

[Christian Projection PDF](#)

Pay attention to choice words with the information being received from anything, anybody, anywhere, at any time - Mindfulness, not Paranoia. Notice the feelings we get when the delivery is being made. Listen, Process using the **Discern For**, and Respond using the **Wear With** Column. This chart helps me remove unnecessary doubt, critically think to find the truth, and eliminate the deception. I believe this to be the communication vehicle that Paul writes about in Colossians along with the fruits of the Spirit in Galatians. When transforming into a born again Christian, the awakening can be an experience in itself. Remember to LISTEN first, PROCESS the situation, then RESPOND with care. Issues in the **Yellow Column Workout w/ YHWH** and seek Private Counsel. Forgiveness is for us to LET IT GO! Resources are available to find good humans, listening humans, and God trusted humans. Believe it. Know it. Trust it. Proceed like red light, yellow light, green light. We know this! Live Long and Prosper with the **Move With**.

Wear With the 7 Approaches

Compassion: Empathy, Understanding

Kindness: Generous, Considerate

Humility: Modest, Humble

Gentleness: Mild Mannered, Tender

Patience: Accept Delay

Forgiveness: Action or Process

Love: Deep Affection

Move With

Love: Regard, Adoration, Endearment

Joy: Delight, Rejoice, Radiance

Peace: Calm, Still, Tranquility, Quiet

Patience: Forbearance, Tolerance, Restraint

Kindness: Affection, Warmth, Care

Goodness: Uprightness, Integrity, Dignity

Faith: Trust, Confidence, Conviction

Gentleness: Sympathy, Compassion, Mercy

Self-Control: Will-Power, Composure

Hope: Ambition, Aspiration, Dream

Courage: Bravery, Backbone, Resolution

Discern For the 7 Detestables

Indifferent: A Lying Tongue

Meanness: Stirs up Trouble

Pride: Arrogant Eyes

Brutality: Heart Plotting Wicked Schemes

Impatience: Feet Eager to Run to Evil

Punishment: False Testimony

Hate: Hands that shed Innocent Blood

Workout w/ YHWH

Pressure, Intimidation, Coercion
Doubt, Confusion, Insecurity
Anxiety, Agitation, Worry, Tension
Restlessness, Eagerness, Irritability
Disfavor, Mischief, Offense
Dishonesty, Viciousness, Depravity
Frustration, Anger, Discouragement
Harsh, Ruthless, Cruel
Defiant, Unruly, Insubordinate
Despair, Depression, Pessimism
Fear, Phobia, Panic, Mania, Paranoia

Typical Phases:

1. **Spirit of Fear:** The LORD is working out the **False Evidence Appearing Real**. Weird things may happen, it's totally up to the individual. Deep Breaths, Forgiveness, and Don't Give Up! Clarity is ahead and huge weights are being lifted. Trust Him.
2. **Spirit of Knowledge:** Senses are heightened, everything is overwhelming, concerning, all your dots are connecting over the course of your life. JOURNAL. Write down dates, signs, memories, take up a hobby for reprieve. KEEP READING.
3. **Spirit of Strength:** Walk it out, Endurance is KEY. Go to the Gym, download an app, Drink WATER. Give yourself time if sleep deprivation occurs. Psalms 4:7 - Memorize it. Remember your mantra, mine is Deep Breaths, Forgiveness, and Don't Give Up! This is where I sobered up, I didn't want to miss a thing!
4. **Spirit of Counsel:** The Gospels. Focus on the front of the books, seek a church, PRAY to YESHUA, the teacher, the rabbi, Ask people what they believe in before asking your questions and grain of salt everything returned. BIBLE STUDIES, groups, reach out to other believers.
5. **Spirit of Understanding:** Dictionary, Bible Tools, Translator Apps, Pick a language to learn, go to the root of the words, PROCESS with salt, discernment, boundaries. This is where I learned accountability with myself. What I say, how I project, how I perceive others. I became aware of what others were projecting. I am salt, listen, process, then respond.
6. **Spirit of Wisdom:** Focus in Proverbs, watch your words, stay hydrated, meditate, yoga helps! LOVE others, volunteer, help where help is needed, and learn how to help. Love yourself enough to help others. Choose genuinity over resentment. Becoming humble in this world is a long-term goal. *Patience ligo*. Don't rush, baby steps.
7. **Spirit of the LORD:** Talk to HIM, it's a dialogue. Be intimate with him, daily assurance. PRAY the LORD's prayer, he picked the words for a reason - it works! He desires a relationship with you specifically. When you overcome your obstacles and let go of past sins, it's a pleasing aroma (aura) to the LORD. As it turns out, it feels amazing for you too!

Follow his process for you. Trust Him beyond your understanding. He has your best interest at heart so take the journey with a grain of salt and if you're in a pickle, find the why. What's the reason? Where's the lesson? Where's the assist? Endurance. He loves you and made you on purpose. Find your purpose, find your egg. I love you too! **You got this.**

The Ten Keys to The Commandments:

1. **No other Gods Before Him. Love the Lord your God with all your heart, with all your mind, with all soul.**

*Why? Great question. I used to think this was narcissistic, maybe selfish, controlling even. I had to really ask "Why?" in regards to this commandment, the very first commandment, when learning about this YHWH being. My conclusion coming from attention disorders is that **focus** is key. He's created a system for you to **focus** on Him, light unto my path, this way, over here, **focus**. Humans are challenging because we're humans. **Focus** on the Shepherd of Light. He wrote you an amazing life, other humans can ruin it, so listen to the Director to switch genre*

2. **Love your Neighbor AS YOURSELF. Don't make an Idol for yourself.**

*Why? **Love** my neighbor as myself, but don't make me number one? Okay, that's just mean. What kind of tight rope is this? The key here is to define **love**. Read 1 Corinthians 13:4-7 - that's **love**. When I can learn to **love** myself the correct way, it becomes a lot easier to **love** others. It also makes it difficult to make yourself an idol based on the truest definition of what **love** is. To be an idol typically means to be arrogant, selfish, and self seeking. If you're not loving yourself or others that way, idolship is tough to come by. Plus now you're **focusing** that **love** on the big guy upstairs.*

3. **Do not misuse his Name, exit Pride.**

*OMG Why? For the longest time I thought this was just saying don't use his name in vain so like screaming Jesus Christ when something spooks you, but then I thought that's exactly what I should say if someone scares me, no? Now I believe the key is just speaking of **misrepresentation**, like using his name for personal gain or manipulation or "because Jesus said so." The Bible teaches perspective so to use the "said so" to win an argument is almost violating this commandment. I try to share my story, my testimony, and if people have doubts about Jesus then I share the Word by encouraging them to get a Bible so they can read it for themselves. If they pass, they pass, move on. Character assassination was a real issue between our relationship.*

4. Honor the Sabbath, Keep it Holy: You must not do any work.

*Why? What's a Sabbath? Saturday's are the busiest days and bring in revenue. How do I keep this day holy when there are so many controversial thoughts about what this commandment is? Here's my breakdown after reading the majority of the Bible: the key is to Honor that it's **HIS day off**, he made man and that was a big deal. Keep it Holy by relieving your servants (employee's) for a day of rest. You must not do any work, but that doesn't mean that you neglect it. Okay Lord, that's a catch 22. I believe it means Saturday was meant to be a national volunteer day. For example, if you're a Doctor and someone is in need, you help. If someone is hungry, you feed them. If someone is naked, you clothe them. If there's a sale, you resist. Personally, I've worked plenty of retail Saturday's and it's awful. No one is resting, the Karen's are fierce, and it's supposed to be **HIS day off**. So whatever makes you irritable on a Saturday, cut it out, but remember to serve. Kind of like a weekly **gratitude** day.*

5. Honor Your Parents so that they may Live a Long Life.

(Opps! This is wrong! The correct Commandment is below, but look how adorable my heart is to want my parents to live longer based on my behaviors. Except in the event you hold yourself accountable for their untimely death because we're emotional hot messes, no one should carry that burden. Lesson: read the fine print carefully.)

Honor Your Parents so that YOU may have a long life in the land that the Lord your God is giving you.

*Asking "why" here almost sounds mean, but in the interest of learning... Why? Duh, so that they'll live a long life. Why? Whose parents want to check out? Seriously? They don't think they'll make it to 80 and that perspective frustrates me - 120 is the lifespan he originally intended so to strive for anything less is insulting, however, I didn't honor my parents. I was a wild child and made all the days hard for them so I don't blame anyone for looking for the ejection button. But I want to ignite fire for the LORD by making my ball of **energy** what God intended it to be so parents will remember that baby carrots are on the way and it's the LORD's timing not ours and sometimes to honor your parents is just to be honest and tell them the **truth** even if it hurts to do so. Be yourself. **Love** yourself. Parents are neighbors too. Come out of whatever closet of Shame was holding us back from authenticity and be genuine for the Lord your God! Amen! The key is **Truth**.*

(This is the latter response...)

*Lol Why? Who doesn't want a long life in the promised land? I have to say with the current common outlook on our elders, almost no one wants a long life. Look at those conditions! Social Security could run out, living in a home, barely functioning, round the clock care, and dementia? No thank you. So why Honor our parents if we're looking for the rockstar exit off this planet to avoid being a vegetable? Almost everything I read mentions the characters living long beyond their years and even having children in their old age. Why are we afraid of getting older with God's grace? The key is still **Truth**. What is the truth about our physicalities and the Lord's ability to restore us no matter the age or the season. Seek the truth to know the truth about our energy and its capabilities to be more than we're told. Let God tell you the **Truth** and have discernment for anything else. I want to be old surrounded by grandchildren, but let's define old. Why does old have to be decrepit? Can't old just mean experienced, wise, and honored?*

6. Do Not Murder.

*But why? I'm just kidding, this one is pretty straight forward, but we are all positive that this is looking out for our best interest. The key word in this commandment is **innocent blood** because I think there's a lot of veterans who suffer from guilt in this arena and feel rejected by God for their acts of war, but from what I've read is that self defense, duty in the acts of war, or executing justice is of another form altogether although still difficult to overcome regardless of the intent. We're human, we're built to protect not to demolish.*

7. **Do not Commit Adultery.**

*But adultery is fun, no? So why not be promiscuous? Why not dabble in the pleasures of the flesh? From personal experience I can testify that the key here is to protect your **temple**. When adultery is committed, the heart typically breaks in one or more parties involved. When the heart breaks, the mind is tortured. When the mind is tortured, the body manifests some kind of root to address the need for healing. In my case, my tortured mind turned to drugs and the manifestation is still rebuilding my body posture today. There are no failures, just learned experiences because he paid the debt already so this is literally just Him looking out for your best interest. Treat your body like a **temple**, protect your **temple**.*

8. **Do Not Steal.**

*Why? Sometimes it's just cheaper to snag it, I'm desperate, hungry, they don't care if I take it, or is it stealing if they are willing? This key was harder to find here so I believe it's **energy**. Stealing is like karma or laws of attraction. Whether it is money, a husband, a necklace, or even a candy bar, it's all **energy** and what goes around comes around. Since I stole people out of their relationships, I truly believed that my karma was I was never meant to have love. I shut people out, I let people abuse me, I put myself in a box. I was also stolen so that meant I was damaged, rejected, no good. It's **energy** that goes both ways so don't take, don't steal, don't rob, don't loot, swiper no swiping! For positive **energy**, good **energy**, prosperous **energy**, to shower upon you, show the **energy** that you can respect it even if it disrespected you. I know how tough that one is so revisit the rest of the commandments to heal. If you've disrespected **energy** in the past, repent (change your mind), forgive yourself, and try again. Today is a new day. New **Energy**.*

9. No False Witness Against Your Neighbor.

*Why? I don't want to get into trouble. I don't want them to know. It's none of their business anyway. The key here for this commandment is **justice**. We all want **justice** to be served, but if we're all lying then how shall the **justice** be served? Natural disasters? War? False imprisonment? The **truth** shall set you free and since we worship the **truth**, the way, and light, aka Jesus, he will find a way to set you free. The God of **Justice** will do it for us if we don't do it ourselves and in those times are we given the choice in punishment? Either you come clean now or the divine universe will work its way to it and that could be a far worse punishment than just being honest in the first place. I believe that the reason why he hates this one the most is because he hates being a disciplinarian and it's like bumper cars: you've thrown someone else off track. He wants to bless you, not curse you. He wants to prosper you, not imprison you. He wants you to walk upright, not to be crippled. Help him help us by stopping the gossip and be mindful enough not to lie.*

10. Do Not Covet Anything That Belongs to Your Neighbor.

*Okay Lord, why not? I want what she has, I want that instagram profile, that attention, that face, that body, that car, that life. It's so easy to compare ourselves to others and to want the things that others have when we are uncomfortable with our own lot. So easy!! By now I figured there was a reason behind the order of the commandments. If you **focus** on his **love**, the **love** he has for specifically you, how he labored over you, how he created you specifically for Him, to share his creation with the world because of how important you are, enough to let others know to not **misrepresent** himself to you, to respect the day he made you, to honor you with the **truth**, to protect your **innocence**, your **temple**, your **energy**, and to administer **justice** to anyone that messes with you... Why would you want to be anyone else other than your true **authentic** self? He wants us to be genuine. He wants us to be free. He wants us to live the best we can and it starts with the **focus** on the **love** he has for you. It's infectious and incredibly difficult to not return that **love** for Him. The last key is **authenticity**. Go. Be different.*

