of 3 for each group, equipping them by legislating strategically together.

- I will release strategic plans, mandates and blueprints for each group that will have wider purposes and agendas as things progress and develop.
- Make this a priority, so meet every few weeks and make relationship a key element to the gatherings.

 Son, there are boundaries that are not yet crossed and territories that must be opened; these can only be done by forging alliances across the divides.

 Strategic partnerships with key ambassadors will provide the momentum necessary to open up and occupy territories closed and covered by mediatorial religious systems.

 Son, international benches will be established with clear mandates that will reveal clear blueprints for the Joshua Generation as forerunners to be pioneers who will establish heaven on earth in embassies.

 The strategic government will facilitate the release of blueprints for embassies for every nation, tribe and tongue and family of the earth.

- Provide a safe place for the barriers and guards to come down so healing can take place.
- I have a call upon all of My ambassadors which needs healing and health beyond the current levels of most of My sons.

- True sonship requires a purity of heart that most have yet to allowed Me to accomplish.
- The fires of purification are ready to refine My children to become mature with hearts of pure gold.

- The Seraphim are preparing the altars where self must be consumed so My sons will be able to say 'here am I' and not 'here I am' when we declare who will go for us?
- The scrolls, mantles and weapons are aligned and being prepared for the great commissioning to take place.

- I saw three weapons or tools forged together as one, separate yet merged.
- Light, sound and oil
- Sword, shield and breastplate.
- Heart, mind and the gut.

- Preacher, Teachers and Healer
- Visionary, strategist, seer
- Oracle, Legislator, King as a priesthood.
- Prophet, Ruler, Exhorter
- Redemptive gifts, spiritual gifts, ministry gifts

- The mind of Christ has been released to bring true metanoia to this dimension.
- There are many dimensions calling to the sons of God to engage, bringing the freedom of love's light and glory



Nancy Coen Justin Paul Abraham.

Restoration of All Things

June 4th-8th 2019, Barnstaple, UK

Lindy Strong Mike Parsons

www.freedomarc.org/roat



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