

Shalawam Family:

This homework will begin July 1st, and its purpose is to cleanse our blood. Brother Big Levi has stated that the goal is to get healthy and strong from the inside out. That means physical purification and cleansing from all the toxins and poisons which the "Poisoners" have infiltrated our lives. Parenthetically, did you know that Teflon, the non stick pans have horribly bad poisons that destroy the goodness of one's food? I just recently found this out, but have followed up to verify; turns out it is true! Pull out that old cast iron skillet, pot and use that instead, it adds the value of iron into your diet. I digressed.

This assignment resonated with me, as I have been blessed to experience, what I would call, two "oracle" experiences. The advice shared, improved the quality of my life by leaps and bounds and it is virtually the same instructions as our homework. This oracle was an older caucasian lady who started showing up at a park by my home where I would walk the trail. She drove a moped. I saw her multiple times before we spoke and we only spoke twice. The 1st time she advised me to take a clove of garlic, crush it put it on a spoon with honey or oil and swallow like a capsule, chasing with water or juice. Can I tell you that I used to get sick ALLLL the time. After learning the garlic cure, I almost never got sick again.

I hope my personal testimony will encourage all of those that are dragging their feet, to start participating on that which makes sense to you. Garlic has all types of benefits, including detoxifying your body and producing white blood cells. Garlic is also good for:

- Fighting cold and flu
- Curing hypertension
- Boosting the immune system
- Lowering cholesterol levels
- Preventing heart diseases
- Your eyes
- Increasing antioxidant intake
- Helping preventing cancer

However, in order for the garlic to perform at its optimum, it must not be cooked. Raw or fermenting, as we are doing for this assignment is best. Basically we are going to make a garlic oil. The following are the directions.

Supplies:

1. White Pillar Candle
2. Olive Oil
3. Garlic clove (purple)
4. Mason Jar
5. Refrigerator

As always, before utilizing each of these supplies, you will need to consecrate each item simply by speaking to it and stating its purpose for healing and that you paid a price for the element. .

1. Gather supplies and activate each item accordingly for its purpose
2. Open the Four Corners of the Earth, East, South, West and North asking for passage...
3. Break garlic up (use the whole garlic broken into cloves) peel garlic, poke holes in garlic cloves with fork
4. Place poked garlic in mason jar (or if you're prudent, you can reuse a glass jar from pickles, tomato sauce or something)
5. Fill mason jar half to three fourths of the way up with virgin olive oil.

6. Seal mason jar and place in refrigerator for 2 weeks.
7. Garlic will ferment in oil over the 2 weeks
8. Take three teaspoon of garlic oil during sunrise (portal opening) and three tablespoons when the sunsets (portal closing for 2 weeks)

I am positive we will feel and see a physical difference with this assignment. Also, the purpose garlic, just has a few purple stripes, its not like really purple. And I have used both, and have yielded the same result: wholeness & healing!

Lastly, I hope you all had the opportunity to supercharge your candles on today! The moon looked super large. I had an awesome experience in The Most High this am. So enjoying the extra positive energies that the Heavens are generating. And so grateful, for the astrological knowledge and learning! It's super wonderful to be apart of Zion!

I also hope that everyone has all of their items for The Core Cleansing! I will do my best to follow up with more information regarding the assignment that is now, less than 10 days away. Here are the items you need, if you haven't had a chance to purchase yet:

Supplies:

1. Bath/tub, bucket or bathing bowl
2. Old clothes you are willing to throw away
3. Two black taper candles
4. Black handkerchief, piece of black cloth or black towel
5. One cup of plain black coffee
6. One cup of Water
7. 7 bags of fresh parsley, hyssop or fresh basil
8. 7 bottles or cans of Coca-Cola or Coke (NOT Pepsi,) COKE
9. One cup of liquor or wine. Must have alcohol
10. 7 pennies, nickels, dimes or any currency (seven)
11. 7 packs of Tabak (optional)
12. White Candle
13. Directions for Core Cleansing

Pre-preparation:

- A. Dig a hole in back yard; away from house (day before)
- B. Make coffee in advance (7 am - 10 am)
- C. Set up all your supplies in area where bath will occur (9 am - 11 am)

More forthcoming on the Core Cleansing!

Be a peace Zion, be at peace!

Mama T

<https://www.narayanahealth.org/blog/detox-foods-detoxification-is-an-essential-part-of-optimal-health/>