

## Pure Perfect Peace

**The God of peace be with you. - Romans 15:33**

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Introduction

**Grace and peace be multiplied to you  
in the knowledge of God and of  
Jesus our Lord. - 2 Peter 1:2**

Pure Perfect peace  
is something millions of people spend  
their lives searching for in so many different  
areas of life such as humanistic psychology,  
meditation, religion, and the new age movement,  
but only a handful of people ever attain it, yet  
pure perfect peace  
is there for anyone who truly desires it.

I'm not being unrealistic  
and this is not wishful thinking, because  
the knowledge which will be revealed to you in  
this booklet is based upon factual psychological  
studies, the wisdom of respected scholars, and  
the Holy Scriptures

*[Old Testament and New Testament].*

Therefore it is possible for you to be released from  
any guilt or pain in your present life, and released  
from all your fear based worries of your future,  
and instead - exchange those unnecessary and  
distressing burdens for a new an true peacefulness,  
peacefulness which is intellectually reasonable,  
based on truthful evidence, and easy to embrace.  
It's within your grasp to attain a newness of life  
based upon a realistic hope,  
whereby peace and tranquillity can  
quickly manifest into your life.

Without much effort you can soon have a new life  
with new and good expectations for your future,  
and slowly but surely, you will develop genuine

peace and serenity in your persona.

I also want to help you to get rid of any emotional problems or distressing feelings which might be filling your days with misery or which could be making you feel frustrated or fearful!

These days so many people are craving for peace, multitudes of people are suffering from so many different afflictions, tragedies, and various physical and mental torments, and even though millions of people have relatively good physical health and may live relatively comfortable lives, most of these individuals are still overwhelmed with all sorts of psychological problems.

There is absolutely nothing stable in today's world, even the little bit of wealth and security you may have can disappear in a moment *[including your health and loved ones]*.

It's so sad to say millions of people are constantly enveloped in dark clouds of despair, their days are miserable, they are without hope and purpose, and totally lacking the blessing of peace.

Maybe you have put yourself into one or more of the categories above, or else maybe you are reading this short booklet with the expectation that it might help you to increase peace in your life so that you can cope more proficiently in this hectic and confusing and often cruel world.

Well my friend I can assure you whatever reasons you have for reading this booklet there is help and a reliable hope for you.

Whatever your present situation, it is still possible for you to receive pure perfect peace

which will enable you to develop a calmer attitude towards

the true God and people, and also increase the tranquillity in your personality.

Another noble intention I have is that by reading this booklet you will gain some new and valuable spiritual and psychological insight's which can be stepping stones to helping you discover some of the answers to life's difficult questions.

Now I want to be honest with you –

if you really want 'revelation' it will mean a radical change on your behalf,

so your present life will never be the same.

If you choose 'the Way' there will be no going back!

You need to understand that this is not some self help booklet that I wrote to try to help you feel better, nor is it written to give you some nice

thoughts to get you through the day –  
it's much deeper than that!  
I certainly do not want to force anything upon you,  
so now is your chance to turn back  
before we go in too deep.  
If you do choose to continue then it's going to be  
essential for you to confront some issues  
which you may not be comfortable with  
plus you are going to be compelled to  
look deep into your soul.  
Although if your attitude is humble and reverend  
and if you truly believe, then your reward will great!  
and probably for the first time in your life  
your spirit will be ignited! -  
making you capable of 'seeing' the unseen!  
The classical Greek philosopher Plato once spoke  
of an allegory in which there were prisoners  
in chains who since birth had spent  
their whole lives in a dark cave.  
Outside of the cave at the entrance there was a  
constant fire burning, so in the real world outside  
of the cave occasionally a person or perhaps a  
horse and cart would pass by and their shadow  
reflexion from the fire would be projected into  
the cave onto a wall in front of the prisoners,  
so the shadowy reflections on the wall in front  
of them of the real world outside  
was their only understanding of reality!  
Everything for them was difficult to understand  
and their perception of reality was just shadows,  
so life for them was very vague and confused.  
One day one of the prisoners broke free from  
his chains, turned around, and slowly headed  
towards the light at the entrance of the cave,  
but because he had spent all his life in darkness  
and only occasionally saw dim reflections some  
nights inside the cave, it was very difficult and  
distressing for him to go towards the light,  
but he persisted because he wanted  
freedom and Truth.  
Suddenly he was outside the entrance of the cave  
in broad daylight and the light hurt his eyes,  
and seeing reality for the first time was very  
scary and distressing for him,  
at first everything was so overwhelming he just  
wanted to run back into the darkness of the cave  
*[to his comfort zone?]*  
and rejoin his fellow prisoners, but he was  
brave and desired enlightenment so he stood firm.  
Gradually the light and reality stopped hurting,  
so he could perceive 'true reality' for the first time!  
The man was overwhelmed with wonderment  
and he rejoiced in the Truth

and basked in his freedom.  
Eventually he decided to go back into the cave  
to show his prisoner friends  
‘the Way’  
but most of them were uninterested,  
other prisoners got angry and  
refused to believe  
‘the Truth’  
*[they preferred ignorance and darkness],*  
Gradually he persuaded a handful  
of the prisoners to come to  
‘the Life’  
of Truth and freedom which he discovered,  
but for various reasons like  
confusion and fear  
most of them turned back.  
Plato’s point is that most people do not want  
to be enlightened,  
and that it can be a lonely world for  
the one who is enlightened  
*[although if you become one of the Messiah’s  
enlightened ones you will never be lonely -  
the Lord promises to never abandon  
those who are His].*  
My point in mentioning the allegory is –  
I don’t want you to be afraid or distressed by  
what is going to be revealed to you , and  
‘the Light’  
will certainly not hurt you,  
instead He will bring you to freedom!.  
So honestly do you really want to get out of your own  
personal psychological and spiritual dungeon?  
*[like the prisoners in the cave you are probably  
unaware that you are in one!]*  
Do you often feel spiritually empty,  
or hopeless or emotional tormented?  
Instead would you like times of refreshing and  
peace to come into your life?  
Of course you do!  
That answer seems obvious but actually it’s a  
psychological fact that many people prefer  
to stay in a miserable situation because  
they are comfortable with it!  
*[like the people in Plato’s cave  
often it’s the fear of change  
or some other dark reason  
which sadly prevents people from  
changing for their own benefit].*  
But you do not have to be like them,  
you can choose to change for the good.  
The Good News from the Holy Bible  
is that if you decide positively to trust in  
the Judeo-Christian God

as your Saviour and Wonderful Counsellor,  
and if you refuse to allow pride or fear  
to stop you from receiving the Truth,  
then it will be possible for you to overcome  
anything in life that is oppressing you.  
Through true believing the Holy Spirit will enlighten you,  
and He will gradually lead you into a more purposeful,  
prosperous, and peaceful future.  
The Lord commands all His true Messianic believers  
to 'speak the Truth in love' so  
for those of you who call yourselves a 'Christian'  
but you never truly trusted Yeshua the Messiah –  
Stop the self deception!  
Jesus the Holy One of Israel is Wisdom Personified  
– you cannot fool God  
so please get serious,  
and those of you that sincerely think you are a  
'Christian' because you had baby baptism or  
because you sometimes pray or go to Church,  
I humbly and benevolently say –  
you desperately need a spiritual awakening!  
*[God hates 'religion' because religion is just  
ritual without relationship!].*  
Anyway whatever your previous background -  
whether you are a pseudo Christian  
or a Jew or a Muslim or a pagan,  
the good news for you is – you are not dead yet!  
So you can still enter the kingdom of God and  
become a child of God by entering into an  
everlasting peace covenant with the One true God  
- the Father, the Son, the Holy Spirit -  
the God of Truth the God of Love the God of Peace,  
*[although you must reject the Muslim god  
'allah' and the pagan gods].*  
Honestly friend - if you never enter into a sincere  
personal relationship with God through  
our Lord Jesus Christ,  
by making a lifetime everlasting covenant with  
the Lord of peace Himself,  
then it will be impossible for you to receive the  
pure perfect peace  
that comes from the God of peace.  
No matter how bad your previous lifestyle and  
no matter what sins you have committed,  
I can still confidently tell you from the Holy Bible  
that the Judeo-Christian God still truly loves you,  
and on a much lower level so do I,  
I mean whether I know you or not,  
I genuinely desire for you to experience Heaven.  
So my friend continue coming to 'the Light' –  
the Messiah will be with you as you believe.  
I want to reiterate that what I am trying to  
communicate to you and the peacefulness

that I'm trying to lead you into is not only based upon personal experience or the experiences of individuals, but it is based upon psychological research, philosophical/humanistic wisdom, and the Holy Bible – the inspired Word of God [*the angel Gabriel called it – the Book of Truth*]. So discover the life of peace and prosperity that your Creator God wants you to enjoy, and enter into the blessings which Jesus [*Yeshua*] the King of heaven has in store for His chosen ones! His redeemed ones who become -the sons of Light!

**Ignorance is not bliss.  
The Truth sets you free.**  
[chapter 1]

If you really want a peaceful and prosperous future then you need to conquer the enemies of peace – unforgiveness, and the demons of guilt and fear. So be courageous – confront and conquer! Recently in a TV interview the famous American catholic psychotherapist Mr Nitz mentioned that during the decades he has worked as a Christian counsellor – the one thing he noticed from all the secular books that he read on psychology, counselling, etc... is that most of them missed one vital matter - the issue of unforgiveness. It's so problematic that he was saying that in many hospitals people are physically ill because of unforgiveness. Unforgiveness actually develops psychosomatic problems [*physical illnesses which are caused by psychological problems*]. I have heard other counsellors in the past mentioning that lack of forgiveness was an extremely destructive force in the lives of many of their clients. Many of these clients were just consumed with anger and resentment towards the person that hurt them, and even though it's true that in lots of cases the clients were innocent victims who were unjustly hurt – it doesn't mean the innocent victim should continue in hatred and bitterness towards the individual that hurt them,

because it's wrong and counterproductive!  
Unforgiveness is an inward anger which just eats  
away at the innocent victim causing depression,  
bitterness, and all sorts of corruption within.  
So if you have unforgiveness in your heart you need  
to understand that it is only hurting yourself!  
not the individual that hurt you.

By the grace of God I pray you can let it go.  
I am just assuming that in some way you have been  
unjustly hurt by someone at sometime in your life,  
simply because most people have been cheated or  
abused in different ways because they are selfish  
and evil people everywhere taking  
advantage of whoever they can.

But it is essential that you forgive such people!  
I know it's difficult if you have been abused,  
honestly, I'm sad for you, but the wisest  
and best thing you can do for yourself  
and the people you care about is to just  
forgive everyone who hurt you.

I can tell you from experience that I have suffered  
– presently I am paralyzed in a wheelchair but one  
valuable lesson I learnt is that forgiveness brings  
freedom and it is a powerful and noble virtue,  
so now is your chance to try to develop it.

Listen to the advice of these 3 wise men –

'To forgive is to set a prisoner free and  
discover that the prisoner was you'.

- Lewis Smedes

'The weak can never forgive.

Forgiveness is the attribute of the strong'.

- Gandhi

'To forgive is the highest, most beautiful form  
of love. In return, you will receive untold  
peace and happiness'.

- Robert Muller

I have studied many cases where that once the  
victim forgave the person that hurt them,  
they were immediately set free  
of bitterness and inner anger,  
and soon after their lives greatly improved.  
Our Lord mentioned in a parable that individuals  
must forgive the sins that other individuals  
perpetrated against them, because no matter how  
great those sins are they are minor in comparison  
to the sins we humans commit against God!  
so no matter what happened to you –  
you cannot justify unforgiveness.

I must say too that ... I don't necessarily  
want to make you feel condemnation but  
in all honesty you have greatly offended God  
by breaking His 10 commandments,  
plus you have thousands of other sins

which the Holy One is disgusted by,  
so you are very much obligated to forgive  
everyone who has committed sins against you.  
If you deeply analyse any evil that happened to you,  
most of the time you will come to the conclusion  
that it was the 'free will' of individuals who chose  
to afflict you, and if you really want to be honest  
with yourself, some of the time it was  
the consequences of your own sins  
which sadly brought suffering into your life,  
*[one of the reasons God commands mankind  
not to sin is because He knows all  
sinful activity leads to suffering and death,  
He says in the Word of God that  
He takes no enjoyment seeing mankind suffer].*

So simply put - you need to forgive others  
so that you can be forgiven and set free.  
The Good News is that the Messiah our Saviour  
can forgive all your sins which will free you  
of all your repressed shame and guilt.

Also for those who become His –  
the Holy God of the Holy Bible  
is like a Master chess player –  
He can use the suffering which is presently in our  
lives to change our circumstances in such a way  
that eventually our situations can be  
transformed into something good!  
The Lord also uses the suffering which is in our lives  
to try mould us into a more virtuous people  
for our own eternal good!

For example - on a counselling course I listened to  
two women say that the times they suffered in life  
the most was the times when they learnt  
the most valuable lessons; also they said  
it made them into better people!  
*[I say the same about my own suffering experience].*

So if you are presently going through any suffering  
please don't feel hopeless  
because it will soon come to an end  
and you will really benefit from it,  
*[I know at present it might be  
difficult for you to believe that]*

the Holy Spirit will help you to gain understanding  
about your situation, and if you trust Him - then  
like I said... the Lord will rapidly change your  
bad situation into something good.

**I have told you these things so that  
in Me you may have peace.  
You will have suffering in this world.  
Be courageous! I have conquered the world.**

– John 16:33

Hopefully by now you have comprehended that forgiving others frees you from the bondage of unforgiveness, and receiving forgiveness from God frees you from guilt.

If you accept it then your emotional and spiritual healing can soon begin.

At a world convention of psychiatrists in Hawaii a few years back, there was a concluding announcement by the leading psychiatrists which basically said –

*'If we could cure the problem of guilt that people have then it would be the main obstacle eliminated, so their healing process could then begin'.*

Sadly no psychiatrist can help you with your guilt.

Only God can release you from all your guilt and give you peace instead, and ASTONISHINGLY and REALISTICALLY the Messiah can give you eternal life too!

I should mention that for over two years I have been studying to become a psychotherapist, so I have a reasonable insight concerning what is going on in the world of secular counselling.

So before I say what I want to say I must say this... many psychiatrists and psychologists are indeed a great help to society so we can only admire them. I think many of these professionals are capable of giving some help to people who develop various psychological problems throughout their lives so I think that is good.

BUT the problem is that the vast majority of these professionals focus on all the small problems and almost never deal with 'the big problem'.

I will be honest with you – if you do not deal with 'the big problem' well then...

if you spend the rest of your life visiting secular counsellors and psychologists and if you read hundreds of self help books then... eventually you might be feebly enabled to quench some of those bad burning feelings or dispel some of the dark emotional thoughts you might be having

*[all of which are subconsciously linked to the big problem]*

but it will only be for a brief season because most psychological problems eventually resurface or else more develop because statistics reveal that most clients return for help!

Although if you have strong willpower maybe some techniques like 'positive thinking' you could be able to repress 'the big problem'

and some of its [your] symptoms,  
or perhaps by losing yourself by keeping yourself  
occupied in activities such as work or hobbies  
you probably could gain some temporary  
satisfaction or some vague sense of purpose  
*[when I was writing this section of the booklet  
I was reminded of the many different people  
I met going through life who all said something  
similar to me, which sounds something like this –  
'I must keep busy otherwise I would go mad']*.  
But if you choose to do that you will be just living the  
rest of your short life like a type of human ostriche  
and you would just always be unconsciously or  
consciously tormented by  
'the big problem' –  
which is the real problem!  
Also if you choose to live the rest of your short life  
like an ostrich by denying  
'the big problem'  
then it will be impossible for you to receive any  
true spiritual peace into your life  
nor will you be granted  
the blessings of Christ in this life and the afterlife.  
Although I believe that since you are reading a  
Biblical based booklet you are looking to God  
for answers and not only to the sons of men,  
so I believe you have a desire for the Truth.  
So for fulfilment you must continue searching for  
and find the One who said – He is the Truth!  
You will be led to freedom by knowing the Truth!  
that freedom and knowledge of Truth will bring you  
pure perfect peace.  
Saint Augustine once said –  
*'we need grace and help from God, in order to be  
a whole person and find authentic freedom'*.  
So my friend, please continue reading and discover  
the spiritual solution to your psychological problem  
'the big problem',  
then embrace the grace  
which can help you find authentic freedom  
and become a whole person.

# The Big Problem and Your Big Decision

[chapter 2]

**Grace and peace from God the Father and  
Christ Jesus our Saviour. - Titus 1:4**

I will now inform you with some more helpful  
and interesting psychological facts which  
should direct you to focus in on what  
you are just vaguely consciously aware of  
[*the big problem*]

but which is having a deep negative impact on  
your subconscious thinking which consequently  
is causing a dark oppression and various negative  
symptoms in your personality!

The renowned English psychoanalyst  
Milan Klein found that -

*'the fear of death is the origin of all anxieties,  
the root of all human aggressive behaviours'.*

Another amazing fact is that –

in one of the largest studies on human behaviour  
secular psychiatrists and psychologists carried out  
research which revealed that the root cause of all  
psychological problems and mental disorders  
are all rooted in –

the fear of death syndrome!!!

In Time magazine Psychologist Rollo May said –

*'the repression of death is what makes modern life  
banal, empty and vapid.*

*We run away from death by...  
making it impersonal'.*

The Greek philosopher Epicurus believed that  
the root cause of misery to be –

*'our omnipresent fear of death'*

In his bestseller 'Anam Para' the Irish philosopher  
John o Donoghue said –

*'all fear is rooted in the fear of death'*

The renowned Greek philosopher Socrates said –

*'people fear it as if they surely knew it to be  
the worst of evils'.*

The Professor of psychiatry at Stanford university  
Dr Irvin Yalom said –

*'Death, however, does itch. It itches all the time;  
it is always with us,...  
just under the membrane of consciousness.*

Hidden and disguised,  
leaking out in a variety of symptoms,  
it is the wellspring of many of our worries,  
stresses, and conflicts’.

I honestly do admire Dr Yalom in the sense that he  
is indeed an intelligent man and even though an  
atheist he still attempted to confront the problem  
because so many of his clients suffered  
from the fear of death syndrome  
*[the clinical term for the disorder is  
thanatophobia or death anxiety].*

Dr Yalom actually wrote a book to try to help  
people overcome the fear of death!

Although I wouldn’t recommend it because he  
has many clients suffering with death anxiety  
going to him for counseling for years  
but their going nowhere!

*[also some new age pagan psychotherapists  
use superstitious beliefs such as  
reincarnation and other methods which are  
just based upon silly assumptions!  
so they are also totally ineffective].*

Sad to say as unbelievers, atheist psychiatrists like  
professor Yalom deal with it by trying to convince  
their clients that there is no afterlife!

Interestingly Professor Yalom mentioned in his book  
that when he told other professors and psychiatrists  
that he was writing a book about overcoming  
the fear of death

almost nobody questioned him about it,  
most of them just changed the conversation,  
whereas when he was writing previous books  
on other issues they would show great interest  
and ask many questions.

Dr Yalom’s point being that – the vast majority  
of them were afraid to delve into  
the death anxiety problem!.

On the same point I have just been reading that  
most mental health professionals  
just ignore this vital issue.

Most likely because not only do they not have  
the answers for their own clients,  
but they are deliberately repressing  
their own consciences by refusing to deal with  
their own personal fear of death problem!

In his Pulitzer Prize-winning book  
‘The Denial of Death’

Ernest Becker said that –

*‘the primary concern of every living person is death,  
and most people deal with that concern by denying  
that it will ever happen to them’.*

It seems like that includes  
psychiatrists and psychotherapists too!

At this stage you are probably thinking to yourself –  
    'the fear of death!  
    that doesn't bother me,  
    I never even think about it'  
Well my friend that's part of the problem –  
    you don't seriously think about it!  
    the reason you refuse to think about it is  
    because just the thought of your death  
    is so terrifying to you that you  
    don't want to confront the problem!  
Since you first heard about death as a child you  
immediately tried to block it out and over the years  
you became an expert in repressing and ignoring  
your soon coming and inevitable death.  
That's the main reason why you do not  
    often consciously think about it!  
But as a matter of fact subconsciously you are  
    almost constantly thinking about it!  
    A team of psychiatrists in Missouri  
    came to the conclusion  
    *[on the basis of tests]*  
that... people think four-and-a-half times as much  
    about how to solve the riddle of death  
    and **what comes after it**  
    as they do about sex and romance.  
Similarly, an opinion poll among 3,000 Germans  
revealed that... the number-one question on  
    their minds concerned life after death.  
    Mankind is terrified of death!  
    so you constantly repress that fear!  
and the negative connotations of the fear of death  
has a subtle but deeply oppressing and detrimental  
    impact on you as a person.  
    The founding father of psychiatry  
    Sigmund Freud believed –  
    'human beings are driven by the two primary  
    instincts of 'love and death' and that  
    human behavior is governed by both'.  
The only One that can satisfy and solve those two  
issues is the God of love and Conquer of death –  
    The Lord and Savior Jesus Christ.  
    Saint Augustine also said –  
    'we are restless until we find rest in Him'.  
    Anyway don't worry my friend  
because when you trust in God our Saviour  
    you will be released from all that fear  
    and restlessness, then you will  
    be able to experience the  
    rest and freedom which  
    St Augustine spoke about.  
For now just relax, and read and absorb  
    what the God of Israel says to you...

**Come to Me,  
all you who are weary and burdened,  
and I will give you rest.  
- Matthew 11:28**

I would now like you to imagine a pyramid.  
Now imagine turning the pyramid upside down.  
Now let's imagine it was filled with clean water,  
but the source of fresh water  
at the bottom was blocked and  
also at the bottom pointed end of the pyramid  
little black oil like bubbles would sometimes  
bubble out from the bottom, and float all  
around inside and sometimes inconveniently  
come to the surface.

Now let's imagine that water filled  
pyramid is the human soul –  
*[the intellect and emotions = the human soul]*  
So you have all these black oily toxic problems  
floating around in the mind of a person.  
Eventually the individual decides to go to a  
psychotherapist to try to solve some of their  
problems, but, they could spend years  
together in counseling without  
any real progress –  
just like many psychotherapists and clients do!  
Sadly and impractically in most cases the counselor  
will just deal with some of the oily problematic  
bubbles that rise to the surface, then maybe  
after a few months he or she might be able to  
dispel or clean up one or two of those  
toxic bubbles of anxiety or depression  
or some other dark problem.  
Occasionally the psychotherapist might go in a little  
deeper and bring up one of the dark toxic  
bubbles of fear or oppression  
which did not yet surface.

The only problem is that the repressed dark toxic  
bubbles in the mind will be coming for a lifetime  
unless the problem is fixed at the source.  
For example – the so called 'mid-life crisis' is rooted  
in the fear of death!

When a person reaches the age bracket of around  
35 the carelessness of youth is over and  
subconsciously they realize that they are  
most likely more than halfway through life,  
so health wise from this age on their physical  
health is gradually going to deteriorate,  
and they also realize they are getting  
much closer to the great unknown of death -  
which they subconsciously and sometimes  
consciously deeply dread.

So in a situation like this do you honestly think

if such a person went to a psychotherapist and the counselor started talking to the client about a career change, or their childhood, or perhaps started encouraging them to take a sabbatical, is this or any intellectual theory going to help?

Obviously not!

Granted, perhaps they might gain some temporary comfort or discover some helpful insights for daily living, but taking 'the big problem'

into consideration, the client could talk forever and nothing significant would ever be accomplished, [*and as you now know - one of the problems is that most psychologists, psychotherapists, etc... avoid the problem at the source because they have not dealt with the problem in their own lives! but even with mental health professionals inevitably that repression sometimes bubbles up onto the surface on their minds*].

Anyway you have nothing to be worried about, this booklet is written to help set you free from fear and bring the peace of God into your life now and forever.

So stir your spirit and focus on Yeshua the Savior, and open your soul to the Holy Spirit, He is the One that can seal forever the distressing and dreadful toxic problems right at the source - the Lord can break open a constant stream of serenity to flow into your stagnant soul - I'm referring to the 'streams of living water' that our Lord spoke about that would gush from those people that truly believed in Him.

Believe! Then times of refreshing will flow into your life and the descriptive pyramid of your soul will soon overflow with clean fresh waters of healing and peace, and all the goodness that comes from Jesus the Good Shepherd.

It's interesting to know that one of the reasons people do things like jump out of airplanes with parachutes or watch horror movies is because it subtly heightens death awareness! which briefly causes them to confront death which in turn gives those euphoric feelings! You might be experiencing some of those feelings now 😊

The United States military carried out research on a unit of elite soldiers to gain a better understanding on what causes the most distress and fear in their soldiers and how it affects their combat effectiveness.

When the various trials were completed it turned

out that the greatest fears of the soldiers was not getting seriously wounded or even getting captured and tortured, but what actually rose their fear levels to their highest was 'fear of the unknown'!

The ancient philosopher Euripides said –  
'No one can confidently say that he will still be living tomorrow'.

Within the next few hours you could die suddenly then enter into the great 'unknown' of the afterlife.

My point is that life is unpredictable and your life is very fragile, and for you and all mankind death is the greatest 'unknown', that is why you must confront it, otherwise your mind will stay full of groundless assumptions and irrational beliefs about death, and you will always be consciously and/or subconsciously fearful, restless, and tormented!

or even worse like many people you might rely on self deception tactics to quell your fear of death, by making silly assumptions

without any Biblical grounds for support like –  
'I'm a 'good' person so I should have a good chance of getting into heaven when I die'  
or similarly

'I'm not too bad, and I heard the Bible says God is merciful so He should forgive me'.

Concerning the death problem I have noticed that many people have a similar dread, which is – a couple of days after dying they suddenly reawaken in their coffin, then they realize they are trapped in that small isolated space of darkness where it's difficult to move and breathe, and they realize they are stuck there forever!

Indeed it is a frightening thought.

But what's even more frightening is – according to the Word of God

if you die in your sins without having been forgiven and saved by Christ the Savior

then you would actually be lucky if that happened to you!

because the consequences of sins and wickedness means eternal separation from God and His goodness - which means eternity with Satan and his demons

in the dungeons and fires of **the place** the Messiah calls hell!!!

Ok take it easy friend. Calm down. Relax.

I needed to mention the evil one and hell because I need to try to spiritually awaken you

to the reality of the unseen spiritual realm.  
Now please don't misunderstand me –  
I am not trying to frighten you,  
the Judeo-Christian God operates  
through faith and love, not fear, and  
my purpose for writing this booklet  
is to help you conquer fear,  
so you can have a richer future based on  
faith and hope in the true God  
which will bring you into an infinity of serenity.  
The biggest mistake so many people make is...  
when they hear about hell they get so frightened  
that they foolishly start denying that hell exists!  
That type of denial is not only stupid but dangerous  
simply because the Lord Jesus Christ  
**solemnly testified that hell does indeed exist.**  
Therefore it would be foolish  
to contradict **the Holy One of Israel**  
and it would be blasphemous to say that  
God was joking or lying about hell.  
I need to be truthful about how our Lord  
and the Holy Bible describes hell,  
and according to the Word of God hell is a place  
where you do not want to end in.  
**Thankfully** and **confidently** I can say –  
thanks to the blood of God my Savior  
I will not be going to hell, and  
either will you when you truly believe in Him.  
According to God our Saviour human spirits  
go to heaven or hell after death,  
so you need to be wise concerning the afterlife  
and ask yourself the ultimate question...  
who are you going to believe –  
neo-pagan atheists such as...  
Dr Yalom, or Sigmund Freud, or Charles Darwin, or  
our Lord and Saviour Jesus Christ?.

The good news and simple message of the Gospel  
is that if you just **believe**  
and put your faith and trust in  
the true God and Savior Jesus Christ –  
He promises and guarantees you will be saved  
from the consequences of your sins,  
and instead, graciously - Jesus the King of heaven  
offers you forgiveness,  
plus He desires to give you everlasting life  
in the kingdom of God – not as a servant,  
but as a son [*or daughter*] of God our King!  
But first you must get redeemed by the  
Blessed Redeemer and 'adopted' by the true God.  
Only then can you be entitled to the blessings of  
Christ in this world and granted entrance into  
His eternal kingdom after your 'death'.  
Ok you might be asking –

'but how can you know for sure  
where you are going after death'?

The answer is simple – pick up a Holy Bible  
and read and believe all the promises of  
our Lord Jesus Christ and all the inspired Words  
of the Holy Spirit in the entire Word of God.  
When you do that you will soon also discover  
that the Jew-Christian God is totally trustworthy  
and exceedingly gracious and good.  
Graciously as one of the gifts within  
the gift package of salvation  
is the blessing of insight  
and understanding  
concerning where one is going after death!  
You see... one of the purposes of the Messiah's  
death and resurrection was to free  
mankind from the bondage of the fear of death,  
and basically you can only have that freedom  
if you know for certain

where you will be going in the afterlife.  
Therefore one of the greatest keys to peace in life  
is being able to know for absolute sure  
where you are going in the next life.

Thankfully you can know for certain that  
you are saved and destined for Heaven!

*[since most of the world is anti-Christ,  
and many 'Christian' leaders are corrupted!  
your understanding of the Word of God  
may have been distorted, so  
from now on do not rely on the opinions  
of unbelievers or 'religious leaders' –  
Truth and revelation only comes from  
the Word of God,*

*so put your trust only in Christ and His Word].*

You must realise this... the Judeo-Christian God  
is not only Creator and Saviour of this world –  
He is also the King of heaven, and that is where  
He wants you to be - with Him safely forever.

According to the Holy Bible it is not His will  
for any human to go to hell,  
but because of demonic inspired deception  
or ignorance or human rebellion  
most people won't come to the Cross

whereby they can receive the gift of salvation!

So it's their own fault if they don't get saved  
in this life – and there is no second chance.

There is much more is attached to this decision  
than just achieving peace in this life,  
this decision is primarily about eternal life.

When you receive the Son of God as your Saviour  
not only do you get completely saved from hell,  
but when you believe in Him you instantaneously  
receive the One our Lord called -

the Comforter and the Spirit of Truth,  
whereby you automatically get adopted  
into the spiritual Church.

The moment that happens –  
the Lord God becomes your Heavenly Father  
and Good Shepherd for all eternity,  
so you become a child of God forever.  
My friend I implore you to awaken from your  
spiritual slumber and attentively listen to  
the voice of God/Jesus/Holy Spirit as  
He speaks to you through His Word...

**Make peace with God and stop treating Him  
like an enemy; if you do,  
then He will bless you. - Job 22:21**

If you really want to receive peace in your life  
you first need to waive the white flag  
and surrender to the Lord Jesus Christ  
by humbling yourself by confessing your sins  
and be repentant of your sins and wickedness.  
Truthfully and honestly you need to make an  
agreement with Yeshua the Saviour  
that you will turn from your sins and stop  
your rebellion of living independently from God.  
This eternal covenant is also an agreement that you  
will sincerely try stop committing sins in the future  
and in obedience to God you will reject all that  
is evil and genuinely try to follow God  
the Messiah and His Word.

The **only way** you can receive salvation  
and the blessings of peace  
that comes from the God of peace  
is if you enter into an eternal relationship with Him.  
God almighty your Creator has given you 'free will'  
so what you decide to do now with that free will is  
going to be a decision of your eternal spirit and soul.

If you are wondering...if I get saved  
will I always be saved?

The answer is yes - **if** you become a true believer!

Please do take your time to think –  
because you cannot half do this, your  
commitment to the Lord must be true and total.  
Now be sincere with the Lord of life  
and honest with yourself.

This is the most important decision of your life!

**Depart from evil and do good;  
Seek peace and pursue it. – Psalm 34:14**

Ok ...

If you decide you are not ready yet for commitment  
to God or you want to find out more information

about the Gospel then I honestly hope you will be secure and that you will eventually trust the Lord.  
**But there is not much point in reading any more of this booklet.**

**HOWEVER** if you have truthfully decided to  
**dedicate yourself to the God of Israel**  
and you want to  
become a true Christian/Messianic believer –  
then in your own words speak out to  
God/Jesus the Saviour and ask Him to forgive all  
of your sins through the blood He shed for you!

*Or just say a simple prayer like this ...*

Lord Jesus Christ I am sorry for all my sins,  
I believe You died on the Cross for me  
and three days later You rose from the dead.  
I sincerely accept You as my God and Saviour.  
Thank You Lord.  
Amen.

*[Basically the Lord died on the Cross in your place  
– it was a substitutionary sacrifice,  
perhaps now you are beginning to realise how  
much the Holy One of Israel loves you]*

## Increase Your Peace and Prepare For Paradise

[chapter 3]

**The Lord bless you and keep you;  
The Lord make His face shine upon  
you and be gracious to you;  
The Lord turn His face toward you  
and give you peace.**

- Numbers 6:24-26

Since you are reading this chapter I can only assume  
that you have sincerely believed the Truth  
and that you have trusted in the Holy One of Israel.  
If you had some type of supernatural experience

– then great!

If you didn't – don't worry,  
sooner or later the Lord  
will suddenly or slowly manifest Himself  
to you in some unique way.

Anyway since you have just now been redeemed  
by the Blessed Redeemer and spiritually  
adopted into the body of Christ

*[the spiritual church]*

by the baptism of the Holy Spirit –  
we now have the same

Good Shepherd and Heavenly Father,  
so I'll no longer call you friend but rather  
brother or sister in Christ, now and forever.

Hopefully you will soon gain understanding about  
your new holy and heavenly identity!

Because you are now highly favoured and  
a blessed child of Yahweh the King.

The first thing I would advise you to do is memorise  
these words of the Holy Spirit  
from the Holy Bible...

**Therefore having been justified by faith,  
we have peace with God through  
our Lord Jesus Christ. -- Romans 5:1**

That word 'justified' can be said by you like this –  
'just-as-if-I-never-sinned'

because the moment you entered into the eternal  
covenant relationship with our Lord Jesus Christ

all of your sins were forgiven and  
you are now completely saved.

The high price of your redemption has been paid  
in full, so you no longer need to go through life  
dreading to meet God as Righteous Judge, you

will now have no condemnation ever from Him.

The moment you believed in the Lord –  
a spiritual transaction took place -  
you were forgiven all your sins  
and you were imputed  
the righteousness of Christ.

Therefore in the eyes of God  
you are now perfect and without fault,  
also you have been made one with the Lord  
and you became a child of the Lord Yahweh.

In order for you to remain free from guilt  
you need to believe what God our Father  
says in the Holy Bible  
concerning the forgiveness of our sins,  
He says that He chooses to forget them!  
also that they are cast away as far as  
the east is from the west.

So accept and believe in the forgiveness and mercy  
of the Christ – **you are forgiven.**

On judgement day God will be happy to see you  
as His beloved son or daughter.

The Lord Jesus does not want you to feel guilty  
or fearful of judgement anymore –  
you are set completely free,

plus you will now always be protected by His angels.

I know I have been repeating myself, but  
I'm doing it because such a large amount of peace  
comes from knowing for sure that your passed,  
present, and future sins are all  
completely forgiven and forgotten.

Because of Christ's death on the Cross for you –  
**you are completely forgiven and set totally free.**

From this moment onwards your Saviour and King  
Jesus Christ wants you to enjoy the freedom of  
that forgiveness which He purchased for you.

From now on you can always have peace  
in knowing that when you meet God  
you will be without fear of any judgment,  
instead you will be receiving

eternal love and rewards when you meet Him.

It's vital for you to grasp that truth – so that  
pure perfect peace

can come to you and spiritually grow within you.

In the future when you commit sins you just have  
to confess them directly to God

*[not to a priest in a 'confession box' –  
that is only a manmade catholic tradition –  
just like pope and purgatory].*

Our Lord will always forgive you,  
no matter what happens

you will still always be His child,  
so God will always have mercy on you  
and Christ will always love you.

Hmmm you might be a little confused and thinking...  
'if I am forgiven and God is always going to forgive me because I am now His child, then I can sin as much as I want',  
Well let's look at it this way...  
many unbelievers cannot understand the grace and mercy of the Jew-Christian God because they often ignorantly say that the Gospel insinuates that...  
'if a person becomes a Christian then they can just go out and rob a bank and the Lord will forgive them' –  
well actually that's true!  
If they are a true Christian then God their Heavenly Father would forgive them  
*[just like most earthly father's would forgive their sons of their crimes]*  
but they would have to suffer the consequences of the law of the land and probably spend 10 years in prison instead of having the abundantly blessed life which their Heavenly Father and Good Shepherd has planned for them.  
So it is possible for you to go out and sin as much as you want **but** there would be dreadful and evil consequences if you regularly commit sin and indulge in evil.  
Our Lord doesn't want us indulging in wickedness because it only leads to depravity and shame and opens the door to evil to come into our lives.  
Sin only results in suffering and sorrow and certain sins like dabbling in the occult can actually release demons into your life!  
Like I said before –  
the reason God commands us not to sin is because He loves us,  
the Holy One knows sinful activity eventually leads to suffering and death,  
that's why God our King hates sin.  
Our Heavenly Father wants the very best for us, and for us to receive His rich blessings into our lives, but sin and disobedience cuts us off from those rich blessings – and the devil and his demons know that.  
So I would advise you to stay away from sin like you would avoid a poisonous snake.  
You need to make the conscious decision to be willing to try your best to obey God and sincerely try to live righteously by applying His Words of Truth to your life.  
Heaven operates kind of like this –  
obedience to the Word of God releases all sorts of blessings and goodness into your life  
*[sometimes even miracles and material riches].*

So basically, the greater your loyalty to our King –  
then the greater your blessings and rewards  
are going to be in this life and the afterlife.

For now let's focus on this life so that you can  
drench yourself in some of the  
pure perfect peace  
which I spoke about at the beginning.

This might sound unusual to you but in the spiritual  
realm you must ask in order to receive,  
our Lord said we are to often ask the Father  
to fill us with the Holy Spirit – the Spirit of peace.

To receive the Spirit of peace  
and develop peacefulness  
in your personality proficiently  
you need to be willing to abandon  
everything in life that you consider sinful  
and unrighteous and redirect your spirit and soul  
by focussing on Heaven and  
the Word of God,  
and pursue Christ  
and all which is righteous and good.

So right now in faith and in your own words **speaking**  
to your Heavenly Father and ask Him to

fill you with the Spirit of peace,  
*[try to develop a habit of praying and asking Him  
every morning to fill you with Holy Spirit].*

In order for you to develop a peace filled life  
its essential for you to be constantly filled with  
the Holy Spirit and for you to get to know Him –  
the Spirit of peace/the Spirit of Truth,  
and you must be willing to yield your life to Him.

As soon as you start obeying and effectively  
yielding to the God of peace  
you will increasingly be  
'led by the Spirit' -

which inclusively means being refreshed  
and influenced by His peace.

**For the mind set on the flesh is death,  
but the mind set on the Spirit is  
life and peace. – Romans 8:6**

When you are in harmony with the Lord of peace  
Himself you will be gently getting closer to  
the God of peace

and subtly becoming more like  
the Prince of peace  
which will only result in you  
becoming spiritually drenched in  
pure perfect peace.

God Himself is the source of our peace  
so the more knowledge of God and  
intimacy with Christ that you

attain then the more  
your peace will increase.  
From a psychological point of view this should  
interest and help you –  
there is a new type of psychodynamic therapy  
used by psychotherapists called –  
‘thank you therapy’  
research has revealed that it is very successful  
when people put it into practise,  
also it will be easy for you to do.  
When you get up each morning just give thanks  
to God for 3 things that you have,  
for example... give thanks that you have eyes,  
or that you had a blanket last night  
to keep you warm,  
or give thanks that you have toothpaste  
*[being grateful that you are not like millions  
of people in this world  
that are blind, or go to bed cold,  
or have rotting painful teeth because  
they cannot afford toothpaste].*  
Then sometime in the evening before you go to bed  
give thanks to God another three times for 3 other  
things you have been blessed with such as...  
still having some family members, or clothing,  
or one of the many items you have in your fridge  
*[taking into consideration that millions  
don't even have a fridge],*  
Simply put... try to develop an attitude of gratitude.  
Now in order for you to get results **you must do it!**  
The research guarantees you that even just after a  
few days you should notice amazing results,  
I have been practising the technique  
before I found out about those psychological tests  
because the Lord recommends it from the Word!  
and believe me it really works.  
I am certain that if you do it regularly you will  
gain personal contentment which  
you never thought possible.

**Those who love Your law have great peace.**

– Psalm 119:165

The 10 commandments was the Old Testament Law.  
Although I believe it could also be said that the Law  
of God is the Word of God.

Therefore in that Holy Scripture verse above

*[Psalm 119:165]*

the Holy Spirit is revealing that if you love God's  
Word by regularly trying to discover  
the will of God in the Holy Scriptures,  
and if you search for Truth in the Word  
like you would search for treasure,

then as a result from pursuing the God of peace  
and loving His Word you will  
indeed be granted 'great peace'.  
It is also revealed in the Holy Bible  
that the Word of God  
*[the Word of God is also a title  
Name for Yeshua/Jesus]*  
Is TRUTH!  
So if you love the Word of God  
whom the Spirit of God  
proclaims to be the Truth,  
you will surely have great peace.  
Also if you come to love the Son of God  
who claims to be the Truth,  
then you will certainly receive  
pure perfect peace  
because you are promised it from  
the God of Truth  
in the Book of Truth  
by the Spirit of Truth.

#### Conclusion.

Now I want to be honest and realistic with you –  
personally I am much more at peace  
than I was a few years ago  
but I still have a long way to go till perfection,  
what I can now say is that  
previously my life was full of frustration  
but now it's full of contentment.  
I am not saying that I and others became perfect  
in peace overnight because it generally takes time,  
although that is not to say it can't  
happen to you overnight  
since the results are different for each believer,  
I observed that the Spirit of peace just flowed  
from some converts, whilst others  
just slightly increased in peace –  
what matters is the results are always satisfactory.  
Knowing this should bring you hope and peace too...  
Even though the Lord does not interfere with  
our 'free will' – that does not mean  
sinners go unpunished, someday soon  
the unbelievers will stand before  
'the great white throne of judgement'  
where they will be given different degrees  
of punishment in hell, so never be  
over concerned about vengeance or justice,  
because it's soon coming!  
On the other hand all the true Christians  
*[the sons of Light]*  
stand before –

‘the beam seat of Christ’  
where we will be given different rewards  
for any good we did in this life  
and for how diligently and lovingly  
we developed our relationship with the Lord.  
Now as a fellow Christian/Messianic believer  
and child of Heaven -  
there are two important words you should  
concentrate on and replay in your mind -  
‘Love - Truth’,  
They are Generators of peacefulness.  
Love proceeds from the Truth  
so the more truthful you are then the more love  
you will experience, and the more you  
love God and people –  
then the more Truth will be revealed to you.  
The Spirit of Truth says  
in the Word of God that...  
‘Love is eternal’ and ‘God is Love’  
The Truth Himself commands us to –  
‘live a life of love’ –  
**so do this too**  
because obeying Him generates  
pure perfect peace.  
It is also written in the Holy Bible –  
‘the Lord is a good’  
it is going to be wondrous and enlightening for  
you when you put time into getting to know  
your God and Good Shepherd  
Yahweh/Yeshua our King.  
So let me give you a noble recommendation –  
get into the habit of getting up 25 minutes  
sooner than the usual time you get up each  
Morning and go somewhere quiet and  
Get alone with the Lord with your Holy Bible  
And in the silence and solitude  
Read the Gospel of John.  
After that each morning read  
one chapter starting in the Old Testament an  
one chapter anywhere in the New Testament –  
In faith just ask the Holy Spirit to direct you,  
Another good habit is to read one chapter in  
the Book of Proverbs  
Daily, there are 31 chapters in it, so  
whatever date of the month it is on the day you  
open it – just read that particular chapter,  
because it will gradually bring you  
wisdom, and holy wisdom brings peace!  
Doing what’s written above and developing a  
life of faith and holiness working through love  
will induce and produce in your spirit and soul  
pure perfect peace.  
Always remember -

the antidote for guilt and fear is Truth,  
so don't rely on your feelings!  
Whenever you feel overwhelmed by guilt or fear –  
counteract immediately by relying on the Holy Spirit  
and believing what the Christ Jesus says in His Word.  
Finally, this verse of Scripture is especially for you.  
So memorize it too...

**For the mountains may be removed  
and the hills may shake,  
but My loving-kindness will not be removed  
from you, and My covenant of peace  
will not be shaken, says the LORD  
who has compassion on you.**

– Isaiah 54:10

I got the Church's to pray that the Lord your God  
would speak to you powerfully and personally  
through one or more of these  
Holy Scripture verses...

- Isaiah 54:4   - John 15:9   - Hebrews 13:6  
- 2 John 1:3   - Luke 12:32   - Psalm 122:8  
- Isaiah 26:3   - Daniel 10:19  
- 2 Thessalonians 3:16

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