

Days of the week Chart

	Color	Metal	ArcAngel	Angel
Sunday	Yellow	Gold	Raphael	Michael
Monday	White	Silver	Gabriel	Gabriel
Tuesday	Red	Iron	Khaniael	Zamael
Wednesday	Purple _ Mixed Colors	Mercury	Michael	Raphael
Thursday	Blue	Tin	Tzadiqel	Sachiel
Friday	Green	Copper	Haniel	Anael
Saturday	Black	Lead	Tzaphiqiel	Cassiel

Shalawam Family,

We as a family are focusing on our physical health as we have prayerfully been growing spiritually; through fasting, prayer and increasing our knowledge and understanding. This increase of knowledge is leading us down a path of wisdom. Wisdom is the proper application of knowledge. Hence, we are becoming wise in our food selections and specifically, how to heal our bodies. As always, I hope to bring some practical understanding to our homework.

Hence, I looked up all of the wonderful benefits of the ingredients we are utilizing in our healing antidotes. All of the ingredients; Onion, Parsley, Okra, Garlic, Limes, Cinnamon, and Olive Oil have antioxidants and reduce inflammation. Inflammation is the number one cause of the majority of modern day illnesses. Onions, Parsley, Garlic, Limes and Olive Oil are good for bone health. According to WebMed, these ingredients also assist in reducing cancer.

Parsley, Okra and Olive Oil help fight Alzheimers. Parsley, Onions and Okra reduce blood sugar, fighting off diabetes. Onions, Parsley and Garlic improves digestion. Parsley and Okra are good for maintaining your eyesight. Additionally, Onions are rich in Vitamin C, B9, B6 and Potassium. Parsley is a natural diuretic, while Okra removes damaging compounds from the liver. Garlic removes toxic heavy metals and Cinnamon is loaded with powerful medicinal properties as well.

This list of benefits is not fully exhausted, but I am hopeful that you get the point! I am also optimistic that if these ingredients are not already in your daily diet, that you begin cooking and meal planning with herbs and our physical well being in mind. Remember that our bodies are a temple, and the Holy Spirits presence will be enhanced in our lives as we cleanse our mind, heart, spirit and body!

The above table is for your spiritual edification. Knowing this information will guide you as you communicate with your Angels and Spirit Guides. Below are the healing remedies. Let us use wisdom as we practice spiritual and physical healing!

As Always, Much Ahab!

Mama T

Dialysis Prevention:

Supplies & Ingredients:

- A. Okra Plant (I found one on Etsy for \$5.00)
- B. 5 Small Limes or Keylimes
- C. Parsley
- D. Tea Pot or pot of boiling water
- E. Tea or Coffee Cup

1. Light your candle and make sure to strike the match away from you.
2. Transmute the Okra leaves, Limes and Parsley by praying to the Mighty One, The Most High. Creator of All Things, He who has no beginning and no end. He that has always been and will Always Be! Then Open the Four Corners- (Salute Four Corners) East/ Mezrach is the first quarter because it is first, and it is where the Throne of TMH resides. South/Darom is the second quarter because The Most High will descend there. West/ Maareb is third, the diminished, because all the luminaries descend in the West and, North/Tazphon is the fourth quarter as it contains three parts; the dwelling of man, the waters, forests, abyss and garden of righteousness (Enoch 2: 82-87)
3. Pray that the Okra leaves, Limes and Parsley are purified and they function to remove all impurities and disease out of your body. Everything that is negative and harmful for me please remove and everything that is good, please keep. I ask that this Okra leaves, Limes and Parsley assist in my complete wholeness preventing me from ever having to have dialysis.
4. Wash all of the ingredients.
5. Tear up a handful of the Okra leaves
6. Cut the 5 limes in half
7. Remove the leaves from the stem of the Parsley
8. Boil water in a tea kettle
9. Place the okra leaves, limes and parsley in the a cup and then pour the boiled water into the cup with ingredients.
10. Allow the ingredients to seep. (It may be a good idea to invest in an infuser. (Amazon under \$20)

Instructions:

Drink the tea three times a day; once time before sunrise, second time at noon and lastly before bed. Do this for three consecutive days. Take a break for 3 weeks, then take again for another 3 consecutive days, three times a day.

Thank the Chafetiels/leaves of the trees for their services and healing. Close the Four Quarters, and send them away in Shalom

Kidney Cleanse and Immune Builder

Supply & Ingredients

- A. Head of Garlic
- B. Olive Oil
- C. Mason Jar or Glass Jar with Lid

1. Light your candle and make sure to strike the match away from you.
2. Transmute the Garlic & Olive Oil by praying to the Mighty One, The Most High. Creator of All Things, He who has no beginning and no end. He that has always been and will Always Be! Then Open the Four Corners- (Salute Four Corners) East/Mezrach is the first quarter because it is first, and it is where the Throne of TMH resides. South/Darom is the second quarter because The Most High will descend there. West/Maareb is third, the diminished, because all the luminaries descend in the West and, North/Tazphon is the fourth quarter as it contains three parts; the dwelling of man, the waters, forests, abyss and garden of righteousness (Enoch 2: 82-87)
3. Pray that the Garlic & Olive Oil are purified and they function to remove all impurities and disease out of your body. Everything that is negative and harmful for my Kidney, please remove and everything that is good, please keep. I ask that this Garlic and Olive Oil assist in my complete wholeness preventing me from ever having issues with my Kidney.
4. Wash, peel and break apart the cloves.
5. Poke holes in each clove of garlic and put them in a mason jar,
6. Pour Virgin Olive Oil into the jar and fill up 3/4 of the jar.
7. Leave out on counter for 2 weeks, to allow the garlic to ferment in the oil.

Instructions: Take three spoons of Garlic Oil, three times a day (before sunrise, noon, after sunset) for a week. Wait for 3 weeks and then repeat this 3 times. In other words, take the Garlic Oil, 3 times a day, for one week a month, for three months. (Then repeat in 10 years)

Kidney Cleanse,#2:

Supply & Ingredients

- A. Head of Garlic
- B. 1 to 1 1/2 Cups of Honey
- C. Mason Jar

- 1 - 3: Same as Garlic & Olive Oil, instead state Garlic and Honey
4. Wash the Garlic, peel and clove
5. Crush the garlic
6. Mix Crushed Garlic with the honey.
7. NOT necessary to wait for 2 weeks. Let sit for a day

Instructions: Same as Garlic & Olive Oil

Prostate Cancer

Ingredients & Supply

- A. 4 or 5 whole onions or 12 ounces of Onion
- B. Grater, blender or Juicer
- C. Glass

1. Light your candle and make sure to strike the match away from you.
2. Transmute the Onion by praying to the Mighty One, The Most High. Creator of All Things, He who has no beginning and no end. He that has always been and will Always Be! Then Open the Four Corners- (Salute Four Corners) East/Mezrach is the first quarter because it is first, and it is where the Throne of TMH resides. South/Darom is the second quarter because The Most High will descend there. West/Maareb is third, the diminished, because all the luminaries descend in the West and, North/Tazphon is the fourth quarter as it contains three parts; the dwelling of man, the waters, forests, abyss and garden of righteousness (Enoch 2: 82-87)
3. Pray that the onions are purified and they function to remove all impurities and disease out of your body. Everything that is negative and harmful for my prostate, please remove and everything that is good, please keep. I ask that this onion assist in my complete wholeness preventing me from ever getting prostate cancer.
4. The goal is onion juice: If you have a juicer. Juice the onion. If not, grate the onion, then blend it and then squeeze all the juice out of it.
5. Drink the onion juice. It may be challenging, but drink it all. You may have some sensations when urinating; don't be concerned. This means the remedy is working.

Instructions:

Take for one week a month, for three months. In other words, take for a week, wait three weeks and then take for another week. (Then repeat in 10 years)

Spiritual Bath to remove negativity:

Ingredients & Supplies

- A. Fresh Parsley
- B. Ground Cinnamon
- C. Pot of Boiling Water
- D. Bathing Basin or Tub
- E. Old Clothes
- F. Olive Oil

1. Light your candle and make sure to strike the match away from you.
2. Transmute the Parsley & Cinnamon by praying to the Mighty One, The Most High. Creator of All Things, He who has no beginning and no end. He that has always been and will Always Be! Then Open the Four Corners- (Salute Four Corners) East/Mezrach is the first quarter because it is first, and it is where the Throne of TMH resides. South/Darom is the second quarter because The Most High will descend there. West/Maareb is third, the diminished, because all the luminaries descend in the West and, North/Tazphon is the fourth quarter as it contains three parts; the dwelling of man, the waters, forests, abyss and garden of righteousness (Enoch 2: 82-87)
3. Pray that the Parsley & Cinnamon are purified and they function to remove all impurities and disease out of your body. Everything that is negative and harmful for my prostate, please remove and everything that is good, please keep. I ask that the Parsley and Cinnamon assist in removing all negative spirits and energies that hinder you from increasing your vibration.
4. Wash the Parsley and remove the leaves from the stem of the Parsley
5. Before Sunrise, boil water.
6. Place the Parsley in the washing basin or bucket/tub and then pour in boiled water and cover.
7. After sundown, pour the cinnamon in with the Parsley and boiled water
8. Have on old clothes and begin bath. (Consider bathing during your Angle's hour)
9. While bathing, your praying to the angels that match your requests, asking that all of the negativity be removed.
10. Create a black hole to dispose of the negativity, that you have trapped in the clothing. You can pour Olive Oil on the clothes prior to disposing of them out and away from your dwelling.

Instructions:

Repeat Steps 1 - 10 for 5 Consecutive Days. Repeat Bath every 6 months