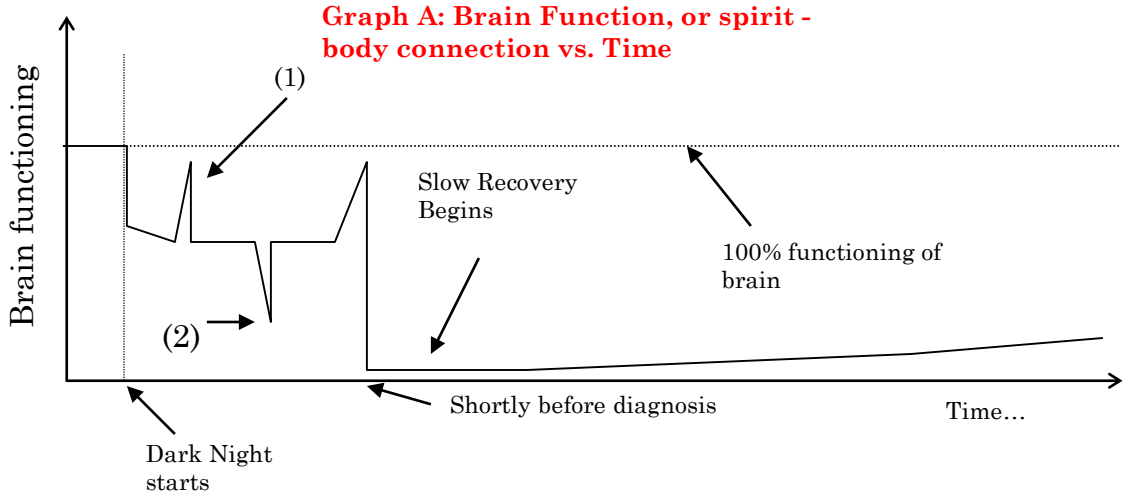
APPROXIMATE TIME LINE:

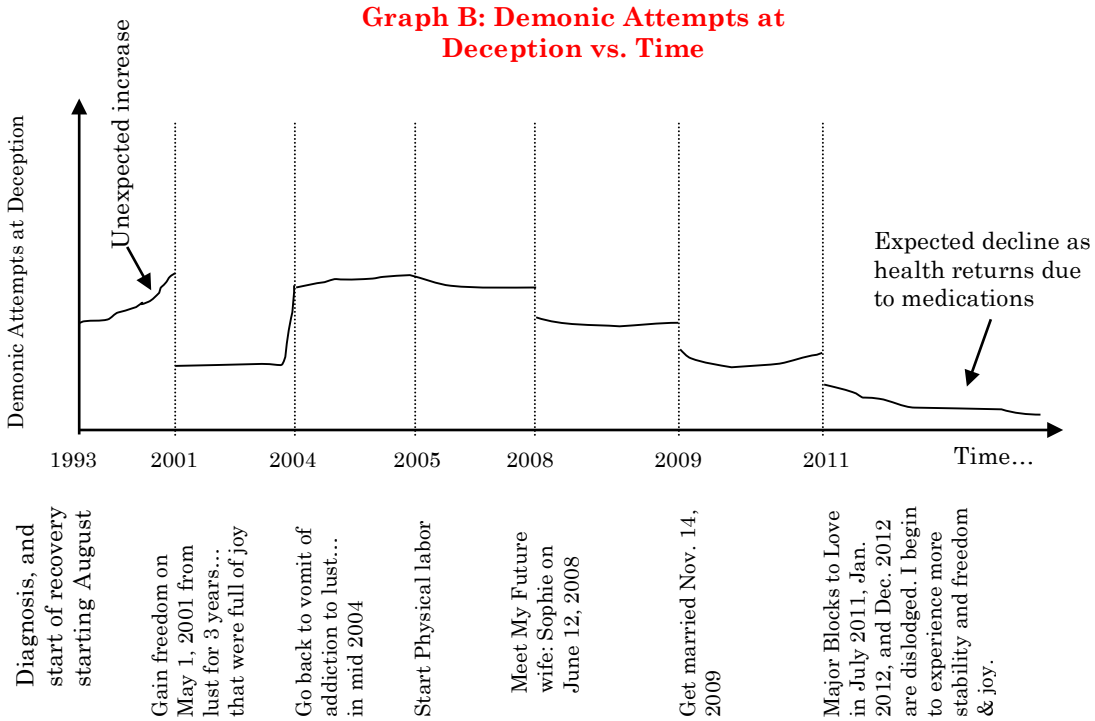
1965: Born in South Africa
1976 March: Immigrated to Alberta, Canada
1989 summer: Re-conversion to Christ
1991 Aug.: Moved to Vancouver, BC to attend UBC
1992 Feb.: Went to Overflowing Grace conference
1992 March: Dark Journey starts
1992 April: Become demonized by granting a foothold to a demon
1992 July-Aug.: Leave Vancouver, BC for two months to spend time with Mom and Dad in Devon, Alberta
1992 Dec.: Mom performs a successful exorcism on me. See a beautiful pure white light piercing the darkness in St. Maria Goretti Church in Devon, Alberta
1993 Jan.: Start seeing Alex Angioli for counseling
1993 July: Start seeing Dr. Pullmer a psychiatrist for help
1993 Aug.: Stop seeing Alex Angioli, and Dr. Pullmer
1993 Sept.: Enter Psychiatric Ward at VGH and eventually get put on the medication called Risperdal, and begin a slow, and painful recovery
1993 Dec.: Exit VGH
1994 Jan.: Start of long, chaos filled wait for God to move in my life
2001 May: God begins to move in my life. The first impurity is removed, and joy begins to return. I then start to learn how to walk in Freedom from here onwards…
2007 Oct.: I continue to struggle with fighting off delusions. Its like being a computer that is attacked by many vicious viruses that are attempting to over write and re-write what I have come to believe in my mind and heart as true. I would later realize that these viruses where toxic codes I let demons write on my heart and in my mind as a young child. There is no running away from this confrontation. The codes would have to be corrected one at a time. God is good! I am not giving up!
2009 Nov. Got married to Sophie
2012 Jan.: More of the BIG stuff is dealt with. Won through to a measure of love that I had hoped for and not experienced for such a long time!!!
2013 Mar.-2014 August: A lot of BIG stuff is dealt with or being dealt with… No longer rooted in rejection and wanting revenge. Thinking more and more positively and truthfully. Having fewer paradigm shifts… becoming grounded in my identity in Christ. Start to trample on demons… and start to walk in more and more freedom… still a fight… Having longer periods of sanity… My people pleasing side is dead… and I am feeling healthier as time goes by… My judgmental mentality roots are being dealt with: less intolerance.
2015-2016. Started to deal death blows to my conceitedness/ pride/ envy/ judgmental ism/ unhealthy anger/ arrogance/ apathy. Also learned what real confession is and how to repent in prayer for more things than just giving up resentments. Learn how to change attitudes, renew the mind, learn what it means to submit to God and resist the devil among a host of other little "t"-truths.

The next pages contain some Graphs that I explain:



Graph A Explanation:

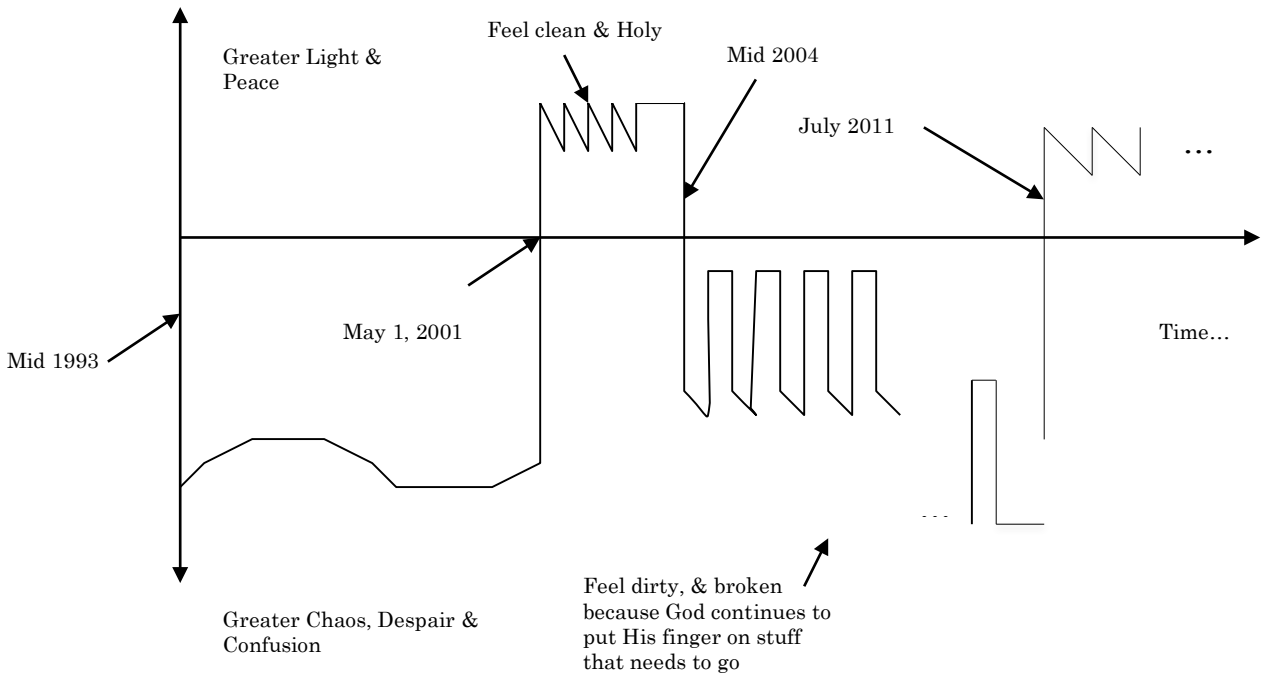
Describes the variation in those brain functions affected by my schizophrenia. The graph starts out with showing a healthy brain (100% functioning ability). When the Dark Night starts, certain brain functions plummet and gradually deteriorate. The sharp peak and sharp dip before I was diagnosed represent: (1) the Saint Maria Goretti incident, and (2) the swimming pool incident respectively. The peak shortly before diagnosis shows that one evening of having significant brain functions restored. The sharp drop shows just how devastatingly ill I became. Then comes the start of my recovery through medications, prayer, and perseverance.



Graph B Explained:

Records the amount of demonic deception I encountered starting after my diagnosis and being put on correct medications. The more my brain began to work, the more delusions I was confronted with. This hit its peak around the May 2001 after that I experienced much joy for 3 years because Jesus set me free in one area of my life. Depending on what was happening the deception either became more cunning, real, and hard to recognize or diminished. There were many times when I walked about deluded. It will steadily decline over the coming years.

Graph C: Peace & Light vs. Chaos, Despair, & Confusion over Time.

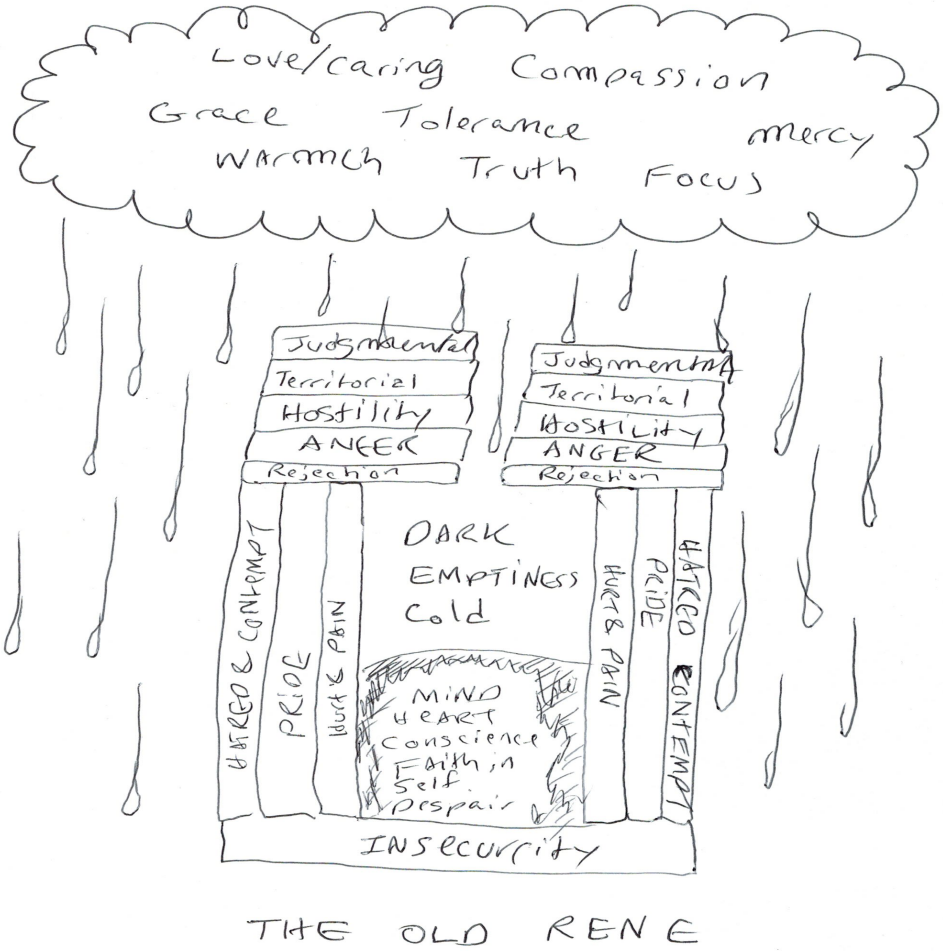


Graph C Explanation:

Traces out the chaos, despair, and confusion vs. peace and light I felt after diagnosis and medication began to be administered in mid 1993. As the brain functions improved I moved to more light and peace only to have the tinkered perceptions of my situation get a little more hopeless as time went by. But this too began to get better after the worst years passed. Then starting on May 1, 2001 God injected life, hope, faith, direction, and love within me and I began to practice Chastity until mid 2004 when I lost it again. God then began to slowly show me how to practice it again there after by teaching me to abide in Jesus (this takes time and is never finished). As I continued to journey back into the light God was showing me stuff that needed to be dealt with (revelations would

catapult me into more light only to evaporate: this would repeat over and over again). Then near the beginning of Feb. 2010 I was catapulted into the light and found peace and love towards others within me again briefly (instead of only showing love by only carrying my cross) as I now relate:

PUTTING UP WALLS & TEARING THEM DOWN:



Explanation of Diagrams Above:

All the walls surrounding the inner me represent my inability to embrace all the seeds of Love, Compassion, Mercy, Tolerance, and Grace that came my way from

all sorts of people and therefore leaving me not able to grow it and reciprocate it well. It also blinded me from remembering and retaining and enjoying, savoring, and celebrating life. This led to a deep sadness and darkness within me for such a long time in my journey. It also represents my mind's reduced capacity to remember and understand things and to make good, sound, and quick decisions. It became this way when out of my pride I judged my peers from South Africa in anger and hated them for rejecting me in my early years. I therefore vowed to trust no human fully again. Because I did these things I had great difficulty in seeing the good in others; I wasn't able to encourage others; believe in others; and was also unable to feel compassion, empathy, and sympathy for others. Also it was revealed to me that I had made a childhood vow to being open to verbal revenge out of my pride that kept me gravitated towards criticism and judgmental-ism. Also, I wrongly believed that if there was sin in any person's life then that made us evil. Problem was that I gravitated to hating people I thought were evil no matter how much I resisted it. Therefore, I had self-hatred and hatred of others. God slowly took steps to destroy these dynamics within me with a major part of the puzzle was solved in Jan. 2012; and then another in Dec. 2012, and again in May 2013. Thankfully God has broken the funnel and the walls and now much more comes in, more is retained; and more is given from me to others.

I have become acutely aware that principles, maxims, and truths are important as channels of grace. But I'm also aware that correct thinking is important. But without my focus on Jesus and listening to Him, truths become laws that make nothing perfect. Jesus is the way, the truth, and the life.

Realized that most of the time I stood at two extremes: legalistic, judgmental rule keeper or Approval Seeker. Realizing this the Holy Spirit led me to repent from setting up idols of approval in my heart and then to commit myself to seeking people's best interests instead angrily violating my conscience. A little later Joyce Meyer showed me what was behind my people pleasing behaviors: my selfishness (I wanted to manipulate people into liking me). Repenting from this brought much more stability, freedom, and peace into my life.

When dealing with my hatred: I need to ask the Holy Spirit what rule or ruler or lie that I used to judge people with and because these lies landed up causing me to hate people. Next I repent with Jesus' help from having believed these rules, rulers, or lies and I then replace those lies with liberating truth with God's help. After that I repent in faith from having hated those I hated and look for ways to love them for their highest good.

The only way to rid oneself of the rejection mentality is to realize that there are two negative reactions to being rejected. One is to view oneself as a victim and live out of it by erecting walls. The other is to try to control others to make oneself

happy… but this leads to more rejection because no one knows what I want nor are they desiring what I wrongly want: a “me”-centered universe. Either way deciding to love those who reject us in the face of rejection is key to being liberated from rejection and maintaining friendships.

Moreover, I needed to learn a new way of relating with others. One that is “Spirit” led not “might” driven. This required a fresh-re-vamping of how I viewed Jesus’ Passion.

Who did what; and what were the motivations of those involved in Jesus’ Passion. Here Derek Flood opened my eyes to see a God of love reconciling us to Him self by absorbing our poisons and giving us life instead. God the Father never vented His wrath on Jesus to pay for our sins so He could somehow forgive us (there is no such thing as penal substitution in the Passion of Jesus Christ). Jesus was rejected by us (that part of us (called the flesh: or our independence) that is at war with Him… and that hurts others and us). Jesus was rejected by us… but He never rejected us… and in so doing He reconciles us to God.

This revelation erased the lie in my head that God had a mean side to Him: one that was hard, vindictive, revengeful, that wanted to hurt us back. Yes there is a Lake of Fire… but it is restorative in nature not retributive. The fires (metaphorically speaking) are meant to heal those there… but those there resist this fire because they wish to remain independent of God. Hence they suffer.

This restorative non penal-substitution view of Jesus Passion and God’s justice leads to viewing non-violence as a way to heal and protect the innocent and the best way to mending relationships instead of hurting others. This starts with how we communicate verbally: do we use out tongues as weapons? Or do we use them to encourage, build up, care, and gently lead others in the way that is best for them. If we communicate healthily then physical violence has a better chance of never resulting… because we have turned the other cheek in the way we deal with verbal conflict.

Next, repenting from taking God’s judgment seat and also from judging how Satan judges… because there is no grace when we act proudly. This is a root to the judgmental mindset that when repented from in faith in prayer yanks it out and brings more good fruit. But there can be more roots. Eliminating roots will bring freedom from judging.

A proud person is also one who thinks his or her sins aren't as bad as anyone else's, i.e.) they judge everyone else's sins to be far worse than their own. When this operates in a person's life judging others comes naturally to them even if they don't want to judge. Fundamentalist Christians do this when they judge homosexuals harshly but turn around and judge their own sins as acceptable or

not as bad. People who do this handicap themselves when it comes to loving those they see as different from themselves. Realizing this and renewing one's mind with the truth and rejecting the lie sets one free from this root to judging compulsively.

When God's image in our minds and hearts is distorted we will live out that distortion. Remaining loyal to the God who is foremost LOVE will empower us to love more and more. Satan's lies ought to be fought off by abiding in Jesus and His teaching. The lies are meant to destroy love in our lives for God, others and self.

Seeing sin as violence is important if we don't want to sin. To stop sinning means we need to reject the violence but that requires realizing that violence (verbal, intrigue, or brutality) is not justice. Repenting in faith with Jesus' help in prayer sets us free to love more deeply and less judgmentally.

I now realize that honesty is so important to spirituality. Pretending to embrace beliefs because it feels good is not wise…better to be at the cross roads and admitting to discrepancies and living according to the light in one's conscience whatever that might be. Wanting others to be honest about their truth and the state of their souls and relationships is more important than being afraid of rejection and is a key to setting people free and living in freedom.

Healthy relating in relationships is what holiness is about. Honesty about what is in our souls is what holiness is about. Respecting other people's boundaries is what holiness is about. Not judging or condemning others is holiness. Being merciful is holiness. Hungering for restorative justice is holiness. Saying no to violence as justice either by tongue, intrigue, or brutality is holiness. This is worshipping the creator in healthy ways and is holiness and it takes faith to get there.

I now realize that I have harbored contempt in my mind for all sorts of people when I had disputes with them or when I rightly or wrongfully believed my boundaries to have been violated. When this happened in the past I would go psychotic and get turned inwards, and then try to fight all the black negativity and hatred I felt inside (trying to get back to love and peace instead) by analyzing (but the analyzing did not work). What did work was simply asking God to help and then to listen to Him when He revealed the truth that got me out of each infraction: I needed to change my unhealthy views of the character of each person to healthy ones (i.e. reversing the contempt). Love does not dishonor others. Contempt is identity assassination!

But after realizing that I had a major stronghold of directing "CONTEMPT" towards all sorts of people I knew I needed to pray to the God of LOVE to renew my mind and attitude. I prayed asking in faith for God to reverse the contempt in me for each person I had contempt for which led to me seeing all people in healthier

ways. This gives me more freedom to love and not to go to that rut of contempt. Scales have fallen from my eyes...and my self-pity is dealt another blow! I don't see making my expectations known to others as needing to come from a negative place, or a confrontational place. Thank you Holy Trinity for setting me free in this area! Amen and Amen!

Got a surprise by reading more of Romans 12 at work. I got it when it talked about "not cursing" and I asked myself: "What is cursing?" and I then felt something resonate in my heart about me having cursed stuff and people in the past…like the Holy Spirit put its finger on stuff I needed to repent from in prayer. Turns out that another root to meanness, judging, and unhealthy default anger responses got removed. Thank you Holy Spirit for healing me! Amen!

Not wanting to feel other people's suffering or pain when they speak to me has been going on for a long time because I would feel such negative gloomy sadness when people shared their feelings tied to betrayals, injustices, and unfairness visited on them. I felt guilt, anger, and impatience towards them each time this dynamic arose. I thought it was because of some terrible sin in my past whose location was lost in darkness and not repented from yet. But today I realized that I could not feel other people's pain because I did not want to feel my own sadness, negativity, and depression (much tied to childhood claims of unfairness). Is there a way out? Yes! The answer is to regularly verbally give myself permission to feel and express my feelings, and just as important to give everyone else permission to express and feel in my presence what they are going through. There are results: growing empathy! Things can only get better!

Realizing that I was still committed to, "an eye for an eye and a tooth for a tooth" revenge because I realized that I wanted to give grace to those who did good and retribution to those who annoyed me. We are all sinners and my sins are not better than anyone else's…! Jesus mentions this "eye for an eye…" saying in the Sermon on the Mount…and gives a better way: overcome evil with good: don't take revenge: use non-violence (which does not mean do nothing) as a pathway to healing and peace. This commitment to revenge I made so long ago complicated my life: it drew me towards judging others and hurting them.

I realized that I demanded that others treat me the way I treated them. This applied to forgiveness too. I don't deserve to be forgiven by anyone so I can't demand it. I demanded that people treat me a certain way. I can't control others. I need to set people free to be themselves.

Realized that I can try to counter judging with right thinking…but that won't get at the root of stopping the judging. The root of judging is pride. Killing pride kills

judging. Google: “how to kill pride” for ideas on how to kill pride: some pretty good stuff that has been helpful to me…!

I think it possible that proud people despise humble people. Moreover I know that in myself that I struggle to do the humble things…and often fail because I prefer the proud, dominant, in-your-face-f—k-you-justice mindset reaction. Lord God humility comes from you! Please help me to renew my mind; I repent in faith from this horrific attitude/ disposition/ insanity/ and inconsiderate way of life. Please change my heart and grow in me the practice of humility… for apart from you I can do nothing.

Began to realize that it is not hard to get God to heal us of our wounds, spiritual-illnesses, bad habits, and pride. But it takes time, walking with Jesus, and being able to recognize His voice and obey it. Taking responsibility for our sins, confessing them to God, recounting their histories, and asking God for insight into the lies we believed that robs of life, and waiting for Him to speak (through media, friends, enemies, community, church, in our thoughts, and inner voice) and then to renew our minds and hearts with His truth, the truths that set us free to love.

Realized that there was more to the rejections I have suffered with throughout my life. I needed to forgive myself for my part in getting rejected by others.

Realized that I in prayer needed to work (like previously stated) through my attitudes of scoffing, ridiculing, and a judgmental sort towards others …this allowed Jesus to destroy even more of the strongholds of pride within me. Jesus came to undo the works of the devil. I also had to forgive those who judged me and put me in boxes by trying to bring about justice in a retributive way which never works.

Fear is a killer of (natural and supernatural) love. Fallen angels try to motivate us through blind obedience to the powers that may be; and when we are in their grips it dries up our love and warmth. God does not motivate us through fear: Perfect love casts out all fear. Jesus taught to never give authority/ honor/ respect/ power to anyone when that authority alone belongs to God. If we give such power to mere humans then we will invite fear, blind obedience, and a hurting conscience as we are torn between what fallible people expect, and the truth in our hearts. Blind obedience makes us hurt others. Blind obedience kills intuition.

I now know that I can determine what I think about instead of being at the mercy of somebody else with an agenda that aims to kill, steal, and destroy. I can choose what to focus on and think about. When I have overwhelming negative emotions I know they are there because of my thoughts. I just need to examine the thoughts, where they go faulty, wrong, misguided, and toxic and march onto the truth with

the light of Jesus guiding the way. This restores the peace and compassion in me. Thank you Joyce Meyer for this wisdom!

I also know that "complaining" has been the door that got me to be a slave to judgmental ism. Closing this door regularly throughout the day is freeing me from my judgmental ism. Just because I am tested regularly by negative stuff does not mean I am on the wrong path…it means I am in battles…and that is the safest place to be. Being an idealist is unhealthy because it creates expectations from self and others that we just can't live up to in this life.

I realized that I was conceited because I was told what real conceit was…I was able to repent from this (Cf. Killing Pride Essay from this Website for details). I realized that my conceited ness was a lens that blinded me and made me very difficult to be around, judgmental, jealous, irritable, and ungracious. All of this has been dealt with thanks to Jesus Christ, the Holy Spirit, and God the Father! Amen.

I then realized that the unwanted grin on my face had more roots. One was arrogance (which I prayed through (Cf. Killing Pride Essay from this Website)), the other was me putting up a wall that kept others at a far distance from me that kept me from being able to have more intimacy and love others. This wall was the lie that all people wrongly saw themselves as special in a pompous way, and that I was better than them.

I just realized why I compulsively judged people to be shallow hypocrites for most of my life. I was rejected by some children as a child…and so out of this wound of rejection from a few small children when anyone seemingly did something noble I believed the lie that what they did was for attention (just like the few children) and they did not really care about anyone else (because I believed that they did not care for me like the few children who did not care). This pride-judgment-mentality in me grew and grew and eventually pervaded most of my thinking ever since then until recently even though the leaps or jumps in logic were illogical and absurd. By rejecting any noble act done by others, I told myself that all people were just attention seekers and really did not care for anyone besides themselves. There was one exception: I blindly and proudly thought I was different for a long time.

This lie became a wall that destroyed intimacy, caring, love, warmth, and deep relationships…I became shallow and proud.

My compulsive judging stopped when this lie was revealed to me by the Holy Spirit. Seeing the lie for what it is I was able to humble myself and find freedom.

I learned that one does not repent from anger. Anger is a warning that something is wrong. I'm allowed to be angry…when I tried to repent from my anger I just got an angry attitude that would not go away. I became more mean, more impatient,

more un-forgiving, and more inhuman within but outside I managed for the most part to be peaceable which is what I wanted. When this darkness began, it escalated into hateful thoughts, very angry and hostile thoughts, hurtful thoughts, and swear words directed to God and myself entering into my head with me unable to quiet them as they incessantly invaded my prayers and thwarted my desires to be of good will. I went to a really dark place (unable to forgive people). I did not know if it was the result of my schizophrenia, or a recent decision I made, or both. I was wrong on the second count. When I realized that my anger ought not be repented from but treated with respect as a warning, I found softness in my heart again. But unfortunately it took the above mess to seep out and me hurting someone badly in order for me to get to the bottom of this. I am now free to love again having dealt with this unhealthy mess in a healthy way! Thank you Jesus; and thank you Sophie for not giving up on me!

******Have been learning so much…so much inner change… look at my Blog: starting 2016 for more info, along with the "Insights" page from this Website*******