Understanding The Jesus Code

Unlocking Biblical Secrets So You Can Live Your Life Fully Alive!

By: Carolyn M. Berghuis, MS, ND, CTN

“The glory of God is man fully alive.”
- St. Irenaeus, a bishop and early Church Father
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DEDICATION

To my husband, Scott L. Berghuis, who has stood by my side supporting me through the great times and the challenging times. Life would not be complete without you. I will forever be your Eve and you will forever be my Adam.

To Jesus Christ who tenderly holds me in his sacred heart, helping me as I travel through this world enveloped in his love, grace, and mercy.
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Introduction

From Brokenness to Wholeness, the Choice Is Ours to Make

And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work.
- 2 Corinthians 9:8

While in our hearts we yearn for prosperity, happiness, and peace, many never experience the fullness of life they desire, and it’s time for this to change. A quick look at the world today and we see individuals not meeting their full God-given potential—brokenhearted, unfulfilled dreams, and broken families. We witness patterns passed down from one generation to the next that limit happiness. Even though we are all born into a family, all too often we feel alone, and out of this loneliness, we too often turn to the world for love and comfort, only to find greater heartache and challenges. Families are suffering, families are under attack, and as a result, society is experiencing anguish because we are not reaching the fullness of life God has for us.
Since you have picked up this book, I assume you are either seeking to break through and reach the fullness of your God-given potential, you are seeking to heal your own brokenheartedness, or you are a healer seeking to find a way to help those who need your care, wisdom, and guidance. Regardless of why this book ended up in your hands, it is my hope and prayer that you break through and experience happiness, peace, and prosperity beyond your wildest dreams.

While there is certainly profound human pain in the world today, we are a people of hope, fortitude, and goodness. The human person is a survivor, and we continually seek our heart’s desire. A cursory review of world history shows miraculous endeavors accomplished by mankind. However, in spite of man’s great achievements, we must also acknowledge that we live in a world of opposing forces—good and bad coexist in humanity. Joy is interwoven with sorrow, prosperity coexists with poverty, good is found within heartache, and love blooms amidst hate.

For all the bad in the world, we must be ever mindful of the fact that we live in miraculous times! We have a pope, Pope Francis, who speaks of unity, who seeks to build bridges, and who seeks to support the healing of today’s family and individuals in a way many have never witnessed in today’s church. This pope has captured the hearts of billions across the world as he reveals to mankind the power of forgiveness, acceptance, and love. We see world religious leaders engage in interfaith dialogue as they speak of compassion, understanding, and unity. Yes, we are attempting to heal our hidden wounds and limitations so that we can experience the abundance, happiness, and peace we were created for, and this is cause for great celebration!

However, while there is real change happening in the fabric of this world of opposing forces, it is those individuals who come together in the spirit of love, forgiveness, and acceptance who will experience the fullness of life. Each and every one of us is called to participate in this journey, and we are all invited to use our free will to choose participation. It is my hope that throughout this book, you will come to understand your part in this plan so that you too can
be a part of today’s transformation movement. We can all make a difference. However, the journey, while worth taking, is not for the faint of heart. The journey will be full of bumps along the way as we experience the manifestation of our soul’s desire for happiness and wholeness. We are all created in the image of God, and with this comes a promise, a promise of eternal life with God himself. However, we must first choose him because to not choose God places us outside the boundless gift of God’s grace. And it is inside this grace, my friends, where all the good things happen!

“No more shall there be in it an infant that lives but a few days, or an old person who does not live out a lifetime: for one who dies at a hundred years will be considered a youth, and one who falls short of a hundred will be considered accursed.”
- Isaiah 65:20

You see, from our conception, we were created to live an eternal lifetime with God. Sadly, looking around, too many of God’s children are falling short and missing out on an amazing life. Even in God’s churches, we find multitudes living lives that fall short of the fullness God has for them. Take a good look around the next time you are at your place of worship. How many individuals do you see who are fully happy and full of life? You know, individuals who exude the Christ light from deep within for all to see, those who are the living essence of love itself? My guess is you can’t name many. So sad, because the individuals you meet at your place of worship are those in the word! This has got to stop, and the time is now for God’s children to step into their full blessing.

How do we change this trajectory and step into our blessing? After all, God has made some rather amazing promises to those who follow him. Well, it’s going to be a process, my friend, a journey—
your personal healing journey and reunion with God. For all of us, this first step toward healing begins by looking at our childhood experiences. As a growing child, your brain was rapidly developing and establishing patterns that would carry lasting effects throughout your lifetime. Modern science now reveals that the experiences of your childhood affect all future learning, behavior, and even physical health. Neuroscientists, utilizing brain scans, have discovered that there are specific periods of vulnerability tied to specific experiences that include your in-utero life (your life in the womb), birth to age three, and your adolescence. Since you live in a fallen world, you have undoubtedly experienced moments in your formative years that have created subconscious files that are not congruent with the life God created you to live. These files are certainly not in alignment with the way God sees you. You know, those “tapes” you play over and over again that are not true in the eyes of God. These tapes must transform into truth, and the only way you can truly accomplish this is by opening your heart to God and allowing his divine entry. However, completely opening your heart to God is impossible when you believe wrongly about your worth. Your subconscious mind is likely experiencing a plethora of untruths that are running unchecked, and they need to go—now!

**COMMON SUBCONSCIOUS UN-TRUE TAPES:**

- I’m not good enough. (smart enough, pretty enough, etc.)
- Only perfect people are worthy of love.
- I’m unlovable.
- Women can’t be trusted.
- Men can’t be trusted.
- Rich people are greedy and evil. - Poor people are lazy.
Do any sound familiar? These beliefs, and many like them, limit your ability to reach the fullness God has for you. No one goes through life without struggles. Now this may come as a surprise to you: your belief patterns have the power to propel you forward toward greatness, and they also have the power to hold you captive—forever separating you from the greatness God has for you. They can help you become great, reaching your fullest where your God-given gifts benefit you and the world, or they can become the root of self-sabotage, stifling your gifts and killing your dreams of a better life. However, it is the painful beliefs, the untruths that hold the greatest power for real transformation in your life. Yes, you read that correct. Painful beliefs that are not congruent with God’s plan for your life hold the greatest power to move you forward into the life God intends for you when you use them correctly! That is what this book is all about. The secret to your ultimate joy lies in the fact that your pain affords you a unique opportunity to reach the oasis of prosperity, happiness, and peace, should you choose to persevere through it.

REAL TRANSFORMATION – NOW!

The time for real transformation is now! Mankind is ready, and most importantly, I firmly believe that God is pouring down an abundance of mercy on his children right now to get this done. Can you imagine a world where each and every man, woman, and child is living the fullness of their God-given talents? Can you imagine the innovation that would occur and the relationships that would exist? Can you imagine what your life would look like, your children’s lives, your grandchildren’s, your parents?
You see, I have been a spiritual seeker for a number of decades, seeking how to find greater prosperity, happiness, and peace in the world. Through it all, I have discovered that the greatest way to find true and lasting happiness is to address the tough times in your life by turning to scripture for guidance. In doing so, I have witnessed a beautiful thread woven throughout sacred scripture—a code of sorts that I call “The Jesus Code.” All we have to do is unlock the code. And I’m not just talking about reading scripture as you read the newspaper or your Facebook page. No, I’m talking about a total immersion, where you receive the message and direction within the lines and between the lines. God will speak directly to you as he reveals to you his steps for your life. His direction will undoubtedly surprise you many times over.

Through the years I have explored the New Age world, the self-help world, and the Catholic world. I have attended more seminars and workshops, read more books, and listened to more audio recordings than I can begin to imagine. I have prayed. I have meditated. I have studied the Catholic saints (well some of them—there are thousands!). I have immersed myself in thousands of Catholic Masses. And I have spent thousands of hours praying in front of the Eucharist. I have found that while each of these drew me closer to Christ, the truths we so desperately need to transform ourselves and the world can best be found inside sacred scripture, inside The Jesus Code. It is all there just waiting to be unlocked.

These truths in scripture demand that we begin by healing our own family, and address the transgenerational entanglements (handed down generational patterns that cause pain) holding us back from reaching our full potential, the patterns passed down from generation to generation. Patterns that negatively impact the development of our children and set the stage for future challenges.
By supporting such transformation, real change is made today and for the generations to follow. However, for such profound transformation to manifest, it is essential that we realize we are all in this together. Given this, we must participate in God’s plan for humanity—together. In order to succeed, we must allow ourselves to surrender to the fact that we are all immersed in the milieu of his son, Jesus Christ. From here, God will direct us out of the mess mankind has created.

“For in him we live and move and have our being; as even some of your own poets have said, ‘For we too are his offspring.’”
- Paul of Tarsus, Acts 17:28

IMAGINE FOR A MOMENT

Through Christ, all good is possible because it is in him that all good exists. All over the world, the body of Christ is witnessing real healing and transformation. Yes, hearts and lives are being changed. The ever-evolving field of mental health is ever broadening to include modalities such as biofeedback, eye movement desensitization reprocessing (EMDR), internal family systems (IFS), gestalt therapy, mind-body medicine, healing touch, yoga, and multitudes of self-help books that continually top the best-seller list. This is exciting news, and it reveals our human desire for happiness and peace. As a community, we are paying greater attention to the emotional and spiritual needs of individuals, and this is cause for hope. However, while we are seeing significant inroads in
mankind's approach to healing, I feel there is all too often a missing piece—the piece that needs to be the cornerstone: a surrender to Jesus Christ—the one who came so that we could have joy within.

Imagine for a moment the tremendous healing humanity would experience if individuals working in the mental health field, the allopathic medical field, the holistic medical field, the coaching field, and the fitness field all surrendered fully to God. Imagine for a moment that they surrendered so fully that they only offered healing modalities that God has revealed to their hearts? What if instead of yoga, we practiced SoulCore (a core workout that pairs exercise with the Rosary), Pietra Fitness (exercise that features Christian prayer and meditation), or another form of exercise grounded in the Christian faith? Or what if modalities like The LIVE Method (a healing modality that uses acceptance, forgiveness, and Family Constellations in a Christian setting) were mainstream? I dare say that multitudes would experience significant, lasting, and miraculous transformation.

Even though mankind’s collective faith in God is rather weak, he still blesses his children with healing. Miracles still happen each and every day. Amazing, isn’t it? I can only assume since you are reading this book that you too desire such miracles and transformation in your life. However, I believe that we must bring forth healing modalities that are truly, deeply, and profoundly Christ centered, before we experience the happiness and peace available to us, modalities created and supported by individuals who choose to become doers of the word—not simply hearers. Remember, it is God's desire that all of mankind become fully alive. Many simply need a blueprint to follow, a blueprint grounded in sacred scripture. That is what this book and The LIVE Method (Love Is Victorious Everywhere) are all about. Here you will find a road map, a set of monkey bars to hold on to, that will direct you out of the darkness and into the light—into a life where you
become whole and healed as your unique gifts are unlocked and released into the world.

“But be doers of the word, and not hearers only, deceiving yourselves. For if any one is a hearer of the word and not a doer, he is like a man who observes his natural face in a mirror; for he observes himself and goes away and at once forgets what he was like. But he who looks into the perfect law, the law of liberty, and perseveres, being no hearer that forgets but a doer that acts, he shall be blessed in his doing.”
- James 1:22-25

THE JESUS CODE

In this book, you will find truths in scripture that you may have not known were there—I didn’t until I started seeking with deep intent and earnest. Truths that unlock the buried, and not-so-buried, patterns that hold you back from complete happiness and success. You will see how you can beautifully combine scripture with some of the new advances in the healing world. You will come to understand how transgenerational entanglements lead to physical and emotional disease, trauma, addictions, anxiety, and depression in your life and the lives of your loved ones. You will see how such entanglements hold you back from reaching your full potential. You will see how God has already given you your needed cure in The Jesus Code. You will come to know what it really means to carry your cross—it is probably not what you think.

The power of forgiveness will be released, and your heart will transform. Can you imagine a life where forgiveness is easy and you
experience only love and acceptance for those around you? That person who drives you crazy, imagine your heart filled with forgiveness and love for them. Wouldn’t that feel so much better! What peace your heart will experience when this happens with all who enter your life. However, this will not be your “forgive and forget” drive-through variety of forgiveness. You will experience giving divine-like forgiveness. The freedom divine-like forgiveness offers is beyond the comprehension of the human heart and mind, yet it is offered to all of us.

Divine forgiveness is different. It does not leave the victim full of guilt, anger, longing, or resentment if he or she is unable to forgive. No, divine forgiveness is the forgiveness that Christ offered as he was nailed to the cross, the forgiveness he has for each and every one of us. The forgiveness that truly sets our hearts free. We are created in the image of God, and given this, we can offer forgiveness that resembles his forgiveness, we can offer divine-like forgiveness.

Jesus said, “Father, forgive them; for they do not know what they are doing.” And they cast lots to divide his clothing.
- Luke 23:34

You see, God, the creator of all, has revealed all we need for our transformation in his sacred scripture (both the Old and New Testament)—in The Jesus Code, the golden thread that I’ve witnessed through scripture. His words are true, his words are eternal, and you can trust in his words as you tackle the darkness in your body, heart, and mind. Once tackled, your family and the generations to follow will fully live!
HOW TO SEE AND ABSORB THE JESUS CODE

You will see The Jesus Code woven through this entire book, is uniquely presented so your heart can receive profound healing, just like mine did when I first saw the code. The Jesus Code is found in the stories, in The Nine Faces of Struggle, in the commentary, in the meditations, and in the scripture offered. It is found in the lines and in-between the lines. It is not a simple formula, yet it can be easily received. Much like the beautiful sound of an orchestra is an experience beyond sheets of music, instruments and musicians, and an exquisite oil painting is more then it’s canvas and paint; The Jesus Code lives beyond the words presented in this book. I recommend reading this book cover to cover so that you can absorb The Jesus Code fully. Please read each scripture passage carefully, giving yourself time to reflect on each one in light of what is written. Please do not read ahead to a chapter that catches your heart. You will be presented important foundation components to The Jesus Code in each chapter, beginning here with the Introduction. These components are important for you to integrate prior to reading further. It is my greatest desire that each chapter touches your heart and builds upon your prior reading in such a way that you see the world differently so that your relationship with God changes in such a way that miracles happen spontaneously in your life.

THE JESUS CODE CONNECTION

The Jesus Code Connection is offered to help you receive and understand with The Jesus Code. The Jesus Code Connection is also woven throughout this book in an attempt to help your heart open to the truth your creator has for you through The Jesus Code. A word, or two or three, is offered for your reflection as you meditate a bit on what is written.

All of this is presented in such a way as to help you develop a deep and loving relationship with your creator, a relationship where you receive all you need to live a life fully alive. The Jesus Code is beautifully intricate, while holding a soft simplicity and The Jesus Code Connection will assist you on your journey.
Consider this book a gift on your spiritual quest for truth, happiness and peace. Mark it up, annotate, highlight the lines that speak to you; doodle on its pages if you feel called, and make it your own. In the end I hope I have been of service to you, to your heart and to your soul.

“I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.”
- John 6:51

“But this is the covenant which I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it upon their hearts; and I will be their God, and they shall be my people.”
- Jeremiah 31:33

THE JESUS CODE CONNECTION

Reflect - Transform - Enjoy
A NOTE FROM THE AUTHOR

If you have not already read the Introduction, I kindly ask that you start there. You see, The Jesus Code is sprinkled throughout this entire book in a harmonized rhythm—beginning with the Introduction. This code provides an opportunity to unlock the blocks interfering with you living your life to the fullest. The Introduction is short, however, very foundational, and besides, it will make me happy if you read it first because I gave it considerable thought before I penned its words! Many thanks and God bless—Carolyn.

A PEOPLE OF HOPE

It appears that mankind is more aware of its need for happiness and peace than ever before. This is a wonderful thing! A shift has most certainly begun. We have programs and projects all directed toward bettering humanity and supporting those who are less privileged. We witness missionaries traveling to third-world countries, tending to the needs of the vulnerable, sick, and impoverished. Caring individuals engage in fundraisers for various
causes to support our brothers and sisters suffering from physical and emotional pains.

Today’s emphasis toward a greater understanding of mental and emotional health and the support offered to suffering individuals is unparalleled. We have even dubbed May as Mental Health Awareness month. In the last couple of decades alone, we have witnessed sweeping changes in the mental health fields of psychology, psychiatry, and social work. The healing arts of massage, acupuncture, and more New-Age modalities such as yoga and mindfulness are becoming part of our vernacular, and they have become infused into the fabric of our everyday lives. The quickly emerging field of self-help gurus, life coaches, and empowerment professionals is leaving a healing imprint on society as well. All of this is a breath of fresh air and a sign that the fabric of humanity is rapidly changing. We are a people looking for more, we are seeking healing, we are seeking greater happiness, and we are becoming extremely desiring of peace. Yes, this shift will certainly serve to facilitate the healing of broken hearts and broken families. We are becoming free, and our God-given gifts are unleashing into the world. However, we are at a critical point in humanity, and our transformation is far from complete.

“For I am about to create new heavens and a new earth; the former things shall not be remembered or come to mind.”
- Isaiah 65:17

While there is much good going on in the world, there is also much pain and heartache. When we look around, we do not see what one might expect, given the vast goodness expressed in the world. People still experience unfulfilled dreams, families are still broken, and individuals are still isolated with a sense of loneliness. Horrific crimes are still being committed against the most vulnerable of society and the most vulnerable in our very own families. Individuals walk around with hate in their hearts, unforgiveness acts as a brutal shield, and many more walk around holding unfulfilled dreams within.
What are we missing? Why are we still seeing brokenness handed down generation after generation? While volunteering at the Indianapolis Women’s Prison I would witness generations of incarcerated women beginning with grandmother, mother, and then granddaughter—it was heartbreaking. We still see generations of poverty, mental illness, child abuse, trauma, and addictions. Given that we are all one body in Christ, this is unacceptable! We already have within our minds and hearts the dreams that have the power to break these cycles and allow us to enter into a world where only goodness abounds. Maybe we are not asking the right questions. Perhaps instead of asking what is wrong with people, maybe the better question becomes one of where to search for the solution.

Where should we look for insight and true guidance? Where should we invest our precious resources of time, talent, and treasure? Should we turn to our governments? After all, many of today’s governments, especially the first-world governments, have programs set in place to serve the most vulnerable of society. Should we turn to community programs that seek to better the world through altruism? Should we turn to our churches? I believe that in order to unearth the real solution, we must first make a conscious decision as to where we are going to invest ourselves. Are we going to invest our personal resources in the things of this earth? Or are we going to give of ourselves to the things that are God’s? We have free will to choose, yet if we desire to fully live, we must choose the path of life.

They answered, “The emperor’s.” Then he said to them, “Give therefore to the emperor the things that are the emperor’s, and to God the things that are God’s.”
- Matthew 22:2

THE JESUS CODE CONNECTION
Hope – New Life
IN SEARCH OF LOVE

Consider for a moment a young child who desires to master a new skill such as riding a bike or jumping rope. The child wants to acquire this ability more than anything because he or she believes that once mastered, this new activity will surely promise to bring forth greater happiness and love in her life. So the child, singularly focused, begins the process of mastery while holding in her heart the end goal. The child invests the resources of time and perseverance necessary for mastery, and eventually, mastery is accomplished. The new skill is obtained, and the real goal of enjoying life in a new way with others is possible. The next time the invitation to jump rope with friends is extended, the child’s heart is filled with excitement and hope. Now the family bike ride is filled with a sense of accomplishment and pride. It was the singular focus that enabled the child to accomplish her goal of mastery and the ultimate goal of happiness the newly acquired skill set promised.

As beautiful as this story of accomplishment is, the joy the little child experienced is not yet complete. More happiness and peace await her in her lifetime. If she were to stop seeking greater fulfillment once she mastered these two new skills, her happiness and peace would eventually give way to despair and pain. No human being would feel complete having only mastered bike riding and rope skipping in their life. Human beings, by our very nature, continually seek and yearn for more. Given this, it is important to direct our seeking toward the path that promises the fulfillment of our ever-seeking nature.

“And I tell you, ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.”
- Luke 11:9

Looking around at the world, we can suppose that we are now aware that mankind, like the rope-skipping and bike-riding little child, wants more out of life. We want to ride the bike, and we want to skip rope! We are in the ball game, and we have the equipment necessary. The goal is in sight, and we believe it is attainable.
However, I would argue that we have not yet properly set our intentions and, therefore, we have not fully directed our time, talent, and treasures in a way that serves us to best reach our goal of happiness and peace. We need to refine our search and narrow our parameters.

Perhaps you too have been searching, trying to learn how to ride the bike and skip rope. Undoubtedly, you have had many false starts in life. However, with each false start, like Thomas Edison, you are presented with an opportunity to learn a valuable lesson.

*I have not failed. I’ve just found 10,000 ways that won’t work.*

- Thomas Edison

Fortunately, for me, I did find a way to happiness, prosperity, and inner peace. After years of trials, tribulations, false starts, half starts, and painful experiences, perseverance won out. While I will not say I have arrived, I boldly proclaim that I have discovered the real way to a life of happiness, peace, and fulfillment. Perhaps like my life, yours is paved with cobblestones of self-discovery, wound healing, family awareness, forgiveness, acceptance, and most of all, surrendering to a power much bigger than myself. Yes, a power beyond all comprehension that gently guides and directs my every step on the path toward wholeness is where I place all my trust.

This power has already prepared for you the place of true, lasting abundance, happiness, and peace should you choose to live there as well. This power has already promised you full union with the source of all life and goodness. This power holds you close to his sacred heart, whether you know it or not. This power lives in your heart and guarantees that you already know the way to happiness and peace—you already know how to ride the bike, you already know how to jump rope. You only need to access the roadmap that is already imprinted in your heart.
you already know how to jump rope. You only need to access the road map that is already imprinted in your heart.

_Do you not know that you are God’s temple and that God’s Spirit dwells in you?_
_-1 Corinthians 3:16_

**THE JESUS CODE CONNECTION**

_Dream – Trust_

**HOW TO SEEK AND FIND**

You see, Jesus Christ has already told you everything you need to know: he is the way, the truth, and the life. He has promised you that God has sent his Holy Spirit to abide within your heart. The only catch is that you must love him and remain in his love. When you see Jesus, you see the creator of all, the One who is the Alpha and the Omega—the One who has the power to draw you into everlasting happiness.

Christ is your road map to happiness and peace. He has but one request: he asks that you choose to follow him and put aside your worldly desires. While putting aside your worldly desires may sound scary, it is not a difficult or impossible task to accomplish. The Jesus Code will reveal to you how easy it can be to follow Jesus and receive happiness and peace beyond your wildest imagination.

_“I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.”_
_- John 14: 6-7_

Jesus has told you that to fix your eyes on him is to fix your eyes upon the Father—the source of all life. It is Jesus Christ who is the
bridge between heaven and earth, between pain and healing. Through him, his followers are promised entry into heavenly bliss. However, you must first allow the source of all life to draw you up from the murkiness of this world into the serenity of eternal life. This is the aspiration of this book—that you find the path that your heart yearns for. You can walk out of the pain, the hurt, the heartache and run into your dreams of abundance, happiness, and peace when you travel within the milieu of Jesus Christ.

“And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.”
- John 14:16-17

Living a life of your dreams is available to each and every human being walking the face of this earth. As you read this book, you will dive into the many questions regarding salvation and just who Jesus was referring to when he said, “No one comes to the Father except through me”—the findings may surprise you. This was a statement of inclusion, not exclusion. However, for now, it is important to realize that real hope does exist and you can live a life of fullness and happiness.

“He will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.”
- Revelation 21:4
YOUR FAITH BAROMETER

I invite you to take a moment and check your faith barometer. How do you feel about what has been shared up until this point in this book? Hopefully, there is a sense of hope in your heart. However, quite possibly you are experiencing some holdbacks and perhaps a lack of trust because you have hoped before and your hopes have been crushed. I understand. Perhaps that old familiar defeatist voice is whispering lies in your ear, telling you this will never work. It is wrong. Perhaps words like Jesus, Catholicism, Christianity, or God stir up memories of pain or disbelief. If this is the case, then we have healing work to do, my friend, so please read on.

NO MORE LIMITATIONS

Not a fan of Jesus? Maybe you are not a follower of Jesus. If so, I challenge you to read my entire book before you discard what it offers you. Please do not put this book down. You have nothing to lose. If I am wrong, then you will have learned yet another method that doesn’t work in your life and, like Thomas Edison, you will be that much closer to your truth. If I have truly found the way toward abundance, happiness, and peace, then hopefully I have articulated it here in a way that is easily transmissible into your life, and you will be on your way toward greater fulfillment and wisdom.

Not a fan of Catholicism? Maybe you are not Catholic or you are uncomfortable with Catholicism. As you read my words, you will witness my abiding love for my Catholic faith. Please understand that within Catholicism is where I have met and fallen in love with Jesus, my savior and my healer. I do not claim to be an expert on Catholicism, other forms of Christianity, or any other religion or philosophy, for that matter; however, I must honor the truth of my experience with God and the path he continues to lead me down. Admittedly, I could never say that you cannot come to know Christ through another avenue because, after all, I have met some rather amazing, Christ-filled, non-Catholic Christians and other non-Christian individuals. However, for me to say that another way to him is of equal reward would not be the full truth. God has revealed to me my best and most direct path to him through Catholicism. As
a human being, you and I can never fully know the mind or will of God, nor can we know how far his mercy extends. All we can do is trust in him and continually seek him. In this spirit, I must present to you the truth God continues to bless me with as his Catholic daughter. I invite you to find your truth in and in between the words I have written here, with an open mind and an open heart for one common goal: that we all share in the joy of Christ together—the only human being to walk the face of the earth who has rightfully told us that he is the way, the truth, and the life.

**Broken beyond repair?** Perhaps your wounds are so deep, your hope has been so annihilated, that you can’t believe real transformation is truly available to you. While I certainly cannot personally guarantee your happiness, what I can promise you is that there is a way for you to find peace, and Christ is near the brokenhearted. There is hope, even when you believe there is none. Perhaps this is why my book is in your hands—to reveal to you a way toward happiness and peace you have not explored. Please allow the words I have written in these pages to speak to you. I pray that you will find the truth you need to unlock the bonds holding you captive from living the life your dreams cry out for.

**True healing is for other people. It doesn't happen for me.** Perhaps you believe that Christ loves you and he desires your happiness and peace, yet you still experience suffering in your life. Maybe you witness others experience healing and fullness of life, yet healing is not showing up in your life. Maybe it’s hard for you to trust that you too can experience lasting happiness and peace. If this is you, then perhaps all you need is the correct guidance. I understand. I have searched, I have sought, and I have found a path that can provide true healing and transformation, and this is what is presented here for you. While this path may at times seem a bit unconventional for some Christians, I challenge you to enter in with an open mind and heart if you find yourself here. This work may be just what you need, a fresh approach to transformation that is, above all, firmly rooted within the One whom all life exists. You will be called to look at the hidden, and not so hidden, files playing in the background of your subconscious mind to find the root cause of your heartache before you unlock the cure. You must view your
files, your life experiences, within the tender care of Christ so that the files can be rewritten and transformed for your good. It is here where real transformation follows, and it is here where we Christians can set the world ablaze and light it up as never seen before in the world. It’s time for us to step into our birthright as God’s children and start living our lives fully alive.

**I’m not broken; this doesn’t apply to me.** Maybe you are already feeling pretty good and you believe you don’t have much room for improvement. Maybe you believe that this work doesn’t apply to you because you are not “broken.” First I want to say, “Yeah!!!!” I feel profoundly thankful when I come across someone who is experiencing such a blessed life. I am sure you bring forth a goodness that the world is in desperate need of. If you fall into this category, then experience has taught me that more than likely you intensely crave to be of service to others, you seek ways to improve the world, and your heart is full of love for your fellow man. However, without a proper road map, you can be left unfulfilled. Undoubtedly, your heart cries out toward goodness, and your dreams are thwarted when your time, talents, or resources are not utilized in a way that matches with your soul’s desire. I believe that until each and every person in the world is experiencing blessedness such as yours, we all have work to do. All of mankind’s divine gifts need to be realized and manifested so that God’s glory can truly be revealed in the world. If you are in the “blessed” category, then your heart will not rest until you develop a greater understanding of your role in the world and how your role can become part of the cure. Remember, you need to understand the disease before you can participate in the cure. As you read on, I invite you to see the people in your life in and in between the lines, I invite you to learn of the medicine you are called to administer in its words, and I invite you to discover how you can more fully serve your suffering brother.
Then the One sitting on the throne said, “See! I am making all things new. Write this, for these words are true and faithful.”
- Revelation 21:5

THE JESUS CODE CONNECTION
Promise – Truth

TOGETHER WE CAN CHANGE THE WORLD

Unfortunately, as the world currently stands, many will not find their way to Jesus or this book or the wisdom contained within it anytime soon. Many will never find a way to facilitate the healing of the broken cobblestones in their lives and the lives of their loved ones. Many will continue to suffer needlessly. Toxic patterns will repeat, passing into future generations. Transgenerational entanglements will continue. People will continue to live a life of unrealized dreams, under the dark clouds of heartache, unforgiveness, and despair. The sheep will remain lost, yet the Shepherd will continue to seek and find them.

Then they cried out to the LORD in their trouble, and he saved them out of their distresses. He sent his word and healed them, and delivered them from their destructions.
- Psalm 107: 19-20

You can make a difference—we can make a difference. It is by addressing the patterns within your family that you will find freedom. New life is available to the world, and the shift has already begun. I have seen it, and I sit in awe. Many have moved into a new life already. For me personally, I understand what it means to transition from a life of heartache and pain into a life of fullness and abundance by addressing the transgenerational entanglements of
my own family. I have moved beyond the introverted, dissociated little child from a broken home; I have moved beyond the pregnant, impoverished eighteen-year-old single mother; I have moved beyond the unconscious wife and mother; I have moved beyond the failed business woman; and I have been transformed into the happy, fulfilled successful fifty-three-year-old wife, mother, and grandmother behind the pen today. The rest of the world’s suffering people can also experience the same freedom.

*Out of my distress I called on the Lord; the Lord answered me and set me free.*
- Psalm 118:5

Yes, there will be many bumps and bruises along the way; however, once these injuries have been transformed into the precious jewels of hope, forgiveness, understanding, acceptance, and love, freedom and abundance are the end result. I can assure you that more goodness is on the way for you, your family, and the world. We all have our stories of brokenheartedness and pain, we all have our bumps and bruises. So let’s transform them together into precious, divine jewels. Yes, we have work to do, and the world needs true transformation. So let’s do this thing!
As you have probably observed, this world is not for the faint of heart. Every human being will experience trouble, every human being will be hurt by another, and outside of the innocence of childhood, every human being will hurt another at some time during their life. The door to real healing opens when you begin to recognize that each and every person you meet and come into contact with has their own unique story. You can choose to bring forth comfort in the life of another, or you can choose to further deepen the wounds. Whatever your choice, your behavior will leave a lasting imprint on your soul and the souls of those around you.

Having been both hurt and one who has hurt others, I too have a story of unfulfilled dreams and heartaches. I am a child of divorced parents. I was once an impoverished single teenage mother. I once lived in an unfulfilled marriage, and I was once a failed business woman. However, it is these life experiences that called me to seek and find the truth, and it is the relationships I encountered along
the way that have enabled me to grow into a person who lives a fulfilled life today.

The quest for real change in my life and in the lives of my family was a dream I held in my heart. While the trials of life did their best to derail their fulfillment, my vision continued as I sought to find a transformation that would change the lives of not only my immediate family members but also the generations that follow, and for others in the world. Such seeking has led to a transformation of my heart and a profound realization that real change can happen for all who desire it. Instead of passing on the transgenerational entanglements my husband and I inherited, my husband and I stand firm as we chart a new course where the true inheritance that God intends for his children will manifest in their lives and in the lives of others. Something inside of me knows this is more than possible, it is God's will.

“But if this man has a son who sees all the sins that his father has done, considers, and does not do likewise . . . but gives his bread to the hungry and covers the naked with a garment, withholds his hand from iniquity . . . he shall not die for his father’s sin; he shall surely live.”
- Ezekiel 18:14-17

THE JESUS CODE CONNECTION
Never Stop

MUCH MORE IS COMING

Perhaps you are starting to experience a new mindset regarding your story. Perhaps you are starting to understand a bit of the power transgenerational entanglements hold in your life. Perhaps you are reminded of your early childhood story and the imprint it has left in your life. It is helpful to understand that at this point,
inevitably, what is coming to mind now is but a simple first step on your journey toward the bliss your heart yearns for.

**ALL FOR MOMMY LOVE**

Consider for a moment a little child who has just picked wild flowers to give to her mother. While picking the flowers, she was filled with love for her mommy, she anticipated the moment when she would offer this exquisite heartfelt gift to her mother. She anticipated the smile on her mother’s face, the embrace her mother would offer, and the sense of internal warmth of the moment. Perhaps she even thought of the vase her mother would place her gift in, visual evidence of the love the two of them share together, for the entire family to see. The little child was immersed in the thought and anticipation of mommy love.

However, as is the nature of the world we live in, much more was going on around her. While the little girl (or boy) was focused on her mother’s love, she was also surrounded by much more than she was able to take in. The beauty of the sunshine, the cool green grass under her feet, the gentle warmth of the summer breeze, and the summer fragrance of the air were all around her, yet she almost certainly took little notice of them. Significant beauty surrounded her, yet her singularly focused heart didn’t perceive it.

As a young child, this little girl was free to be expressly focused on her love for her mother while others were providing all of the experiences surrounding the moment. Her father was perhaps at work providing for the family. Out of his labors came the provisions that purchased the groceries for her morning breakfast and her other worldly needs. Perhaps it was he who planted the grass seed, fertilized the land, or bought the vase for her mom. Her mother was also quietly offering comfort and nurture. Perhaps she made her daughter’s breakfast and helped her with her hair that morning, perhaps she laundered her clothes and gave her the morning hug and kiss that beckoned the gathering of a bouquet of flowers.
And behind it all, we have the creator of the universe setting into motion all that it took for the grass to grow, the flowers to bloom, and for the child to live, breathe, and walk the earth. There is always much more than what comes to the forefront of our conscious mind, regardless of where we are on our spiritual journey. When we remember and honor that it is through Christ all of the earth exists, we begin to understand that it is only through him, and him alone, that we will find happiness and peace.

*He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him.*

- Colossians 1:15-16

**MISSING THE FOREST FROM THE TREES**

Much like the little girl, we tend to see the small details, sometimes with great love and emotion as she experienced in the gathering of flowers. However, like the little child, we don’t and can’t absorb all that surrounds us. It takes maturity, faith, and continued heartfelt prayer to appreciate the fullness of the divine milieu of which we are immersed.

To more fully peer behind the sacred veil and receive God’s word you must go to where his word lives, and you must immerse yourself in sacred scripture with reverence, fervency and surrender in order to receive his word.
within—Christ himself. Just as the little girl could not comprehend the totality of her experience as she picked those flowers, you as a human being can never fully comprehend what your creator has set in motion for you. You are continually being offered a glimpse into the truth, and this is offered in perfect order for your soul's healing and growth. To more fully peer behind the sacred veil and receive God's word, you must go to where his word lives, and you must immerse yourself in sacred scripture with reverence, fervency, and surrender in order to receive his word.

The human person is very small, and yet simultaneously wholly cared for and loved beyond measure by a loving creator.

I invite you to continue to cultivate what has been set into motion within you as you read this book; breathe in the beauty of the flowers and stay present with them. Eventually, you will be called to be mindful of the grass under your feet and the warmth of the sunshine. There is no end to the expansion that awaits you as you journey toward greater happiness and peace. The key is learning how to surrender and be guided through the truth. Of all the things I have learned on my spiritual quest, it is that there is one basic truth that holds steadfast: The human person is very small and yet simultaneously wholly cared for and loved beyond measure by a loving creator. Let me repeat that again. Take a moment and read this line one more time: The human person is very small and yet simultaneously wholly cared for and loved beyond measure by a loving creator. Our God gently holds the fabric of the world together, and within him alone will we find the happiness and peace we seek. When we surrender and focus on love, like the child gathering flowers, and allow him to care for us, he will lead us to a place where our dreams are manifested.
But Jesus said, “Let the little children come to me, and do not stop them; for it is too such as these that the kingdom of heaven belongs.”
- Matthew 19:14

THE JESUS CODE CONNECTION
Pure Love

SOWING SEEDS

I must confess something. I did not start my spiritual quest in a place of childlike surrender. Who does? Perhaps like you, I needed to know; I needed to have some sense of control over my destiny. If I could garner enough knowledge about the heavens, the natural world, and its various healing modalities, then I would experience the happiness and peace I longed for—and that I longed to bring forth into the world. People were hurting, myself included, and my heart deeply desired to find the cure. Perhaps this sounds familiar.

We live in a complex world where all seekers will find themselves in the proverbial candy store; the trick is to find the Golden Ticket. Once my journey began, I couldn’t get enough. My seeking led to my attendance of more nutritional, herbal, homeopathic, and holistic medicine seminars than I can even begin to remember. During each, I met amazing healing practitioners of all kinds. I enjoyed the company of other naturopathic doctors, medical doctors, chiropractic doctors, Chinese medicine doctors, acupuncturists, massage therapists, and energy healers of all kinds. We engaged in deep conversations that ranged from natural medicine to energy healing to various world philosophies and religions. Through it all, I observed a common thread woven through these conversations and engagements. Inside each of us lives a heartfelt desire for happiness and peace, a desire we wish to bring forth into the world.
I believe that every human being holds the same desire deep within, a desire to do well and be of service to one another. However, for many reasons, this desire may need to be rekindled if it has been smoldering for a while, or extinguished altogether. We can start doing this by being mindful of our thoughts and emotions. Your thoughts and emotions arise from somewhere. Try for a moment to stop thinking. You can’t do it, can you? It is estimated that the average person has anywhere from 50,000–70,000 thoughts a day. Wow—that’s a big number.

While you may have had a hand in the creation of a significant number of your thoughts, a good majority of them are spontaneous, coming from somewhere outside of you. Like a flame, it requires a spark. Your thoughts have an original seed and impetus that ignited them. In order to live a happy, peaceful life, we must nurture and care for the seeds of God. When we care for and nurture his seeds, all the others will fall away in due time.

“The kingdom of heaven is like a farmer who planted good seed in his field. But that night as the workers slept, his enemy came and planted weeds among the wheat, then slipped away. When the crop began to grow and produce grain, the weeds also grew. The farmer’s workers went to him and said, ‘Sir, the field where you planted that good seed is full of weeds! Where did they come from?’ ‘An enemy has done this!’ the farmer exclaimed. ‘Should we pull out the weeds?’ they asked. ‘No,’ he replied, ‘you’ll uproot the wheat if you do. Let both grow together until the harvest. Then I will tell the harvesters to sort out the weeds, tie them into bundles, and burn them, and to put the wheat in the barn.’”
- Matthew 13:24-29

When you give greater attention to thoughts that are congruent with God’s plan for your life, you will begin to have more thoughts that nourish the good seed within you. However, can you always have thoughts of goodness, is this even possible? Do you think for a
moment that those happy-go-lucky people in the world go around consistently thinking negative thoughts? Of course they don't. The difference between them and the doomsday folks is that they have made a decision to focus on the positive, to be mindful of thoughts of goodness and thoughts supportive of their dreams. Since your behavior follows your thoughts, when you enjoy thoughts of goodness, you cultivate the seeds of God. Of course, this is not to say you will never have another negative thought once you have reached happiness, because, after all, harmful thoughts that lead to the development of weeds arise from time to time. The question then becomes, what are you going to do about the thoughts that are not congruent with your dreams?

*King Solomon suggested that “a merry heart doeth good like a medicine.”*
- *Proverbs 17:22*

**REPROGRAMMING TIPS**

Modern science has revealed that there exists a window of time when your subconscious mind is highly susceptible to suggestion. Since your subconscious mind is the part of your mind that controls about 95 percent of your behavior, this is a big deal. Yet many individuals fill this period of time with doomsday information that will cause them to fret and worry even when there is nothing to fret or worry about.

So when is this magical moment? Well, it's the last ten minutes before you fall asleep. Whatever information you exposed yourself to during this time, your subconscious mind will continue to process it for the next four to five hours. So let's use this time to your fullest benefit! Here are a few recommendations I offer my clients:
• Read and meditate on scripture before bed.
• Read uplifting books before sleep, stories of human triumph.
• Read books on the Catholic saints and other church leaders.
• Pray a Rosary or a Chaplet of Divine Mercy—make sure you offer it up with an uplifting intention. If you fall asleep during prayer, simply pick up the next day or in the morning where you left off or ask your guardian angel to finish it for you.
• If you must watch TV (which I generally advise against), make sure it is uplifting programming.
• Avoid watching the news and other late-night shows (before bed or any other time) like the plague. Few people are mentally and spiritually strong enough to handle such media. If you really need to know something, someone will tell you about it.
• Create a healthy sleep routine so when you slip into bed, it feels like an escape from the world.
• Using essential oils and restful sounds can be very helpful.
• Do not eat or work on your computer while in bed. Reserve your bed for sleeping.
• Ask the Holy Spirit to guide your thoughts during sleep.

_Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect._
- _Romans 12:2_

**THE JESUS CODE CONNECTION**

*Jesus Centered Mindfulness*
GRATITUDE FOR MY MENTORS – MY JOURNEY BEGINS

Rather early in my seeking, I was introduced to a woman who would become a dear friend and mentor to me, Dr. Annette Cargioli, DC. Her passion for healing and her love of Jesus Christ amazed me, and I was drawn immediately toward her forgiveness work. Our professional relationship would span over a decade. Dr. Annette, as she is affectionately called, developed a healing modality called EPT Works—Emotional Polarity Technique. EPT Works primarily utilizes forgiveness, intuition, applied kinesiology (muscle testing), and a concept called Family Constellations to bring about resolution and transformation. For many years I was on her EPT Works leadership council, working and creating side by side as she directed the healing ship. What an amazing group of practitioners I was among. We traveled together, we laughed together, we cried together, and most of all, we worked together to heal the transgenerational entanglements we all carried. Once healing happened, we became better equipped to go forth into the world and facilitate transformation for those who sought our care. Looking back upon my seeking, I can see that EPT Works was the first energy modality I was introduced to where I experienced significant healing and forgiveness in my heart.

Forgiveness and acceptance are the cornerstones of healing, and it is through forgiveness that many of my long-held false beliefs became lifted and transformed. I still remember the day when Annette had me repeat the words “I forgive myself for believing I cannot be happy without my father’s love.” Speaking those words changed an inner belief I held that did not serve me. Additionally, it was an untruth and a false belief in the eyes of God. Speaking those simple words allowed me to become a bit unstuck in my life. Of course, I experienced significantly more healing and transformation with Annette than I can pen here. Additionally, I was blessed to participate in the significant spiritual and emotional healing of many others through EPT Works, and my heart is forever indebted to Annette. The biggest imprint her work left on my heart is an acute awareness of the generational pain all of humanity carries, coupled with the knowing that such pain can be transformed and transcended.
Eventually it was time for me to leave my dear friend and mentor. I was being called to create my own healing modality, my own creation where God freely uses the unique gifts he has so graciously blessed me with. Having experienced firsthand the transformation of transgenerational pain utilizing EPT Works and Family Constellations, my heart was called to more fully understand Family Constellations.

This call led me to Boston for a series of workshops offered by Peter and Jamie Faust, called The Constellation Approach, a modality that utilizes the Family Constellation work of Bert Hellinger. Peter and Jamie studied directly under Bert Hellinger in Germany for many years. Again, I was drawn to the love both Peter and Jamie held for their fellow man. Peter and Jamie’s Family Constellation work was a game changer for me. I began each day by attending Mass at Saint Mary’s in Waltham, with the intention of fully uniting my heart with the heart of Jesus Christ. The experience I had with Family Constellations under their facilitation was very intense, deep, and profound. I broke through significant barriers that were holding me back from the abundance, happiness, and peace I sought, and I know that Christ was with me facilitating the true healing he alone offers.

LISTENING TO THE GENTLE VOICE WITHIN

Bringing with me a rich wisdom collected over the past twenty years, wisdom I received from a long list of amazing healers, I created The LIVE Method—Love Is Victorious Everywhere. Well, I really can’t take credit for its creation; I’m simply the facilitator following God’s direction. As instrumental as individuals like Annette, Peter, and Jamie have been on my healer’s journey, there has been a more significant person guiding me—someone whose wisdom, counsel, and guidance I continually seek.

The story of my work, and the impetus for this book, is in no way complete without a sharing of my spiritual journey. After all, our spiritual journey is by far the greatest and most significant piece of our work and life as human beings. In order to follow our spiritual journey, we must first learn how to listen and understand its directives. For me personally, this calls me to pay attention to a
lifelong, internal, gentle presence, a kindness that has always spoken to me. A kindness that continually whispers to me, “Go and help those in need.” While I haven’t always acted upon its nudges, I have always sensed its presence, and the voice always responds when my heart seeks him.

“Come,” my heart says, “seek his face! Your face, Lord, do I seek.”
- Psalm 27:8

I remember once as a little girl sharing this innermost desire with my mother. I still remember the words I spoke: “When I grow up, I want to help people.” I must have been nine or ten. While I cannot accurately place this event in the timeline of my life, I do hold a very palpable memory of the exchange. Her response struck me as odd: “You need to help yourself first.” I can’t say my mother said this with warmth or compassion, as her response felt rather vacant; however, she did convey it with a firm resolute that spoke from experience. I couldn’t place the concept of “helping myself first” anywhere within my framework during the moment, and the words manifested as mere utterances without substance or meaning within me. My interior was so “other” focused that I couldn’t see how my personal self needed care and healing as well. However, my mother was right, and as life would have it, this realization would come back to me some forty plus years later. Eventually I would grasp the importance, wisdom, and depth of her words, yet there would be a beautifully designed spiritual path laid out for me to follow until that moment appeared.

Beloved, we are God’s children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.
- 1 John 3:2
You see, we are all God’s children, and our path to true, lasting happiness and peace will be revealed to us in perfect order. Make no mistake, my friend, God has a plan for you. A plan that was set into motion before your conception. This divine plan allows pain, heartache, joy, and love alike to enter into your life. It is through your life experiences, especially the painful ones, that you can come to more fully know yourself and where you belong in the world. Most importantly, the painful experiences present you with an opportunity to more fully receive the power of God’s divinity in your life. You must choose to journey down the road toward him with perseverance before you can witness God’s transformation of your pain into his glory. It is my deepest hope and desire that once you finish reading this book, you will come to realize this very truth—that pain can be transformed into pure joy, happiness, and peace under God’s loving hand. The journey will not be easy, and at times you may want to give up; however, remember that God has a plan for you. I am grateful to say that God has revealed a glimpse of his glory in my life, a glimpse that began to manifest once I began to listen to the kind, gentle voice I heard within.

This gentle internal kindness would patiently nudge me throughout my life, eventually drawing me into the work I now do. Looking back, I now know this voice was Christ living within me, speaking to me. He was always present, always loving, and always patient. He remained with me during the trials, tribulations, tears, joys, triumphs, and most importantly, he continues to celebrate in my highest highs—those moments when I utterly and completely immerse myself in his presence. The pinnacle discovery I have realized on my spiritual quest is this: when you choose Christ, love him who all must pass through on their way to the eternal Father, all that you need for happiness and peace will be revealed in perfect order for your good.
“On that day you will know that I am in my Father, and you in me, and I in you.”
- Jesus Christ, John 14:20

THE JESUS CODE CONNECTION
Listen – God speaks

TAKING THE SPIRITUAL JOURNEY

Admittedly, I wasn’t always true to the subtle nudges Jesus Christ offered. Instead of following him, I needed to understand things for myself. Maybe you have experienced that same thing. I needed to hold on to some sense of control in my seeking. Initially, my spiritual journey led me on a quest to understand the why and how the universe worked. I found myself studying quantum physics and well-known authors in the world of energy medicine. As my spiritual seeking continued, I was eventually called to enroll in Saint Meinrad School of Theology. Looking back, I can see the subtlety of God’s hand.

As I reflect on my spiritual seeking, I lay witness to a gift that has existed throughout my life: my Catholic faith, a gift passed down to me through my mother and her mother before—my Grannie. While the depth and range of its impact have varied widely, its continuity is unmistakable. In my childhood, while I cannot say that Catholicism was a significant part of our family life, I do recall seeing the Catholic Bible in my Grannie’s breakfast nook with uncanny clarity. I also remember attending an occasional Mass at Sacred Heart and later Saint Francis de Sales with my mother and brothers. As a young single mother, I would occasionally, albeit very sporadically, attend Mass with my daughter. The Catholic church was where I turned when I sought God. Eventually, it would be the place where God captured my heart. I invite you to ponder where
God has been speaking to you and the path he has been calling you to follow.

**THE SPIRITUAL CRASH AND THE AMPLIFIER**

Eventually, my desire for more happiness combined with my yearning to please God and help others merged together in my heart. This merging was the impetus for Joy of Raphael—a holistic wellness center I would own, manage, and practice at as a naturopathic doctor for six long years. There were many highs and lows with Joy of Raphael. In the end, I learned just how much God loves me. I began to understand that he is always near, always paying close attention to my needs, sufferings, and cries for help. Eventually, I reached out to him at my darkest moment with the business, and he rescued me. He would help me close the doors and find a new way.

Admittedly, I experienced some very nice moments of happiness with Joy of Raphael that were filled with hope; however, the majority of my experience of trying to run a successful business was heart-wrenching and debilitating. Out of the torment, I turned to God and began to surrender. I frequently attended weekday or “daily” Mass on my way to Joy of Raphael, in search of peace, and I found respite. Eventually, my desperation led me to the adoration chapel, where I would spend significant quiet time with Christ. While these visits were plagued with despondency, I can now see that God was sowing a seed within my heart. Instead of turning away from God, I ran blindly toward him during my time of brokenness. This was all he needed. This dark night of my soul would prove to be the foundation for a life I could never have imagined. I am convinced that it was my perseverance, my showing up for God in his church, and my consistent prayer life during this painful time that opened the door to what would happen next in my life.

God would send a powerful spiritual amplifier into my life, an amplifier that placed my spiritual journey into hyper-speed. An amplifier that came at a time when I was ridden with anxiety and depression and had found myself on the brink of near physical
collapse as a result of stress. Yet God captured my heart and claimed me for himself. In return, I would eventually receive all the peace and happiness I could ever imagine. However, God had to allow me to pass through the trial first—I had to be refined like precious gold before his glory could manifest within my heart. Looking back, I know God not only rescued me, but he also drew me into him for a purpose. A purpose that springs forth from hope, the hope through Christ that is eternal.

In this you rejoice, though now for a little while you may have to suffer various trials, so that the genuineness of your faith, more precious than gold which though perishable is tested by fire, may redound to praise and glory and honor at the revelation of Jesus Christ. Without having seen him you love him; though you do not now see him you[d] believe in him and rejoice with unutterable and exalted joy. As the outcome of your faith you obtain the salvation of your souls.
- 1 Peter 1:6-9

This amplification began when I started attending daily Mass in the most beautiful, quiet, and peaceful chapel, at my son’s high school, Brebeuf Jesuit in Indianapolis, Indiana. Even today when I step back into the space, my heart wells up. The attendance was small; sometimes it was just the priest and myself. Other times there were ten or so of us in attendance. Often, during these Masses, I experienced subtle tears of joy and release. Mass was sometimes celebrated with simple candlelight. Daily Mass was glorious, enchanting, and exquisitely otherworldly for me in this chapel. I found myself transcended time and time again. Sometimes I would find myself immersed within the priest’s homilies, where I would feel the palpable presence of Christ all around me. There was a beautiful bond enjoyed between those of us who regularly attended. And for the newcomers, we welcomed them with love and warmth. Even my youngest child, Christopher, a teenager and student at Brebeuf at the time, would attend with me on occasion. Mass attendance at Brebeuf was my first introduction to Ignatian
spirituality, and it would leave a lasting and permanent imprint on my heart and soul. I would never be the same after this.

THE JESUS CODE CONNECTION
Broken – Healed – Transformed

A ROSE FROM SAINT THERESA OF LISIEUX

When reflecting on the many experiences I had in the chapel at Brebeuf, a single morning, in particular, stands out, as it played a pivotal role in my spiritual journey. As I mentioned earlier, I found myself in a painful downward spiral when running Joy of Raphael. I opened the wellness center with vast hopes and dreams of helping others heal; however, it eventually became obvious to me that God held significantly different plans for my life.

In the middle of my deepest torment, I reached out to God through the intercession of Saint Thérèse of Lisieux. I prayed a novena (a nine-day prayer) asking to be rescued from Joy of Raphael. I couldn’t see a way out; however, I knew God could. For those of you not familiar with Saint Thérèse of Lisieux, I invite you to study a bit of her life. You will find several books and many websites devoted to her. She is known for her gentleness, humility, and love of the Sacred Heart of Jesus. Sometimes called “the Little Flower of Jesus,” this saint is a powerful intercessor for God.

OK, let’s pause. I can hear some of you now. What is this intercessory prayer that Catholics engage in all about? Praying to saints? Sounds like idolatry to me. Well, the explanation is simple. Have you ever asked anyone to pray for you? Sure you have. When they do—or when you pray for someone you know and love—you are “interceding” on their behalf before God. You are asking God to hear their prayers, not just yours. In the Catholic tradition of a multi-dimensional faith (we believe the body of Christ is made up of those who have been here before, those of us who are alive now,
and those who will be here in the future), we often pray to the saints to intercede for us. The saints, we believe, achieved a level of holiness on earth that carries on into heaven. They prayed for us when they were here on earth. We believe they never stop praying for us.

While many who have sought this little saint’s assistance have reported roses showing up unexpectedly in their lives, I certainly didn't expect a rose, nor did I feel worthy of such a heavenly gift. However, I did fully believe that God would show me a way out and he would hear my prayers. I trusted that he would rescue me. Then somewhere around day four or five of praying my novena, something miraculous happened in my life. After morning Mass at Brebeuf, I walked out to my car, and there it was, the most beautiful long-stemmed, full bloom pink rose I had ever seen, lying right outside the driver’s side door of my car. Miraculously, it hadn't blown away in the rainy fall winds of the morning. Once I picked up my gift from heaven, tears rolled down my cheeks. I knew God had heard my pain, and he was already answering my prayers. As I looked more closely at my little rose, I saw the beautiful center bloom and four little pink buds waiting to burst open. God not only gave me a rose, but he also gave me a rose filled with hope, and I knew the five blooms/buds meant something. This would not be the last time God would send me a spiritual gift totaling five; however, that is a story for another book. Needless to say, the day I received my heavenly rose, my new life began.

While my life didn't change immediately, God began revealing to me the path I was to follow. My life was eventually significantly transformed. Today my inner desire to help others heal brings me pure joy; the soft, gentle kindness now speaks, and I can more fully hear him. And the best part is, I no longer carry the heavy responsibility of seeking to understand how the world and the universe work. How could a human mind ever understand such vastness anyway? Now I seek to follow Christ, and as he directs my steps, he continually fills my heart with joy.
“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”
- Jesus Christ, Matthew 7:7-8

THE JESUS CODE CONNECTION
Surrender – Miracle

WHAT WE NEED TODAY

As a result of following Christ, I have come to realize that while we all need to take care of our physical bodies, if we neglect the needs of our emotional and spiritual bodies, we will never fully experience all the happiness and peace we seek. Yes, there was a day when, as a naturopathic doctor, I sought to find the right diet and the perfect combination of natural remedies to soothe the discomforts of my clients and myself. I was trapped in “bargaining”—a stage of healing we will discuss later in the book. Admittedly, some clients did realize significant, and many complete, resolution of their symptoms while under my care. However, there were those clients who, no matter how hard I tried to help them, did not experience significant relief from their pain and discomfort. As I ardently sought to help these individuals, it was God who led me to look beyond their physical needs and toward the emotional and spiritual blocks they held. And for those “tough” cases, their ultimate solution was to be found beyond the physical. Once we addressed the heartache that resulted from transgenerational entanglements in their lives under the tender direction of Jesus, they began to transform and live the life of health, abundance, and happiness they dreamed of.
If you are like most of mankind, you are probably not living the life of your dreams. More than likely, you squander some of your precious energy chasing wants and desires that delude you with false promises. Material possessions, praise, prestige, power, and worldly influence have taunted many a person since Adam and Eve ate of the forbidden fruit. When such worldly preoccupations interfere with God’s plan for your life, heartache and pain will follow—just like the pain our first parents experienced once they believed the lies of the serpent.

But the serpent said to the woman, “You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”

- Genesis 3:4-5
Remember, once Adam and Eve ate of the forbidden fruit, everything changed in their lives. When they heard God in the garden, instead of running to him with childlike excitement, they hid and covered themselves. Why did they hide? Why did they cover themselves? They hid from God because they were afraid and filled with shame.

*But the serpent said to the woman, “You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”*
*Genesis 3:4-5*

Fear is powerful, and it can rip us away from our benevolent creator if we allow it to do so. Fear is a tool the Evil One uses against us—the liar who came to steal, kill, and destroy, the one who is in the world. Fear and shame are the first two means he used to separate mankind from God—no wonder they hold so much power in our lives.

Yet we must always remember that Satan is powerless at the hands of God, the Father, Son, and Holy Spirit. Jesus, the one who dwells within us, has the power to overcome all evil in the world.

*Little children, you are of God, and have overcome them; for he who is in you is greater than he who is in the world.*
*1 John 4:4*

*“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.”*
*John 14:27*

More on the Evil One and how to break his hold in your life, the lives of your loved ones, and in the world in upcoming chapters, my friend.
REFORMATTING THE SUBCONSCIOUS MIND

As I already mentioned, your subconscious mind holds tremendous influence over your everyday behavior and desires. Remember, about 95 percent of your behavior is controlled by your subconscious mind. So if your mother found happiness in a chocolate chip cookie, then you will likely seek to find it there as well. Your files most likely deceive you over and over again, and most of these have been passed down to you from the generations that came before. Happiness and true peace will come when you surrender, when you allow your subconscious files to be rewritten with the truth. To be fully happy, you need to claim the power of your subconscious mind and align it with the mind of God—it needs divine reformatting. You do not need to spend your days treading down dead-end roads, and most of all, you do not need to give up hope for a better world altogether. By rewriting your subconscious files with the truth, you become free to live the life of your dreams. Once rewritten, it will become clear which path to take in your life and which path will lead to your perfection as a child of God.

Submit yourselves therefore to God. Resist the devil and he will flee from you.
- James 4:7

God has already given you everything you need for happiness and peace, yet you may not be copiously familiar with the words in
sacred scripture. I’m still working on that one myself. Once you begin to develop insight into sacred scripture, everything will begin to open up to you. Using The Jesus Code, you will find the power to transform your life. The process begins when you choose to follow him.

A deeper understanding of divine truths has come to me personally as a result of my frequent Catholic Mass attendance and subsequent reading and meditating on sacred scripture. The Catholic Mass is rich with scripture, reverence, and sacramental gifts. Simply put, I don’t know who I would be without such regular Mass attendance. This is indeed one of the greatest blessings the Catholic church offers the world. As time went on, I began to experience a blissful joy, love of God, and an enlightened understanding while reading scripture, that I had never know before. It is as if the words become more profound every time I read them. Catholic or not, maybe you have had the same experience. And to think, this text was written some 2,000 years ago! Sacred scripture is indeed divinely inspired. What other piece of work is so eternal, speaking to the world throughout all ages? Only God can create such a masterpiece. God inspired writers to reveal his word for those who lived in their day and those who are here now.

Just as a fish, fully immersed in water, does not know what water is, I too was unaware of the divine milieu of God that existed all around me. Once I began to recognize this change in my heart and soul, I knew I was onto something big. Through a gradual surrender to Christ, I became immersed in sacred scripture, and this act served to be the catalyst for profound enlightenment. There is indeed a code for abundance, happiness, and peace and it is in plain sight for all to seek and find. This code, The Jesus Code, is eternal, and it is much needed in today’s world.
THE UNHOLY ATTACK

Unfortunately, for many victims of abuse, all too often our modern church does little to meet individuals at their deepest wounds today. I certainly don’t blame our churches. After all, if you were the Evil One and you wanted to block God’s healing, wouldn’t your first logical move be aimed at gaining entry into the hearts and minds of the children in God’s church? Wouldn’t you want them to judge one another, exclude one another, and hurt one another? Wouldn’t you want to do everything possible to hide the truth from them—knowing full well that the truth is found there under their rooftops?

Let’s look at the attack on the early church. Our early Christians were brutally martyred, killed for their faith, yet this did not stop the spread of Christianity. The next attack was directed at the internal working of the church—at the hearts and minds of its members. Division followed, and we now have more than 33,000-plus different forms of Christianity in the world. (See why I love Pope Francis so much? He is working for Christian unity!)

It seems that today’s Christian church tends to offer a version of Jesus that I call “Jesus hushed.” The full healing power you have available in him is limited when you feel the need to hush your pain and not talk about your woundedness. A version of Jesus that causes you to hide your shame and hide your wounds for fear of being excluded is a virus running through many of our churches today. The “all is good in the world Jesus” is not concerned with the ugly, deep, festering wounds inside. Of course, this is yet another lie told to mankind by the Evil One, and once again, God’s children have taken the serpent at his word and believed in his lie. We don’t speak about the deep wounds in humanity in our places of worship as much as we could, nor do we invite in the most wounded among us.
in as much as our hearts desire. This needs to change. Fortunately, we don’t need to look far for guidance.

**HOW TO COUNTER SUCH AN ATTACK**

Our early church fathers meditated extensively on sacred scripture, and in doing so, they developed a deep understanding of the transformational power held within its words. Arguably, their passion for sacred scripture stands as the foundation of Christianity. A powerful force entered into our planet after the physical death of Jesus Christ, a force that facilitated the expansion of the greatest and longest standing movement the world has ever seen: Christianity. Looking back, we lay witness to the undeniable role sacred scripture and the teachings of the early church fathers held in the spread of Christianity. Today the world needs a new birth; the world needs to chart another course, a course that has the power to transform all of humanity. I have come to believe that this can be accomplished when we return to what has been proven to work: an increased meditation on sacred scripture, a study of our early church fathers, and an increased participation in the Holy Sacraments the church offers. This is not in any way to marginalize the great works of those who came after, because after all, Christianity offers a rich and long list of gifted writers, mystics, and saints who were, and are, definitely inspired by the Holy Spirit. However, I believe that a global return to what has been proven to work has the power to transform the world. The Jesus Code, found within the lines of sacred scripture, extends to you a healing balm that soothes your heart and soul while it directs you towards happiness and peace. Everything you need to transform and heal yourself,
your family, and the world begins with its message—all you need to do is unravel the code.

And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly, as you teach and admonish one another in all wisdom, and as you sing psalms and hymns and spiritual songs with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
- Colossians 3:15-17

THE JESUS CODE CONNECTION
Battle – Divine Victory

THE RULER OF THIS WORLD

Before you can accurately walk your path into abundance, happiness, and peace, you must first develop an understanding of the powers in the world and who indeed rules this world we live in: Satan. Indeed, the world is riddled with unfulfilled dreams, and this makes perfect sense for one reason: the ruler of this world is a liar who has come to steal, kill, and destroy. He seeks to steal your hope and your dreams, he seeks to kill the love in your heart for your brothers, and he seeks to destroy all of mankind so that each and every one of us does not enter into the fullness of our glory, and he uses his lies to accomplish this. He will manipulate, he will lie, he will prey on your weakness, your fear and even your love in an attempt to draw you away from the happiness and peace God has for you.

“I will no longer talk much with you, for the ruler of this world is coming. He has no power over me;
but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us go hence.”
- Jesus Christ to his disciples prior to his crucifixion, John 14:30-31

Wherever God has placed his seed of divinity in this world, Satan desires to utilize whatever means possible to prevent it from yielding new life. Yet Satan can only do his work when you accept his lies as truth and act upon them. This is accomplished through sin. When you accept his lies and take action based on this information, you participate in his evil works, and his sinful kingdom expands. The result is the loss of the fullness of life that leads to your happiness and peace. Sometimes your inclination to sin is the result of generational pain passed down to you. However, always remember that God never stops seeking his lost children. It’s time to put an end to the Evil One’s claim on you and your family. Remember, you are promised a new life in Christ.

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”
- John 10:10

When you participate with Satan in propagating his wretched agenda, it is done through sin and at the hands of the gift of free will, which God has given you. Sadly, this is often done without your knowledge or awareness—remember, Satan is the great deceiver. Satan is not a creator. He can only rule over what has already been created. Satan, in his angel wisdom (albeit fallen), knows that in order to rule over you, he must first gain entry, and this entry point is sin. He comes presenting himself as beautiful, enticing, and desirous. Remember, he was the angel of light before he turned his back on God, and he knows how to perfectly disguise himself so he can tempt you away from God. Through the violation of God’s law, Satan—in his jealousy, envy, pride, and anger—obtains entry into God’s most precious creation: you and all of mankind.
Yes, all angels, fallen and God’s angels alike, possess a wisdom beyond human wisdom, and they can see the spiritual world in ways humanity cannot. However, God’s angels, out of humility and love for God, desire to protect, guide, and minister to you. Whereas the fallen angels, out of their jealousy over God’s love for you, seek to lead you into sin and away from the happiness and peace God promises you. It is through the human nature of Jesus Christ that you will also find yourself to be more precious than angels in the eyes of God.

(Jesus) having become as much superior to angels as the name he has obtained is more excellent than theirs. For to what angel did God ever say, “Thou art my Son, today I have begotten thee”? Or again, “I will be to him a father, and he shall be to me a son”? And again, when he brings the first-born into the world, he says, “Let all God’s angels worship him.”
- Hebrews 1:4-6

THE JESUS CODE CONNECTION
Sin – Angels – Truth

SATAN IS A LIAR

Always remember who is at the source of the pain humanity experiences. The liar who seeks to destroy and separate you from God.

- He will cause you to be filled with shame so you hide from God.
- He will make you afraid to approach God.
• He will cause you to go blind, unable to see the truth of who you truly are.

• He will cause you to feel unworthy and not good enough.

• He will isolate you from others in an attempt to have your ear all to himself.

• His evil works will blind you from fully receiving the word of God if you don’t stop him.

• He will convince you that you don’t need God, or his church.

• He will cause you to hide your goodness from the world.

It’s all a lie. You are good enough, you are worthy of love, and you need to unite with a community of believers where you can carry and heal your burdens together. This is all true for one simple reason: you are created in the image of a communal God, and you are his child. However, you must realize the truth about this world you live in and what the agenda of its ruler is. Once you grasp these truths, you can begin to see where you have been blinded and where you need to turn to find the abundance and happiness your heart desires.

*Satan, who is the god of this evil world, has made him blind, unable to see the glorious light of the Gospel that is shining upon him or to understand the amazing message we preach about the glory of Christ, who is God.*

- 2 Corinthians 4:4

God does not offer suboptimal change through healing, no; he offers real healing and transformation – real food for your soul that will awaken it to a full life.
When you use your free will to surrender to God, the seed of divinity he has placed within your heart begins to take root. If nourished properly, it will produce divine fruit in perfect time. However, due to the pain you have experienced at the hands of sin in this world, the healing and cultivating required must be allowed the time necessary for holy germination. God does not offer suboptimal change through healing. No, he offers real healing and transformation—real food for your soul that will awaken it to a full life.

*For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted.*

- Ecclesiastes 3:1-2

The time to pluck is now. That burning desire in your heart to be happy is real and possible. As I mentioned earlier, the world is at a beautiful place. God is pouring down blessings upon those who seek to join him in this new world, and it is time for you to claim your blessings!

In choosing to follow Christ, you are assured freedom from pain and freedom from transgenerational entanglements. It is not only possible, but it is also the will of God. Yet you must choose to surrender, and this can be done by looking at your troubles and following God’s plan for healing. This choice to follow Christ will undoubtedy be filled with challenges and setbacks because we live in a fallen world, among fallen people. Yet, when we seek healing, when we seek truth, and when we seek God, we live a life of freedom—a life that is only available to God’s children.
We know that we are children of God and that all the rest of the world around us is under Satan’s power and control.
- 1 John 5:19

THE JESUS CODE CONNECTION
Prince of Lies – Limited – Free Will

CAN WE REALLY DO GREATER WORKS THAN JESUS?

“Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father.”
- John 14:12

Amazing, Jesus Christ told us that we not only can do greater works than he did. He told us that we indeed will do greater works when we believe in him. How can this be? After all, Jesus Christ is God incarnate, fully man and fully God. How can we even come close to doing the great works our Savior accomplished when he walked the earth? Before we dive into the how, we must first examine a bit of the healing Jesus performed during his earthly ministry.

Sacred scripture is rich with stories of the instantaneous physical healing Jesus brought to those who sought him. We read of Jesus healing lepers, sons, daughters, brothers,
demonic possessed individuals, women, men, distressed individuals—multitudes upon multitudes of people were healed at the hands of Jesus Christ. God's children were drawn to him, and the masses flocked to him in search of healing. The world really hasn’t changed that much has it? We are still hurting, and we still seek the healing of a savior. Yet imagine for a moment what the world would look like if each and every one of us believed in the Jesus of John 14:12, if each and every one of us did such great works of healing?

“Go,” said Jesus, “your faith has healed you.”
Immediately he received his sight and followed Jesus along the road.
- Mark 10:52

Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!” Immediately he was cleansed of his leprosy.
- Matthew 8:3

Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed at that moment.
- Matthew 9:22

Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.
- Mark 5:29

For he had healed many, so that those with diseases were pushing forward to touch him.
- Mark 3:10

When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: “He Himself took our infirmities and bore our sicknesses.”
- Matt 8:16-17
Jesus, who was filled with such magnificent power, walked the earth healing all those who believed in him, those who had faith. They key component here is the faith of Jesus’s followers. It was their faith that led to their immediate recovery. As you may recall in Mark 6:5, Jesus couldn't perform miracles in his hometown of Nazareth, outside of laying his hands on a few sick people. Why could he not perform his miraculous healing in Nazareth? Of course, it was their unbelief. Yes, God offers divine healing to all of us; however, we must first believe in him and his healing.

\[
\text{And he could do no mighty work there, except that he laid his hands upon a few sick people and healed them.} \\
\text{- Mark 6:5}
\]

So where are you on the Jesus belief scale? Do you believe, really believe he will heal you when you reach out to him? Or is the healing you seek not showing up completely in your life? I am going to guess that there is still pain in your life. We both know that there is still pain in the world. However, since you are reading this book, I am going to also guess that you hold some level of belief in the healing powers of Jesus. So where is the disconnect between the healing you seek and your belief in Jesus, the belief that is the required component to your experiencing his mighty works in your life? More importantly, what can you do to resolve the breach so that greater healing can enter into your life?

Well, at this point we know that the Evil One is the ruler of this world and he is wreaking havoc as he prowls about. However, we also know that Jesus Christ has already conquered him and he, the One dwelling within you, has greater power than the one who is in
the world. In light of these truths, we also know that there is much suffering in the world. So what is mankind missing?

TIME TO CHART A NEW PATH

Since we know Jesus is trustworthy and he delivers what he promises, maybe we are not trusting the instruction he is giving us. Maybe he is speaking to humanity, and we are too stuck in our own ways to embrace his ways. The Holy Spirit dwells within us, and the Holy Spirit provides humanity with the instruction needed for complete and total world transformation. This instruction is already alive in the hearts and souls of God’s children.

To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are inspired by one and the same Spirit, who apportions to each one individually as he wills.
- 1 Corinthians 12:5-11

We need to open ourselves to other forms of healing because what we are doing simply isn’t working today. This is not new; a quick look through our history reveals our ignorance and fear of change. After all, there was a time in our relatively recent past when physicians didn’t wash their hands before surgery, the civilized world and the Catholic church believed the world was flat, and misguided Christians killed innocent women proclaiming them to be witches. Even today many Christians are afraid of herbal medicine, falsely believing it is “witch craft” and “voodoo.” Let us recall that two of the three gifts the wise men gave to the infant Jesus were herbal remedies – frankincense and myrrh - both of which I happen to have in my natural pharmacy dispensary.
Insanity: Doing the same thing over and over and expecting different results.
- Albert Einstein

We know we need to chart a new path if we are to realize and live the life of our dreams. Looking around the world, we witness many seeking to do this very thing through a plethora of religions and philosophies. However, we must be ever mindful that Jesus alone is fully human and fully divine, and it is he alone who said he is the way, the truth, and the life.

Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but by me.”
- John 14:6

Jesus alone stands at the right hand of God in all his fullness, and this includes his human nature. Yes, human nature now stands at the right hand of God, and this is why Jesus Christ is our one and only way to heaven. Although many of the world’s religions can offer positive instruction and guidance, I believe that no other priest, prophet, avatar, deity, or leader can do for us what Jesus Christ can do – lead us to the source of all peace, love and happiness. Not Buddha, not Muhammad, not Lao Tzu, no oneness thought leader or mindfulness guru can do for humanity what Jesus can and does do. When you choose to unite yourself with God through Jesus Christ, you too will receive the rightful inheritance and privileges offered to all God’s children and his angels will minister to you throughout your life.
Miracles are happening in the world right now, both big and small. To develop a deeper understanding of the miraculous world we live in, I invite you into the world of our saints: men and women who have found Jesus in a very profound and beautiful way while also helping to rebuild and strengthen the Catholic church. Saints who have had the stigmata (unexplained bleeding wounds most often witnessed on hands and feet), saints who have levitated, and saints whose bodies have been declared incorrupt. While such exploration sounds fascinating, it is beyond the scope of this book. Instead, I will give you a few saints to explore. This would be very good future bedtime reading, by the way.

- St. Augustine
- St. Thomas Aquinas
- Saint Therese of Lisieux
- Saint Teresa of Avila
- Saint Padre Pio
- Saint John of the Cross
- Saint Faustina
- Blessed Alexandrina da Costa
- Saint Thomas More
- St Joseph Cupertino (the flying priest)
- Thomas Merton, O.C.S.O (Trappist monk, Catholic writer and mystic)

So now imagine for a moment what the world would look like if all of mankind lived by Jesus’s two commandments: love God above all other gods and love our brother as ourselves. Imagine the difference this would make in your life, in your family’s life. The earth, then filled with hope, love, and life, would spontaneously support a life of happiness and peace for all. The truth is that God
will walk the earth with mankind again, he will reclaim his creation, and Jesus Christ will come again. However, before this happens, mankind must be cleansed of sin and pain, and this is where you come in. You can participate in God's divine plan by allowing him to heal your brokenness and your pain.

*I heard a loud shout from the throne saying, “Look, the home of God is now among men, and he will live with them and they will be his people; yes, God himself will be among them.”*
- Revelation 21:3

**THE JESUS CODE CONNECTION**

*Love – Power*

**TIME TO CHART A NEW COURSE**

We need to chart a new course—we need to find another way. After all, our Christian history is full of misdirected actions and cruel behavior, often in the name of our Savior. Remember, we are called to love—that’s all. We are called to love God above all gods, and we are called to love our brother as ourselves. It is time for God’s children to reach their fullest potential; however, a change of heart is required. We must support healing modalities that embrace deeper healing, even when they appear non-conventional to our eyes. After all, Jesus certainly was not conventional in his healing nor did he follow man’s law. He followed God’s law, and multitudes were healed.

*And the people all tried to touch him, because power was coming from him and healing them all.*
- Luke 6:19

As I learned more about Bert Hellinger’s history, I came to more fully understand why his Family Constellation work provided such
profound transformation. Looking at his life, one can see that he was destined to be a healer. Most striking to me is the varied history of his life. As a teen, Hellinger was classified by the Gestapo as “Suspected of Being an Enemy of the People” for his involvement in an illegal Catholic youth organization and his repeated absenteeism from the required state meetings of Hitler’s youth organization. It seems that from an early age, Hellinger sought Jesus Christ—even at the risk of personal injury. However, this didn’t prevent him from being drafted into the war, where as a teen, he experienced the ravages of combat, including becoming a prisoner of war in Belgium. At the age of twenty, he followed his long-time wish of becoming a Catholic priest, and he entered into a religious order. As a Catholic priest, Hellinger would spend sixteen years in Zulu, South Africa, as a missionary. Here he directed a large school while simultaneously being the parish priest. After twenty-five years of service to the priesthood, Hellinger left. He had experienced a shift in his inner calling, and he needed to follow it. However, all his years in the priesthood and subsequent closeness with Jesus undoubtedly left a significant mark on his heart and soul.

Upon leaving the priesthood, Hellinger studied psychoanalysis, psychotherapy, and other forms of therapies that, in conjunction with his cumulative life experiences, led him to create Family Constellations—a modality I am grateful for having been acquainted with.

**THE NINE FACES OF STRUGGLE**

Over my many years of practice, I have observed nine universal themes where individuals tend to get stuck in their lives, themes that lead to physical, emotional, and spiritual pain when not addressed. Such subsequent pain can reside in your body, heart, or soul, and I have come to believe that such pain is primarily the result of transgenerational entanglements and the false beliefs that follow. All of these issues have a hand in the working of your subconscious mind. In order to turn such heartache around, you must grasp an understanding of the power they hold in your life and your power to overcome them with truth. By utilizing The Jesus
Code and LIVE Language, I believe you can move beyond The Nine Faces of Struggle and experience happiness and peace.

**THE NINE FACES OF STRUGGLE**

1. Emotions – Creator of Disease or Health
2. The Seven Stages of Healing
3. The Pain of Exclusion in The Family
4. Forgiveness of Self and Others
5. Overcoming Childhood Wounds
6. Father as Provider and Protector
7. Anxiety and Depression
8. Addictions, Religion and God
9. Mother as Nurturer and Comforter

In the chapters that follow, you will undoubtedly see yourself and your loved ones in and between the lines. I invite you to welcome God into your heart as you read this book and listen to the message he has for you. As you read and understand The Nine Faces of Struggle, you will be presented with many opportunities to examine your subconscious mind as you uncover insights about your life and the world around you. At the end of each of the chapters, you will find a place for personal notes. I invite you to share with yourself what arises in your body, heart, and soul as you read and contemplate what has been penned here.

“I will lead the blind by a road they do not know, by paths they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I will not forsake them.”
- Isaiah 42:16

**THE JESUS CODE CONNECTION**

*Transform – Overcome - Transcend*
Where to Go from Here

“On the question of relating to our fellowman - our neighbor's spiritual need transcends every commandment. Everything else we do is a means to an end. But love is an end already, since God is love.”
- Edith Stein

OK, so here we are, the last chapter. I hope you have found inspiration, insight, and hope in this book. Understanding The Jesus Code has been growing in my heart for years, and I am thankful it landed in your hands. Hopefully you have learned more about yourself, others, and the world through it. Most importantly, I hope that your relationship with God, Jesus, and the Holy Spirit has deepened as a result of your engagement with my book—your book.

You have read, and hopefully contemplated on, a long list of challenges in the world today. You have learned about The Nine Faces of Struggle, and hopefully you now better understand yourself and others as a result. Most importantly, I hope you have learned about the power within yourself, a power that will give you all the happiness and peace your heart yearns for. This power is
Jesus Christ, and he is ready and waiting to draw you into himself. He not only has the power to take away all your pain and replace it with peace, but he also desires to do this.

“Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”
- John 14:27

THE HURTING WORLD

The world is still hurting; you are probably still hurting as well. There is still work to be done, and we are all called to work together to heal the broken body of Christ. While none of us can be everything for everyone, providing healing to all, Jesus Christ can, and he is the healer of the world. You and I are each invited into his body to become the healing piece that is uniquely set aside for us. Yes, God has given each and every one of us an important role in the salvation of humanity. Not only is our role important and needed, but we have also been given unique gifts for the job assigned to us. It doesn’t matter what we label ourselves—Catholic, Lutheran, Methodist, Baptist, Evangelical, Non-Denominational Christian, Jewish, Buddhist, Hindu, Muslim, New Age, or just plain spiritual—we are all invited to become part of the Holy Body. All we need to do is say yes to Jesus Christ and allow his Holy Spirit to direct us home toward God.

Jesus understands the pain of the world. He not only ascended to the highest point of heaven, the right hand of God, but he also descended to the lower parts of the earth where humanity experiences its greatest pain and separation from God.

(In saying, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? He who descended is he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, for the equipment of
the saints, for the work of ministry, for building up the body of Christ.
- Ephesians 4:9-12

Jesus left work to be done on earth. I guess he could have done all the healing once and for all when he was here. After all, he conquered sin when he died on the cross and rose again on the third day. Yet knowing mankind was not ready for the fullness of life he had to offer when he died on the cross, he left us with important tasks to complete. He also gave us the Holy Spirit to assist us in our journey. This spirit will reveal to us the truth we need for healing and transformation. Through prayer and perseverance, we will receive his constant aid. Remember, prayer is both our greatest weapon and our peaceful source of solace.

“I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.”
- John 16:12-13

Many think we are entering into the End Times. Maybe we are, maybe we are not. What we do know is that suffering exists and there is work to be done in the world. God has his own timetable, and we know God will be the victor. Jesus walked the earth for forty days after his resurrection. He spent this time teaching his followers the divine road map to share with the world, a road map that will direct God’s children home. Just prior to his ascension, Jesus assured us that, while we will not know the time of restoration, he will give the Holy Spirit to the world so that the ends of the earth may know Jesus and the healing he alone offers. Jesus will come back, just as he left in all his glory—of this we are assured.

So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set
by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

- Acts 1:6-11

THE JESUS CODE CONNECTION

Your Love Matters

A FINAL QUESTION FOR YOU

Are you ready to fulfill your part in the Jesus story? If so, then your next step is to discover your own life fully alive—fully healed. You will know you are living life fully alive when you love every person in this crazy world 100 percent of the time—24/7. Until then, you have work to do, my friend. I’m right there with you. I’m trying to love others more fully as I walk this earth. Only one person can help you to love more, and you know his name: Jesus Christ. The Holy Spirit will guide you toward God, through Jesus Christ, where all the love, happiness, and peace you have ever dreamed of exists. Jesus will share with you all the Father promises, including a path home.

“He (the Holy Spirit) will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.”

- John 16:14-15
It is up to you to take the next step toward the fullness of life that awaits you. I invite you to find your way to the Father in your church, in your family, and in your friends. I invite you to attend a The LIVE Method Transformational Retreat or engage in Self-LIVE and unlock the painful patterns holding you back from fully living the life God offers you. Together we can help the world heal, and this starts with transforming you and your family so that the generations that follow can experience the fullness of life. Now is your time to reclaim what is rightly yours as a son or daughter of the one true King!

“And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.”
- John 14:3-4
Appendix 1: Resources

CAROLYN’S WEBSITES

TheLIVEMethod.com
TrinitySeminars.com
TrinityHolisticWellness.com

A FEW OF CAROLYN’S FAVORITE BOOKS

Books on Physical Health

Peter J. D’Adamo, ND - Eat Right for Your Type
Sally Fallon and Mary Enig - Nourishing Traditions
Anthony William - Medical Medium
James L. Wilson, MD - Adrenal Fatigue – The 21st Century Stress Syndrome
Daniel G. Amen - Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety and Depression

Books on Emotional Health

Dan B. Allender - Healing the Wounded Heart
Bessel van der Kolk MD - The Body Keeps The Score
Don Colbert, MD - *Deadly Emotions*

Stephan Hausner - *Even if it Costs Me My Life*

Nancy Newton Verrier - *Primal Wound* (adoption)

Granger E. Westberg - *Good Grief* (loss of a loved one)

Brook Noel - *I Wasn’t Ready to Say Goodbye* (for those who suffer the sudden death of a loved one)

**Spiritual Books**

The Magnificat – daily scripture readings and more

The Word Among Us - daily scripture readings and more

Michael E. Gaitley, M.I.C. - *Consoling the Heart of Jesus*

Thomas Merton, O.C.S.O – *The Seven Storey Mountain*

Richard Rohr, O.F.M. - *Breathing Under Water: Spirituality and the Twelve Steps*

Scott Hahn – *The Lamb’s Supper: The Mass as Heaven on Earth*

Immaculee Ilibagiza – *Left to Tell: Discovering God Amidst the Rwandan Holocaust*

St. Faustina - *Diary of Saint Maria Faustina Kowalska: Divine Mercy in My Soul*

St. Teresa of Avila – *The Way of Perfection*
Appendix 2: Scripture and Quotes
By Chapter

Introduction: From Brokenness to Wholeness; The Choice is Ours to Make

2 Corinthians 9:8 - And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work.

Isaiah 65:20 - No more shall there be in it an infant that lives but a few days, or an old person who does not live out a lifetime: for one who dies at a hundred years will be considered a youth, and one who falls short of a hundred will be considered accursed.

Acts 17:28 - For ‘In him we live and move and have our being’; as even some of your own poets have said, for we too are his offspring.’ Paul of Tarsus.

James 1:22-25 - But be doers of the word, and not hearers only, deceiving yourselves. For if any one is a hearer of the word and not a doer, he is like a man who observes his natural face in a mirror; for he observes himself and goes away and at once forgets what he was like. But he who looks into the perfect law, the law of liberty, and perseveres, being no hearer that forgets but a doer that acts, he shall be blessed in his doing.

Luke 23:34 - Jesus said, “Father, forgive them; for they do not know what they are doing.” And they cast lots to divide his clothing.

John 6:51 - I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.

Jeremiah 31:33 - But this is the covenant which I will make with the house of Israel after those days, says the Lord: I will put my law
within them, and I will write it upon their hearts; and I will be their God, and they shall be my people.

Chapter 1: Complexities of the Modern Person

Isaiah 65:17 - For I am about to create new heavens and a new earth; the former things shall not be remembered or come to mind.

Matthew 22:21 - They answered, “The emperor’s.” Then he said to them, “Give therefore to the emperor the things that are the emperor’s, and to God the things that are God’s.

Luke 11:9 - And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.

1 Corinthians 3:16 - Do you not know that you are God’s temple and that God’s Spirit dwells in you?

John 14:6-7 - I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.

John 14:16-17 - And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

Revelation 21:4 - He will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.

Revelation 21:5 - Then the One sitting on the throne said, “See! I am making all things new. Write this, for these words are true and faithful.

Psalm 107:19-20 - Then they cried out to the LORD in their trouble, And He saved them out of their distresses. He sent His word and healed them, and delivered them from their destructions.
Psalm 118:5 - Out of my distress I called on the Lord; the Lord answered me and set me free.

**Chapter 2: From Zero to Following my Hero**

Ignatius of Loyola - “Act as if everything depended on you; trust as if everything depended on God.”

2 Corinthians 8:2 - for in a severe test of affliction, their abundance of joy and their extreme poverty have overflowed in a wealth of liberality on their part.” - “for in a severe test of affliction, their abundance of joy and their extreme poverty have overflowed in a wealth of liberality on their part.”

Ezekiel 18: 14-17 - But if this man has a son who sees all the sins that his father has done, considers, and does not do likewise... but gives his bread to the hungry and covers the naked with a garment, withholds his hand from iniquity ... he shall not die for his father’s sin; he shall surely live.

Colossians 1:15-16 - He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him.

Matthew 19:14 - But Jesus said, “Let the little children come to me, and do not stop them; for it is too such as these that the kingdom of heaven belongs.

Matthew 13:24-29 - The Kingdom of Heaven is like a farmer who planted good seed in his field. But that night as the workers slept, his enemy came and planted weeds among the wheat, then slipped away. When the crop began to grow and produce grain, the weeds also grew. “The farmer’s workers went to him and said, ‘Sir, the field where you planted that good seed is full of weeds! Where did they come from?’ “An enemy has done this!” the farmer exclaimed. “Should we pull out the weeds?’ they asked. “No,’ he replied, ‘you’ll
uproot the wheat if you do. Let both grow together until the harvest. Then I will tell the harvesters to sort out the weeds, tie them into bundles, and burn them, and to put the wheat in the barn.’

Proverbs 17:22 - King Solomon suggested that "a merry heart doeth good like a medicine.

Romans 12:2 - Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Psalm 27:8 - Come, my heart says, seek his face! Your face, Lord, do I seek.

1 John 3:2 - Beloved, we are God’s children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.

John 14:20 - On that day you will know that I am in my Father, and you in me, and I in you. – Jesus Christ.

1 Peter 1:6-9 - In this you rejoice, though now for a little while you may have to suffer various trials, so that the genuineness of your faith, more precious than gold which though perishable is tested by fire, may redound to praise and glory and honor at the revelation of Jesus Christ. Without having seen him you love him; though you do not now see him you[d] believe in him and rejoice with unutterable and exalted joy. As the outcome of your faith you obtain the salvation of your souls.

Matthew 7:7-8 - Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”
Chapter 3: How to Live Fully Alive

Genesis 3:4-5 - But the serpent said to the woman, “You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.

Genesis 3:9-10 - But the Lord God called to the man, and said to him, “Where are you?” And he said, “I heard the sound of thee in the garden, and I was afraid, because I was naked; and I hid myself.

1 John 4:4 - Little children, you are of God, and have overcome them; for he who is in you is greater than he who is in the world.

John 14:27 - Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

James 4:7 - Submit yourselves therefore to God. Resist the devil and he will flee from you.

Colossians 3:15-17 - And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly, as you teach and admonish one another in all wisdom, and as you sing psalms and hymns and spiritual songs with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

John 14:30-31 - I will no longer talk much with you, for the ruler of this world is coming. He has no power over me; but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us go hence” Jesus Christ to his disciples prior to his crucifixion.

John 10:10 - The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” Jesus Christ.

Hebrews 1:4-6 - (Jesus) having become as much superior to angels as the name he has obtained is more excellent than theirs. For to what angel did God ever say, “Thou art my Son, today I have
begotten thee”? Or again, “I will be to him a father, and he shall be to me a son”? And again, when he brings the first-born into the world, he says, “Let all God’s angels worship him.

2 Corinthians 4:4 - Satan, who is the god of this evil world, has made him blind, unable to see the glorious light of the Gospel that is shining upon him or to understand the amazing message we preach about the glory of Christ, who is God.

Ecclesiastes 3: 1-2 - For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted.

1 John 5:19 - We know that we are children of God and that all the rest of the world around us is under Satan’s power and control.

John 14:12 - Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father.

Mark 10:52 - Go,” said Jesus, "your faith has healed you." Immediately he received his sight and followed Jesus along the road.

Matthew 8:3 - Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cleansed of his leprosy.

Matthew 9:22 - Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed at that moment.

Mark 5:29 - Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

Mark 3:10 - For he had healed many, so that those with diseases were pushing forward to touch him.

Matthew 8:16-17 - When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which
was spoken by Isaiah the prophet, saying: “He Himself took our infirmities and bore our sicknesses.

Mark 6:5 - And he could do no mighty work there, except that he laid his hands upon a few sick people and healed them.

1 Corinthians 12:5-11 - To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are inspired by one and the same Spirit, who apportions to each one individually as he wills.

John 14:6 - Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but by me.

Revelation 21:3 - I heard a loud shout from the throne saying, “Look, the home of God is now among men, and he will live with them and they will be his people; yes, God himself will be among them.”

Luke 6:19 - And the people all tried to touch him, because power was coming from him and healing them all.

Isaiah 42:16 - I will lead the blind by a road they do not know, by paths they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I will do, and I will not forsake them.

**Chapter 4: The LIVE Method – Extreme Family Constellations**

Saint Mother Teresa of Calcutta - “Kind words can be short and easy to speak, but their echoes are truly endless.”

1 John 4:18 - There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and he who fears is not perfected in love.
Genesis 1:31 - And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, a sixth day

John 3:16 - For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Psalm 139:13 - For thou didst form my inward parts, thou didst knit me together in my mother's womb.

1 Corinthians 12:12 - For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

Ephesians 4:16 - By whom the whole Body is fitted and joined together, every joint adding its own strength, for each individual part to work according to its function. So the body grows until it has built itself up in love.

James 5: 16, 19-20 - Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects. My brethren, if any one among you wanders from the truth and someone brings him back, let him know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins.

Chapter 5: The 1st Face of Struggle: Emotions – Creator of Disease?

Thomas Merton - “Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another.”

Isaiah 41:10 - Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with my victorious right hand.

Hebrews 11:1-3 - Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors
received approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible.

Ezekiel 18: 14, 17 - But if this man begets a son who sees all the sins which his father has done, and fears, and does not do likewise” “withholds his hand from iniquity, takes no interest or increase, observes my ordinances, and walks in my statutes; he shall not die for his father’s iniquity; he shall surely live.

Ephesians 3:16-17 - I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.

1 Peter 5: 6,7 - Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you.

Matthew 1:24-25 - When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife, but had no marital relations with her until she had borne a son; and he named him Jesus.

Ephesians 4:26-27, 29 - Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil.” “Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.

Philemonians 4:6-7 - Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Isaiah 43:18-19 - Do not remember the former thing, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.
Chapter 6: The 2nd Face of Struggle: The Seven Stages of Healing

Romans 5:3-5 - Knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.

Matthew 14:27 - But immediately he (Jesus) spoke to them, saying, “Take heart, it is I; have no fear.

Ephesians 6:10 - Finally, be strong in the Lord and in the strength of his might.

Philippians 4:13 - I can do all things in him who strengthens me.

Matthew 18:10 - See that you do not despise one of these little ones; for I tell you that in heaven their angels always behold the face of my Father who is in heaven.

Ephesians 4:31-32 - Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Psalm 94:19 - When the cares of my heart are many, thy consolations cheer my soul.

Galatians 2:20 - I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Matthew 6:33 - But seek first his kingdom and his righteousness, and all these things shall be yours as well.

Psalm 34:18 - The Lord is near to the brokenhearted, and saves the crushed in spirit.

Genesis 4:7 - If you do well, will you not be accepted? And if you do not do well, sin is couching at the door; its desire is for you, but you must master it.
Colossians 3:21 - Fathers, do not provoke your children, lest they become discouraged.

John 16:33 - I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world.

John 6:40 - For this is the will of my Father, that everyone who sees the Son and believes in him should have eternal life; and I will raise him up at the last day.

1 Corinthians 6:19 - Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own.

Romans 15:13 - May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Isaiah 58:8 - Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard.

Matthew 11:29-30 - Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 19:14 - But Jesus said, “Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.

Matthew 16:24-26 - Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?

Isaiah 53:5 - But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.
Romans 5:12, 21 - Therefore as sin came into the world through one man and death through sin, and so death spread to all men because all men sinned... so that, as sin reigned in death, grace also might reign through righteousness to eternal life through Jesus Christ our Lord.

Hebrews 12:2-3 - Looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

John 17:22-23 - The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.

Matthew 5:15 - Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house.

Chapter 7: The 3rd Face of Struggle: The Pain of Exclusion

Psalm 127:3-5 - Sons (daughters) are indeed a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the sons (daughters) of one’s youth. Happy is the man who has his quiver full of them. He shall not be put to shame when he speaks with his enemies in the gate.

1 Corinthians 12:27 - Now you are the body of Christ and individually members of it.

Romans 8:14-17 - For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.
Psalm 146:3 - He heals the brokenhearted, and binds up their wounds.

Romans 8:18 - I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us.

Genesis 1:26 - Then God said, “Let us make humankind in our image, according to our likeness;…”

Genesis 1:27-28 - So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it…”

1 Timothy 5:8 - And whoever does not provide for relatives, and especially for family members, has denied the faith and is worse than an unbeliever.

1 Corinthians 13:4-7 - Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

John 13:34-35 - “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”

Matthew 18:12-14 - “If a man has a hundred sheep and one of them wanders away, what will he do? Won’t he leave the ninety-nine others on the hills and go out to search for the one that is lost? And if he finds it, I tell you the truth, he will rejoice over it more than over the ninety-nine that didn’t wander away! In the same way, it is not my heavenly Father’s will that even one of these little ones should perish.”

Genesis 2:24 - Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.
Proverbs 5:18-19 - Let your fountain be blessed, and rejoice in the wife of your youth, a lovely hind, a graceful doe. Let her affection fill you at all times with delight, be infatuated always with her love.

Ephesians 5:31 - For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.

Ephesians 6:2 - Honor your father and mother”—this is the first commandment with a promise.

1 Corinthians 12:22, 25-27 - On the contrary, the parts of the body that seem to be weaker are indispensable, ... that there may be no division in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together.

Acts 2:39 - For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.

Chapter 8: The 4th Face of Struggle: Forgiveness of Self and Others

1 John 4:1-19 - We love because he first loved us.

1 Corinthians 1:10 - Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose.

Romans 12:14 - Bless those who persecute you; bless and do not curse them.

Psalm 51: 3-4 - For I know my transgressions, and my sin is ever before me. Against thee, thee only, have I sinned, and done that which is evil in thy sight,
Isaiah 1:18 - Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool.

1 John 1:9 - If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

Ephesians 1:7 - In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.

Chapter 9: The 5th Face of Struggle: Overcoming Childhood Wounds

Saint Teresa of Avila - “Let nothing disturb thee; Let nothing dismay thee: All thing pass; God never changes. Patience attains All that it strives for. He who has God Finds he lacks nothing: God alone suffices.”

Jeremiah 17-19 - Ah Lord God! It is you who made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you. You show steadfast love to the thousandth generation, but repay the guilt of parents into the laps of their children after them, O great and mighty God whose name is the Lord of hosts, great in counsel and mighty in deed; whose eyes are open to all the ways of mortals, rewarding all according to their ways and according to the fruit of their doings.

John 3:17 - For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.


Jeremiah 29:11-13 - For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart.
Ephesians 4: 13-15 - Until we all reach unity in faith and knowledge of the Son of God and form the perfect Man, fully mature with the fullness of Christ himself. Then we shall no longer be children, or tossed one way and another, and carried hither and thither by every new gust of teaching, at the mercy of all the tricks people play and their unscrupulousness in deliberate deception.

Chapter 10: The 6th Face of Struggle: Father as Provider and Protector

Thomas Merton - “The real reason why so few men believe in God is that they have ceased to believe that even a God can love them.”

Exodus 20:12 - Honor your father and your mother, that your days may be long in the land which the Lord your God gives you.

John 4:23-24 - “But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth.”

Chapter 11: The 7th Face of Struggle: Anxiety and Depression

Romans 8:35-37 - Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us.

Hosea 4:6 - My people are destroyed for lack of knowledge; because you have rejected knowledge, I reject you from being a priest to me. And since you have forgotten the law of your God, I also will forget your children.

Job 36:11-12 - If they listen, and serve him, they complete their days in prosperity, and their years in pleasantness. But if they do not listen, they shall perish by the sword, and die without knowledge.
John 16:22-24 - So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you. On that day you will ask nothing of me. Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete.

Romans 8:6 - To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Psalm 96:11-12 - Let the heavens be glad, and let the earth rejoice; let the sea roar, and all that fills it; let the field exult, and everything in it. Then shall all the trees of the forest sing for joy.

1 Corinthians 12:4-7 - Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good.

Proverbs 4:23 - Keep your heart with all vigilance, for from it flow the springs of life.

1 John 5:11 - God gave us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.

Matthew 11:28-30 - “Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light."

Psalm 147:3 - He heals the brokenhearted and binds up their wounds.

Proverbs 12:25 - Anxiety in a man’s heart weighs him down, but a good word makes him glad.

Ephesians 4:29 - Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.
Chapter 12: The 8th Face of Struggle: Addictions, Religion and God

1 Peter 5:10 - And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you.

John 10:14-16 - “I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father. And I lay down my life for the sheep. I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.”

Ezekiel 36:26 - A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh.

Luke 15:6-7 - And when he comes home, he calls together his friends and his neighbors, saying to them, ‘Rejoice with me, for I have found my sheep which was lost.’ Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.”

Psalm 73:26 - My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Song of Solomon 4:7 - You are altogether beautiful, my love; there is no flaw in you.

Luke 12:32 – “Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.”

John 17:20-21 - “I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.”

John 8:31-32 - “If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.”
Hebrews 10:24-25 - And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

Romans 8:38-39 - For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Matthew 16:17-19 – “And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”

1 Corinthians 12:28-31 - God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership, various kinds of tongues.

Luke 10:1-2 - “After this the Lord appointed seventy-two others and sent them on ahead of him, two by two, into every town and place where he himself was about to go. And he said to them, “The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”

Luke 10:17-20 - “The seventy-two returned with joy, saying, “Lord, even the demons are subject to us in your name!” And he said to them, “I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”

Mark 2:19-20 - And Jesus said to them, “Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come, when
the bridegroom is taken away from them, and then they will fast in that day.”

Ephesians 5: 25-26 - Husbands, love your wives, just as Christ loved the church and gave himself up for her, in order to make her holy by cleansing her with the washing of water by the word.

Ephesians 5:27 - So as to present the church to himself in splendor, without a spot or wrinkle or anything of the kind—yes, so that she may be holy and without blemish.

Revelation 19:7-8 - Let us rejoice and exult and give him the glory, for the marriage of the Lamb has come, and his bride has made herself ready; to her it has been granted to be clothed with fine linen, bright and pure”—for the fine linen is the righteous deeds of the saints.

Revelation 19: 9 - And the angel said to me, “Write this: Blessed are those who are invited to the marriage supper of the Lamb.” And he said to me, “These are true words of God.”

Revelation 21:2 - And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband.

Revelation 21:3-10 - And I heard a loud voice from the throne saying, “See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.”

Chapter 13: The 9th Face of Struggle: Mother as Nurturer and Comforter

Edith Stein - We can do nothing ourselves; God must do it. To speak to Him thus is easier by nature for woman than for man because a natural desire lives in her to give herself completely to someone.
Genesis 2:23-24 - Then the man said, “This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken. Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.”

Mark 10: 6-9 - But from the beginning of creation, ‘God made them male and female.’ ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.’ So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.

Ephesians 5:25, 28-29, 33 - Husbands, love your wives, just as Christ loved the church and gave himself up for her, ...In the same way, husbands should love their wives as they do their own bodies.... He who loves his wife loves himself. For no one ever hates his own body, but he nourishes and tenderly cares for it, just as Christ does for the church, ... Each of you, however, should love his wife as himself, and a wife should respect her husband.

Isaiah 49: 5 - And now the Lord says, who formed me from the womb to be his servant.

2 Corinthians 5:17 - So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

Isaiah 49:15 - Can a woman forget her nursing child, or show no compassion for the child of her womb? Even these may forget, yet I will not forget you.

Romans 8:28 - We know that all things work together for good for those who love God, who are called according to his purpose.

Matthew 12:50 – “For whoever does the will of my Father in heaven is my brother and sister and mother.”

James 1:17 - Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.
Chapter 14: The Language of LIVE Within the Nine Faces of Struggle

I Peter 1:8-9 - Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

John 17: 25-26 - “Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.”

Psalms 19:14 - Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer.

Proverbs 18:21 - Death and life are in the power of the tongue, and those who love it (those who love to talk) will eat its fruits.

John 1: 1-5 - In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

John 1: 14, 16-17 - And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father’s only son, full of grace and truth. From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ.

Matthew 12:36-37 - “I tell you, on the day of judgment you will have to give an account for every careless word you utter; for by your words you will be justified, and by your words you will be condemned.”

Ephesians 2:18-22 - For through him we both have access in one Spirit to the Father. So then you are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the apostles
and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built into it for a dwelling place of God in the Spirit.

Romans 12:18 - If possible, so far as it depends upon you, live peaceably with all.

Exodus 3:14 - God said to Moses, “I am who I am.” And he said, “Say this to the people of Israel, ‘I am has sent me to you.’”

Matthew 6:8 - “...for your Father knows what you need before you ask him.”

Ephesians 4:1-7 - I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all. But grace was given to each of us according to the measure of Christ’s gift.

Matthew 5:44 – “But I say to you, Love your enemies and pray for those who persecute you,”

Luke 21:19 - “By your endurance you will gain your souls.”

Deuteronomy 30:14 - But the word is very near you; it is in your mouth and in your heart, so that you can do it.

Hebrews 12:1 - Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us.

Romans 5:1-2 - Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God.
Chapter 15: Where to Go From Here?

Edith Stein - “On the question of relating to our fellowman - our neighbor’s spiritual need transcends every commandment. Everything else we do is a means to an end. But love is an end already, since God is love.”

John 14:27 - “Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid

Ephesians 4:9-12 - (In saying, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? He who descended is he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, for the equipment of the saints, for the work of ministry, for building up the body of Christ.

John 16:12-13 - “I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.”

Acts 1:6-11 - So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”
John 16:14-15 – “He (the Holy Spirit) will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you”

John 14:3-4 - And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.”