

JOURNEY

FREEDOM!



Traveler's Handbook:
Uprooting generational
heart-attitudes and roots

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Uprooting generational
heart-attitudes and
roots

There is a balm in
Gilead that heals
the wounded
soul ... in is found
in the Healing
Hands of our Abba
Father

Amanda Buys' Spiritual Covering

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The Priestly Blessing ...

Numbers 6:24-26

“²⁴ The LORD bless thee, and keep thee: ²⁵ The LORD make his face shine upon thee, and be gracious unto thee: ²⁶ The LORD lift up his countenance upon thee, and give thee peace.”

The Priestly Blessing ...

Hebraic Translation

"YHVH will kneel before you presenting gifts, and He will guard you with a hedge of protection, YHVH will illuminate the wholeness of His Being toward you, bringing order, and He will provide you with love, sustenance, and friendship, YHVH will lift up the wholeness of His Being and look upon you, and He will set in place all you need to be whole and complete."

The Priestly Blessing¹

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:

and may he guard you the LORD may he bless you

May the LORD² bless you³ and keep you⁴

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַנְךָ:

and show you favor on you his face the LORD May he shine

May the LORD make His face⁵ shine⁶ upon you and be gracious⁷ to you

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם:

peace for you and establish on you his face the LORD may he lift up

May the LORD lift up⁸ his face to you and give you peace⁹

¹ This blessing is (ritually) recited (by the kohanim) during synagogue services during *Nesiat Kapayim* ("the Raising of the Hands"), though it is also recited over children on Friday night before the start of the Shabbat meal or as a bedtime blessing.

² The name *YHVH* (יהוה) represents God's attributes of love and mercy (מִדַּת הַרַחֲמִים), in contradistinction to the name *Elohim* (אֱלֹהִים), which represents God's attribute of justice and power as our Creator.

³ בְּרַכָּה (*b'rachah*). Jewish tradition considers this both material and spiritual prosperity. Pirkei Avot 3:15 says, "If there is no flour, there is no Torah," by which is meant that material benefits are intended to help you pursue study of Torah. The first occurrence of the word "blessing" in the Scriptures pertains to *pru urvu* (פְּרוּ וּרְבוּ), "be fruitful and multiply" (Gen. 1:22).

⁴ שָׁמַר (*shamar*): To guard, protect, heed, as in the exercise of diligent care. Only God has the power to secure the conferred blessing and keep it from turning sour or from fading away.

⁵ The word for "face" (פָּנִים) is plural with the 3rd person singular ending. It is considered metaphorical since God is incorporeal. The plural form is thought by some to indicate God's revealed and hidden attributes in creation.

⁶ The hiphil verb (יָאֵר) comes from the word "light" (אֹר), and is thought to refer to God's wisdom. "May God enlighten you" with His wisdom, i.e., the Divine Light that preceded the work of creation (Gen. 1:3).

⁷ May God grant you grace or favor (חֵן), i.e., to understand the "breadth and length and height and depth" of God's love (Eph. 3:18). Grace refers to the bestowal of an undeserved gift. The blessing is bestowed even though unearned or unmerited.

⁸ Since one's face is an indication of the heart's attitude, Rashi says that this means God will suppress His anger by "looking at you" (if God is angry at you, He "turns His face away" and refuses to admit your presence). The "lifting of face" also pictures God lifting you up as a father might lift up his child in joy. The "showing of face" indicates spiritual intimacy.

⁹ All of the other blessings are useless without the establishment of inner peace, and therefore it is the seal of the blessing. Shalom (שְׁלוֹם) is not simply the absence of strife, but a balance and harmony between the finite and infinite, the temporal and the eternal, the material and the spiritual realms. Shalom is a gift from Sar Shalom (שַׂר שְׁלוֹם), the Prince of Peace.

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PREFACE

This is the fifth and final manual-group, the *“Traveler’s Handbooks”*, in the *“Journey2Freedom”* course. In the previous manuals we have studied:

- *“Man’s Purpose And The Gifts Of The Spirit”*

We discovered that each and everyone of us have been created by **God the Father** with a **UNIQUE** purpose and destiny. In fulfilling this **purpose**, God has placed within each of us a special combination of **gifts**. When we discover our gifts, and **develop** them, we are able to walk in **God’s Destiny** for us ... as well as being able to bless and **help others**. We also learnt how to **protect** our gifts from attack.

- *“Generational Blessings”*

Each and every one of us have been given a **piece of land**, a garden. This land represents ourselves, as well as our **family**. We studied the important and vital role of the **father** – how it is his job to keep, protect, and **nurture** the garden of our family. As **priest** of the home, a father has a mandate to **bless** his children. This **blessing** is not simply speaking words of encouragement – but **role-modeling**, training, and **teaching** our children to walk in **God’s Ways** and **SH’MA** His Voice in **LOVING** obedience. It is a father that establishes our **identity** and gives us **significance** ... and it is a father’s **purpose** to bring up his children in the LORD, leaving behind a **generational legacy** of righteousness.

- *“Blessings And Curses Over Motherhood”*

Just as important is the role of the father, so is the role of the **mother** to **nurture** and bond with her children. It is from our mothers that we learn to **develop** and interact in **relationships** ... we learn to either **LOVE** or FEAR, depending on our mother’s nurturing.

- *“Understanding water baptism (MIKVAH) and the baptism of the Holy Spirit”*

In order to possess and enter our land, we must be **empowered** and equipped! Both the water baptism [**mikvah**] and baptism in the **Holy Spirit** set us apart as unto the LORD, and empower us to walk this journey with **success**. The baptism in water [**mikvah**] of repentance is our declaration of **following Messiah** Y’shua [Jesus] as King and LORD ... it is our “change of status” from slavery and bondage to **NEW life** in Messiah. Baptism in the Holy Spirit is our receiving our own **special** prayer language – we now speak God’s Language! The Holy Spirit is also our **Perfect Counsellor**, directing and guiding our steps on this journey. He guides us into all **Truth**, strengthens us, and brings us **refreshing**.

- "Journey2Freedom – The Three Traveler's Handbooks"

Finally, like Israel in the Book of Deuteronomy, we are standing on the **border**, looking into the land. We have **come out** of Egypt, been through the Red Sea [**mikvah**], received the **Covenant** at Mount Sinai, and learnt the lessons of the **wilderness**. We are ready to enter and POSSESS the land. We have seen the **giants** and places of strongholds – and yet we know we have the **VICTORY** in Messiah! He will **lead us** into battle, and grant us the victory. Are you **ready** for the battle?



In this manual, we will be explaining the **warfare** ... just what the enemy is, how he and his kingdom **operate**, and the **weapons** we have in **Messiah** to fight. God has given us the land – His Fullness, Wholeness, and **FREEDOM** in Messiah – but we must **possess** it, we must fight. Are you **prepared** to take action? The **WILL** to possess the land is going to be one of the most important factors in gaining the **VICTORY**. The rest is just basic, straight-forward, **battle tactics** and warfare strategy. The motto? **Know** your enemy ... and be on the **offensive**.

Deuteronomy 1:21 "21 Behold, the Lord your God has set the land before you; go up and possess it, as the Lord, the God of your fathers, has said to you. Fear not, neither be dismayed."

We end this manual by looking at "the **other side** of the coin" – dealing with EMOTIONAL roots and pain. Satan does not only put us in bondage ... but he also **bruises** us. These bruises grow roots, which we will **need to face** and root out of our lives. The roots we will be looking at are: bitterness, **rejection**, rebellion, and pride. We will work through **forgiveness** and learn to **let go** of the past so that we can **embrace** our PURPOSE and destiny in Messiah Y'shua [Jesus]!

Introduction ...



We are now starting on the most sensitive area of this course, the area of our EMOTIONS. The main objective of satan is to hurt every person born into this world, to bruise him. These bruises give the enemy a place in a person's life to perform his destructive work.

Innocent children, who are a particular target of the enemy, carry these bruises throughout their childhood, growing into adults who are never really free to be the people God intended them to be. Fears, insecurities, bitterness, rejection, an inability to build healthy relationships ... all prove this work. The oppression of the enemy will remain there until the works (lies) of the enemy are exposed and loosed.

To be alive, one must be able to connect spiritually and emotionally.

The blessings vs. emotional abuse . . .

We learned in the manual *Generational Blessings* [J2F Book 2] how important it is that we need to receive words of blessing and affirmation – they are emotional building blocks vital for personal growth and development.

Proverbs 15:23 “23 A man has joy in making an apt answer, and a word spoken at the right moment—how good it is!”

Proverbs 25:11 “11 A word fitly spoken and in due season is like apples of gold in settings of silver.”

Proverbs 12:25 “25 Anxiety in a man’s heart weighs it down, but an encouraging word makes it glad.”

Emotional abuse threatens to become a national illness. The emotional abuse of children can lead, in adulthood, to addiction, rage, a severely damaged sense of self and an inability to truly bond with others.

Of all the forms of child abuse, emotional abuse may be the cruelest and longest lasting of all. Emotional abuse is the systematic diminishment of another. It is designed to reduce a child’s self-concept to the point where the victim considers himself unworthy – unworthy of respect, unworthy of friendship, unworthy of the natural birthright of all children ... love and protection.

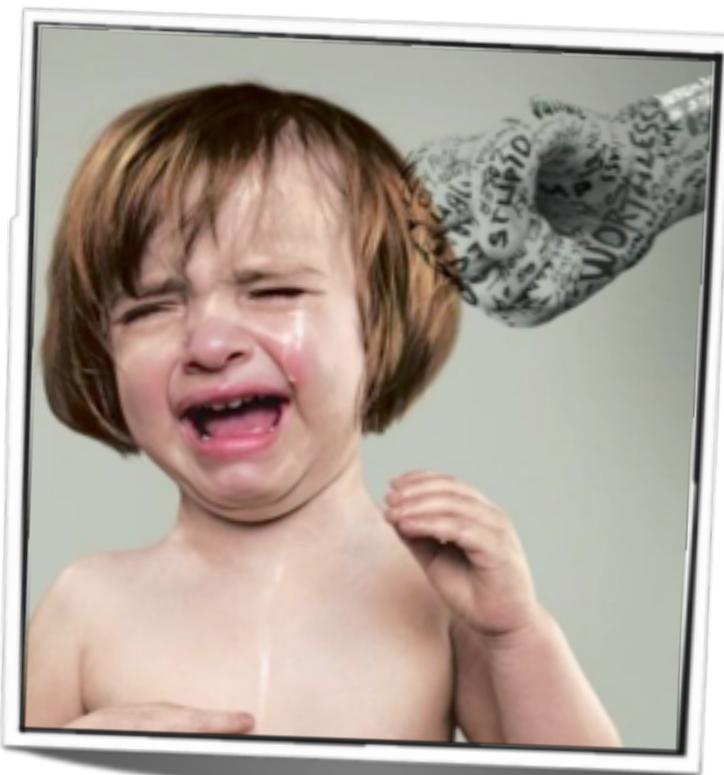
Emotional abuse can be as deliberate as a gunshot: *“You’re fat! You’re stupid! You’re ugly!”* Emotional abuse can be active: *“You’ll never be the success your brother was. I’m ashamed you’re my son/daughter ...”*

Emotional abuse conditions the child to expect abuse in later life. It is a time bomb, but its effects are rarely visible, because the emotionally abused tend to implode, turning the anger against themselves¹.

If a parent rejects a child then their identity is defiled. This leaves the child to drink from the wellspring of shame. Once our identity is cursed, shame becomes the basis of our existence, the filter through which every thought and emotion is processed.

Our view of others and our concept of the future is radically altered and contorted by this filter of shame. Saying, *“I made a mistake”* is healthy and comes from well-balanced introspection. But shame takes one beyond *“I made a mistake”* to the abyss of *“I am a mistake”*.

Shame is a feeling of being defective, of being infected and quarantined with a rare disease that has no cure. A person whose identity has been cursed will live either under the banner of extreme worthlessness or under the banner of artificial independence and self-sufficiency.



Symptoms of worthlessness are:

- Anger when circumstances are out of control.
- Fear of emotion.
- Fear of experiencing feelings.
- Fear of losing control.
- Difficulty saying “NO”.
- Fear of trying new things.
- Fear of failure or failing.
- Dependence and/or co-dependence.
- Walking in reluctant responsibility.

¹ Concept taken from *“You Carry The Cure In Your Own Heart”* by Andrew Vachss.

- Walking in false responsibility.
- Frequent depression.
- Compulsive sin or addiction.
- Need to succeed in order to be accepted.
- Procrastination.
- Independence and self-sufficiency.
- Isolation – difficulty making close friends.
- Avoidance of getting into a position of need or dependence.
- Difficulty asking a favour or for help.
- A better giver than receiver.
- Fear or discomfort being in a small group without being the leader.
- Discomfort being in a small group.
- Feeling of being tolerated rather than chosen.
- Having been a recipient, feeling a need to repay.
- Restlessness.
- Compulsion – drawn to schemes to make money.

If you identify with any of these descriptions, your experiences may be in some measure abuse in your childhood. Take heart and be encouraged, because we will discover in this manual how to work with the pain in your past and how to continue on this “Journey2Freedom”!



Part I:
The bruises of
the enemy

Messiah Y'shua [Jesus Christ], Who is the same, yesterday, today, and forever, has come to destroy the works of the enemy and to set the captives free who are bruised and broken hearted.



When we are wounded, we are victims who did not CHOOSE to get hurt. We then form various ways to try and defend ourselves. Some examples are:

DENIAL ... we then create hiding patterns. We also try to defend ourselves with various self-defense mechanisms like anger, “macho” attitudes, being shy, lonely, and withdrawn. This leads us to be uncomfortable with love.

Luke 4:18 “18 **The Spirit of the Lord [is] upon Me, because He has anointed Me [the Anointed One, the Messiah] to preach the good news (the Gospel) to the poor; He has sent Me to announce release to the captives and recovery of sight to the blind, to send forth as delivered those who are oppressed [who are downtrodden, bruised, crushed, and broken down by calamity],”**

Isaiah 61:1-4 “1 **THE SPIRIT of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good tidings to the meek, the poor, and afflicted; He has sent me to bind up and heal the brokenhearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound, 2 To proclaim the acceptable year of the Lord [the year of His favor] and the day of vengeance of our God, to comfort all who mourn, 3 To grant [consolation and joy] to those who mourn in Zion—to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened, and failing spirit—that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified. 4 And they shall rebuild the ancient ruins; they shall raise up the former desolations and renew the ruined cities, the devastations of many generations.”**

What is the Hebrew understanding of "clean" and "unclean"?

Holy = "Kadosh"	Common = "Chol"
CLEAN = "T'HOR"	UNCLEAN = "TAMEI"
Set apart royal priesthood, holy nation.	Any thing that is manmade, self-effort, pleasing to the flesh.
The explanation of this word defines it as: "having our fragmented soul made whole, unity, and completeness".	The explanation of this word defines it as: "fragmented, incomplete, incapable of perfection or completion."

In a healthy and Godly family (where the father has been restored to his priesthood), it is the father's role to take the broken and fragmented pieces of his family, and bring them to wholeness. This is part of the emotional-healing process.

We, as emotional beings, can be bruised ...

One of the enemy's greatest goals is to BRUISE us, especially when young. This is satan's OBJECTIVE.

- By inflicting deep wounds, satan can acquire territory (not only through sin) and he can then bring oppression, confusion, and control over the person through these emotional bruises. All newly born things – such as baby Christians, new marriages, new ministries, and so forth – becomes the target of satan to bruise and ultimately to destroy. Satan aims to lay a crooked foundation from the very beginning of birthing something new.
- The objective of the bruising (John 10:10) of satan is to bring us to a place where we cannot have a proper relationship with anyone ... to separate and destroy us. Destroying trust leads to a spirit of betrayal.
- Our deepest problems lie in relationships. We do not have the ability any longer to communicate, or to give love, and we are filled with feelings of guilt, condemnation, rejection, insecurity and desolation. For example, a child born too early and put into an incubator may have a foundation of abandonment and loneliness – the child does not bond properly with the mother, affecting his/her relationships in life. Not one of the above mentioned is an ingredient for a relationship.
- The deepest problems are a result of things experienced in childhood, as well as the things that had to be endured alone. BUT children from stable homes can endure many negative things and still stay reasonably free emotionally. A stable parent/child relationship and a good father image are powerful weapons against satan's onslaughts.

Y'shua [Jesus] was bruised for our healing (Isaiah 53:5, 10) – physically and emotionally!

Y'shua [Jesus] was:

- Betrayed by a close friend (Judas).
- Rejected (Isaiah 53:2-3).
- Falsely accused (Matthew 12:24).
- Hated.
- Forsaken.

Examples of the bruises of the enemy ...

DIVORCE – Broken parent relationship.

- Results:
 - Insecurity and rejection.
 - The security of a child is based on the father/mother relationship.
 - When this is taken away, the child's security is removed.
- Symptoms:
 - Fear, insecurity, anxiety, depression, withdrawal.
 - Live in a fantasy world (day-dreaming all day).
 - Many symptoms come through rejection.

UNFAIR TREATMENT – Man is built upon a basis of justice. We have a sense of right and wrong, of justice. Unfair treatment does something to man that allows demons to penetrate his soul.

- Results:
 - Anger, hatred, bitterness.
- Symptoms:
 - Anger, outbursts of wrath, enmity, failure, passivity, vindictiveness, revenge.



SEXUAL ABUSE (especially INCEST).

- Results for a GIRL:
 - Guilt, condemnation, shame.
 - She feels its her fault. Cannot look at her body because it is now a source of shame.
 - Cannot build a relationship with her father (if he abused her).
 - Later in her life, she will either be very active sexually (a spirit of lust will enter), or,
 - She will be sexually frigid and fear men. Feelings of shame will be so strong that she will not be able to have a normal marriage relationship.
- Results for a BOY:
 - Homosexuality, opens the door to a spirit of perversity.
 - His emotions are twisted by this experience and demonization takes place.
- Symptoms:
 - Emotionally incapable of coping, self-hatred.

VIOLENCE.

- Results:
 - Fear, anxiety, panic attacks, phobias, compulsive behaviour.
- Symptoms:
 - Withdrawal, hardness, anger, outbursts of violence, timidity.

WORDS THAT ARE SPOKEN – “You are just like your father/mother”. The child believes the lie and gives up trying to improve.

- Result:
 - Curses are spoken/placed on the child.
- Symptoms:
 - Depression.

Thought patterns are formed by BRUISES ...

As a result of an emotional bruise, tremendous pressure builds up. The will becomes a lid that forces this pressure down and suppresses it. A lot of physical energy and willpower is needed to suppress the painful memories.



Memories and emotions are stored in the **subconscious** mind

The pain is constant. The person becomes uncontrolled in his emotions – one day up, next day down, becoming emotionally very unstable. If the will stops functioning, as in passivity, a big eruption will take place. At this point, the will weakens (becomes too tired to suppress), and the oppression pushes up into the conscious mind at any time.

The person is now controlled and manipulated by what the enemy projects into your mind ... for instance, fear, rejection, shame, inferiority – whatever is linked to that bruise/oppression.

There can be great emotional turmoil caused by thoughts that are demonically controlled. A blockage in the mind causes a blockage in the spirit. Examples of blockages include fear, anger, hatred, and so forth.

NOTE! A passive mind loses all control. When the will does not suppress or control the emotions any longer, you are not in control any more.

What is the final result of the enemy's bruising?

The bruises of the enemy become BONDAGES. We are bound by bitterness towards the one who has wounded us, and are also bound by not giving or receiving love.

When we get hurt and bruises follow, we tend to judge those that hurt us. Forgiveness means releasing the judgments. Do not look to those that hurt you to come and say they're sorry – let them go – also of the feeling that they owe you something. In reality, it does not matter.

In some people their thoughts and emotions are frozen/buried in their subconscious mind in time with a “time-clock”. Only God can touch that, heal you, and set you free. You can make right in the present by forgiving people ... but only God can move into the deep places of your heart and touch the past!



REMEMBER! Inner healing and deliverance is ONE ministry. You cannot separate them from one another – like two sides of a coin.

One needs to wait on the Holy Spirit to show you what caused the original wound that is now keeping you in bondage. When the wound was caused, demons entered through shock, transference, trauma, and so forth. The memories need to surface as to what exactly happened, and then one can dismantle the demonic structure, break the power of the lie (holding person bound to the past) and expel the demons in the Name of Y’shua [Jesus].

The body’s way of protecting itself is pain. Not ALL pain is negative. We need to discern what are bruises. Ask the LORD for the Healing Balm of Gilead for the wounds. Ask Him to **RESTORE** your personality as promised in Isaiah 53:4.

The Hebrew Language

The Hebrew Language ...

What's the context? It is so important to ask – and answer – this question, particularly when studying the Scriptures. We need to know what the meaning, understanding, culture, and value system of the text was in the language and time the text was written. Our modern-day mindsets cause us to define words within today's meanings, understanding, culture, and value systems ... however, this is often quite a way off from what was the original – and intended – understanding.

The Scriptures were written thousands of years ago in HEBREW, and in an Eastern-Semitic culture. If this is truth, then can we come to a different interpretation of any given passage?



In order to expand our study and understanding of the Word, we need to have a “crash course” in the original language the text was written, ancient Hebrew.

Ancient Hebrew has an alphabet of TWENTY-TWO letters. Obviously, words are written using a combination of these letters [note, there are no vowels]. However, what makes this language even more of an “adventure” is that each individual letter of the alphabet has a unique meaning, picture [symbolism], and number. This means, you can study and understand the plain text as is ... and you can study further by delving into the individual symbolism of the letters. Often, doing this kind of study brings out further meaning and richness to the passage. You will find that we have used this type of study – examining the picture-meaning of the Hebrew words – throughout our materials. We have found this such a blessing in our own understanding of the Scriptures, and trust you will enjoy it just as much! Truly, God's Word is ALIVE!

Ancient Hebrew²

Ancient Hebrew						
Early	Middle	Late	Name	Picture	Meaning	Sound
			El	Ox head	Strong, Power, Leader	ah, eh
			Bet	Tent floorplan	Family, House, In	b, bh(v)
			Gam	Foot	Gather, Walk	g
			Dal	Door	Move, Hang, Entrance	d
			Hey	Man with arms raised	Look, Reveal, Breath	h, ah
			Waw	Tent peg	Add, Secure, Hook	w, o, u
			Zan	Mattock	Food, Cut, Nourish	z
			Hhet	Tent wall	Outside, Divide, Half	hh
			Tet	Basket	Surround, Contain, Mud	t
			Yad	Arm and closed hand	Work, Throw, Worship	y, ee
			Kaph	Open palm	Bend, Open, Allow, Tame	k, kh
			Lam	Shepherd Staff	Teach, Yoke, To, Bind	l
			Mem	Water	Chaos, Mighty, Blood	m
			Nun	Seed	Continue, Heir, Son	n
			Sin	Thorn	Grab, Hate, Protect	s
			Ghah	Eye	Watch, Know, Shade	gh(ng)
			Pey	Mouth	Blow, Scatter, Edge	p, ph(f)
			Tsad	Man on his side	Wait, Chase, Snare, Hunt	ts
			Quph	Sun on the horizon	Condense, Circle, Time	q
			Resh	Head of a man	First, Top, Beginning	r
			Shin	Two front teeth	Sharp, Press, Eat, Two	sh
			Taw	Crossed sticks	Mark, Sign, Signal, Monument	t

² http://elshaddainministries.us/hebrewalphabet_old.html

Modern Hebrew³ ...

MARK	NAME	PRONOUNCED	TRANSLITERATION
א	Aleph	Silent letter	‘ (or none)
ב/בּ	Bet / Vet	b as in boy (no dot: v as in vine)	b / v
ג/גּ	Gimmel	g as in girl	g
ד/דּ	Dalet	d as in door	d
ה	Hey	h as in hay	h
ו	Vav	v as in vine; “consonantal vowel”	v
ז	Zayin	z as in zebra	z
ח	Chet	ch as in Bach	ch (or h)
ט	Tet	t as in time	t
י	Yod	y as in yes; “consonantal vowel”	y
כ/כּ	Kaf/Khaf *	k as in kite (no dot: ch as in bach)	k / kh
ל	Lamed	l as in look	l
מ/מּ	Mem *	m as in mom (sofit form)	m
נ/נּ	Nun *	n as in now (sofit form)	n
ס	Samekh	s as in son	s
ע	Ayin	Silent letter	‘ (or none)
פ/פּ	Pey/Fey *	p as in park (no dot: ph as in phone)	p / ph
צ/צּ	Tzade *	ts as in nuts (sofit form)	ts / tz
ק	Qof	q as in queen	k (or q)
ר	Resh	r as in rain	r
ש/שּ	Shin/Sin	sh as in shy (s as in sun)	sh / s
ת/תּ	Tav	t as in tall	t

* Has a different form when it occurs at the end of a word (sofit).

³ www.hebrew4christians.com