

The Avocado Our Advocate

Shabbat Shalom Family,

Hopefully, you all have already purchased and if possible started using your avocado! This Berry has more benefits than I have ever noted from an individual Fruit.....Ever! Big Levi, introduced the Avocado from a spiritual perspective, of the actual spirit and purpose of the avocado. Brother Big Levi, always points to the fact that all of the elements, animals, fish, trees, streams, mountains, earth, wind, fire and oceans all have spirits which Our Father, The Creator of All Things, placed in each and every living thing, plus He provided ruling or Authoritative Spirits; Earth, Wind, Fire and Water.

As I was meditating on this idea, I began, thinking about how I was taught the concept of inanimate objects. Per Websters 1828 Dictionary, inanimate means; "destitute of animal life. Plants, stones and earth are inanimate substances; a corpse is an inanimate body. Destitute of animation or life." If, I can be straight up truthful, it made me a little angry that I was educated this growing up. I mean, look at this definition. Mother Earth is destitute of life.....say what?? Kabodiel/Trees, Plants, Herbs, are what destitute of life???...no my dear, its quite the opposite! Plants, Herbs and Trees are life!! Trees = Oxygen, Plants = Nutrients, Herbs = Healing. The deprivation of Kabodial is whom the leaders of this world did their best to deprive "The Chosen" of the Creature. Kabodiel, in all forms, is absent from "the hood". (as Brother Big Levi would say). Concrete, packaged, processed and fast food is what the working poor of America get. They want you at your worse self. Well, they got away with that for a very short season, and now that the curses are being lifted, our eyes are being opened, we will now choose life! Kabodial in all forms is life! Kabodial is the trees, that provides the very essence of life; oxygen! Kabodial is the life that we will now choose to eat; fresh vegetables, fruits, figs and herbs. That life will lift the curses of cancer, diabetes, high blood pressure, obesity, mental health issues as well as self hatred.

We are coming to really understand and be able to put our arms around the reality, that everything that The Creator, Our Heavenly Father made, has a spirit, a purpose and a destiny, if you will. We, as The Chosen did not suffer the curses alone. Look at how the heathen has treated Mother Earth! Zero respect and love to Her. An inanimate object is exactly how the current ruling powers have treated Our Fathers Bride, Mother Earth! Is it no wonder that She is crying out with fire, floods, tornadoes, volcanoes, melting Icelands, droughts, hail and snow in the desert and divers places, pestilence of locusts, mice and rats. (10 Plagues of the Apocalypse of Abraham) Mama is angry....and She has clearly been given her directives from The Father. And while Mama and Pappa are fighting that battle for us, we are learning and returning to the knowledge, wisdom and traditions of our righteous ancestors. When you really put your arms around and hold tight to the understanding that all the elements, animals and fruits of the earth, as well as the earth, rocks, mountains and streams are living beings, such as yourself....this will change your spiritual direction and elevate you higher than you have ever been. Moving from functioning at a low frequency of 6 to a mid frequency of 9 and ultimately to operating in 12;(Brotha Maine) will fulfill prophecy and prepare us to regain our ancestral heritage as the Head and Not the Tail!

Well, Big Levi's growth work on the Avocado is truly a lead in that direction. The Avocado is a significant super fruit. I have never seen a single piece of fruit that has so many nutritional benefits. This really blew me away and I can see why it is our Advocate, as it promotes our well being on so many levels. The lists of goodness is so vast, I decided that the only way it would be helpful is to put it in a chart. I can only imagine that the actual value of the seed is double, if not triple or quadruple of the fruit.

NUTRIENT INFORMATION

Nutrient/Health Impact	Benefit	Amount
Blood Sugar	Reduce Sugar Level/ Reduce Risk of Diabetes	
Diabetes	Reduce Risk	
Osteoarthritis	Relief/Reduce pain	
Stroke & Cardiovascular Disease	Reduce Risk	18%
Vitamin K	Reduce Blood Sugar	
Vitamin E		18%
Vitamin C		20.1 mg or 26%
Potassium		10.3%
Magnesium		42 mg or 10%
Micrograms	Healthy Pregnancy	26%
Folate/B6		15%
Riboflavin		10 to 20%
Niacin		19%
Fiber	Daily equivalent	6.7%
Digestion/Stomach Cancer	Anti Fungal for stomach	
Serotonin	Help sleep, mood & appetite	
Antioxidant		
Carbohydrates/Omega 3	Good Fatty Acids	8.5 grams/14.7 grams
Sugar		Less than 1 gram
Calories	Low	160
Depression	Decrease	
Colon Cancer	Promotes bowl movement	Reduce Risk
Pancreatic Cancer	Reduces Risk	
Eyesight	Improve	

Hopefully, you can see how this amazing piece of fruit is our champion, and if you have not yet bought your Avocado, hopefully, this information will encourage you to do so. Please also, remember Brother Big Levi's directions:

- A. Purchase an Avocado
- B. Activate the Avocado, by giving it one health assignment; such as thyroid healing.
- C. Take the seed and grate the seed into powder, let it sit in Oriele/Sun.
- D. Allow the powder to dry
- E. Use a tablespoon of avocado in warm, but not boiling water. Drink this to assist you with health healing.

Please remember to give the Avocado seed, one healing request at a time. I'm unsure if Brother Big Levi, said this, however, with that directive, I would imagine that you would consume the entire seed, one tea cup at a time for that single healing request. You would then get another Avocado/Seed for a different healing request.

I thought it might also be good to provide some recipe ideas for the actual Avocado to assure that you are using the entire fruit. Using all aspects of a fruit, animal or element is also apart of our heritage. Our ancestors had no such practice as having garbage. All parts of each creation has a purpose and our ancestors used them all! I had some Avocado toast for breakfast, and it was delicious!

Let's be doers of the Word and not hearers only and return to our righteous traditions!

Avocado Recipe Ideas
Butter Toast
Soups
Dips/Guacamole
Chocolate/Truffles
Smoothies
Advocado Oil
Skin & Hair Cream
Advocado Leaf Tea
Slice on Salads & Sandwiches

Much Ahab Family!

Mama Ts

1

2

3

¹ <https://www.myfooddata.com/articles/foods-high-in-folate-vitamin-B9.php>

² <https://www.cnn.com/2021/05/31/health/avocado-benefits-wellness/index.html>

³ <https://www.webmd.com/vitamins/ai/ingredientmono-890/avocado>