

# EMOTIONAL DETOX

## YAHWEH SAYS:

Emotional abuse carries over from pain dealt with in various areas—from past, present, and other dealings that are given with casual meetings. Those in pain have a hard time feeling that they have a rightful place to leave the abuser, and they feel guilty if they want to end a relationship. Walls are placed within so they can handle the pain of being hurt over and over again.

The wounded person will not have a chance to validate how they feel, and they think that they would have the opportunity to be happy if they started pretending to be someone else and not sharing their heart. So, the ones in pain think the best options they deal with are: (a) hide their emotions or (b) get out of the relationship.

1. Focus on you.
  - a. Write Letters: This is very important to start the healing to all the pain you deal with. This will probably take a minimum of a month or more, with writing all of the letters.
2. Take some time apart from the relationship.
  - a. Do not force anyone to join up with you.
  - b. Give that person space; then, after you write your letters, share a new letter with that person from God's perspective.
3. When you say hurtful things based on pain:
  - a. Write that person a letter or talk with them.
  - b. Write out a list of all of the painful things you have done or said to that person, and then apologize.

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## THE POINT OF SIX MONTHS

Six months is the minimum time needed to come to clearer thinking and decision-making that is not based solely on emotion. You will be more stable to make accurate plans, which would help you take the best course of action for each situation.

If there is pain from abandonment, that needs to be dealt with. You have to get to that place (within) where you have forgiven every person who has abandoned you. The abandonment feeling makes you have a deep fear that everyone who comes into your heart will someday give you the deepest pain and never return. What God wants is for your heart to have a deep healing and get to that place within where you know that all humans can hurt each other, but despite that human flaw, you are willing to allow someone into your soul as your soulmate.

Trust must lead in your relationships. After abandonment issues have been dealt with, Yahweh can allow the opportunity for your heart to get closer to others.

When a person has hurt you, your heart—it gathers all of the pain that has been bottled up, and that pain is unleashed upon the most recent pain causer. And that person may not know why you feel such anger when all of that anger should not be solely directed towards that one person. Let Yahweh reveal your true nature in the spirit, where God looks at you and shows what is causing the pain. When Yahweh brings up painful stuff from the past, you must have a plan to come and seek out His will in what you must do to be set free.

### YAHWEH SAYS:

I am never going to leave you. When you write or when you hear Me within, please know that I can see it—that you will be set free from all of the pain. Power—I have lots of power, but you are not

obligated to follow what We bring you. There is free will. You get to decide what plan you're going to take. I will place options into your path. Please see it: you are the weighing gauge in how I will come and intervene, for I cannot force you. You have to willingly wait for Me and take My instructions even when it seems really hard. I will work with you. I love you. There was never a mistake in calling you into the world to be birthed.

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Soul ties must be broken off of you from all the people you have joined in the spirit realm. All demonic clubs and associations that you have ever connected with—all must be broken off from the spirit portion that no one has a way to clearly see. You must know King Jesus as God and truly come under covenant in relationship with Him. If you ever plan to truly see and walk in freedom, you must be born again. And if you are a person who is connected to the Vine, King Jesus, there is no harm done by taking a time of refreshing.

Doorways must be sealed in the name of King Jesus, with His blood. Spiritual doorways will be opened in the spirit realm that can give another spirit other than God's Spirit a way to influence your thinking and decision-making. When there is a painful situation, seek Yahweh and ask Him to reveal the root of your pain. You cannot hide what's going on from Yahweh either way; to seek Yahweh includes gaining His wisdom to bring a way of release.

Doorways must be closed to be permanently set free from a demon influencing you. First, get healed in your heart from emotional pain. Second, break off demon influences. Third, close all open doorways and clean up your private house, car, and other personal places by removing those details causing demonic manifestations. A

person can work through this plan in a moment or take years. The process is gauged by how the person releases their will to Him.