

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

יְבַרְכֶּךָ 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 וַיַּחַנֶּךָ:

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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Letting it
all go ...

In the previous manual, we dealt with the giants and strongholds in the land – the curses and open doors that block and hinder us from the FULLNESS Messiah Y’shua [Jesus] has purchased for us in Him.

The emotional wounds and bruises we have looked at in this manual are some times the “silent” killers – they are those things that are under the surface, hidden. Whereas a giant or stronghold is more readily detected – and often times more easily uprooted – emotional wounds and inner healing is a slower process, one that must be handled and led by the Father, our Abba.

The enemy’s strategy of wounding and bruising us – especially during our childhood – is probably one of the most sadistic of all his warfare against us. If the kingdom of darkness can wound us when young – and these bruises shape our very lives, thoughts, experiences, actions, and so forth – he has almost won the war. Emotional wounds are some of the MOST painful ... sometimes the bruising is so painful we have even suppressed the memories, and live in denial.

However ...

There is such wonderful HOPE!



If you can relate at all to the bruises described in this manual ... know that there is not only hope, but complete RESTORATION for your heart. No matter the bruising and wounds of the enemy, Y'shua [Jesus] can heal! Hold on to the TRUTH, that HE binds up the broken-hearted, gives shalom [peace] to the weary, places the lonely in families, and heals every wound.



One of the greatest lessons to be learned from this manual is to SURRENDER everything – all the pain, all the hurt, all the unforgiveness, all that is stuffed down in your heart – give it to Y'shua [Jesus] and TRUST Him to take you to the Father, the Greatest and most LOVING Abba, Who knows exactly how to so gently and kindly heal the wounds, layer by layer.

May you allow Y'shua [Jesus] to “touch” those bruises, to clean the wounds, and place His Healing Balm on your heart ... may you experience Abba's Embrace and mature as a son/daughter in the House!

Many blessings and shalom!

An “emotional” checklist ...

As you read through these six types of emotions, place a check mark by the feeling or feelings that might be holding you captive.

Anger

Other emotions that fall under anger are feeling: aggressive, annoyed, argumentative, defiant, demanding, disgusted, frustrated, furious, hateful, impatient, jealous, mad, mean, outraged, resentful, spiteful, stubborn, sullen, vengeful, vicious, and violent.

Apathy

Many other emotions fall under the category of apathy, which includes being: bored, careless, defeated, depressed, discouraged, disillusioned, drained, futile, hopeless, overwhelmed, powerless, resigned, wasted, and worthless.

Fear

Feelings sub-typed under fear include being: anxious, apprehensive, cautious, cowardly, doubtful, foreboding, inhibited, insecure, nervous, panicky, scared, shaky, trapped, and worried.

Grief

Some types of grief are feeling: abandoned, abused, accused, anguished, ashamed, betrayed, cheated, embarrassed, helpless, hurt, ignored, left-out, misunderstood, neglected, rejected, and sad.

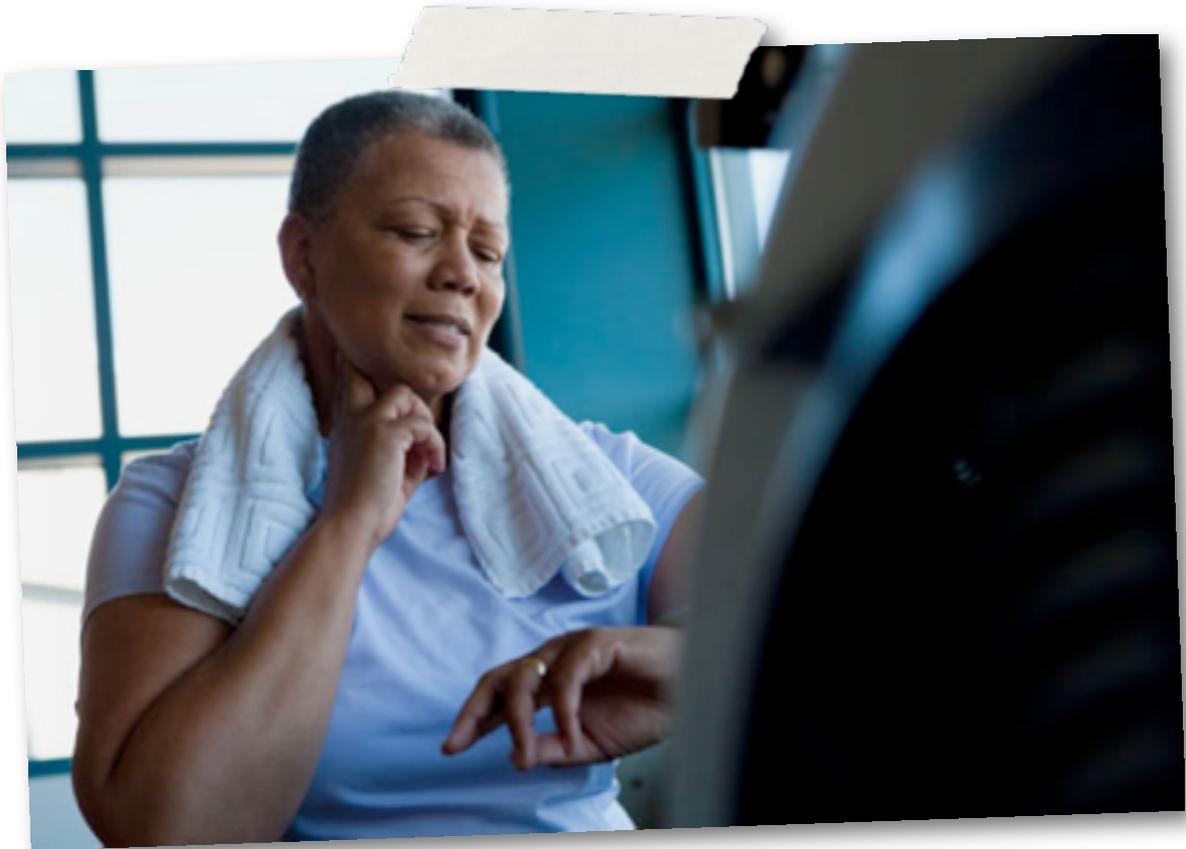
Lust

This emotion yells, "I want." Offshoot emotions are: anticipation, craving, demanding, desiring; feeling devious, driven, envious, frustrated, greedy, manipulating, obsessive, ruthless, selfish, and wicked.

Pride

Some other associated emotions are feeling: aloof, arrogant, boastful, clever, contemptuous, cool, critical, judgmental, righteous, rigid, self-satisfied, snobbish, spoiled, superior, selfish, unforgiving, and vain.

Focus on what you are feeling as you think about what has caused you hurt, fear, loss, rejection, or any other harmful response.



Watch your body¹ and see what it is doing:

- Is your heart beating rapidly?
- Are your eyes tearing?
- Is there a nauseous feeling in your gut?
- Tension in your muscles?

Whatever is happening in your body is a clue to the strength of that particular emotion.

¹ For additional study, see the book “A More Excellent Way” by Henry Wright

Prayers² for un-Godly heart attitudes ...

Please note, we have added these prayers as *samples* of how you can pray for your own spirit ... as well as how you can minister to someone's else's spirit, who has been wounded by generational un-Godly heart attitudes. We encourage you to write you *own* prayers, *specific* to your own personal story.

Remember, prayer is all about the HEART – it is not a recipe or formula.

1. *Prayer for generational healing.*

Spiritman, hear God's Word for you in Hebrews 4:15-16: *"For we do not have a high priest who is unable to sympathize with our weaknesses ... Let us then approach the Throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

Spiritman, step forward to receive emotional generational healing. Be blessed with healing in every area of damage in your family line. Be blessed to see the Light and Truth of the Healer shining on the sins and the issues that have been passed down generation to generation. Because of His full cleansing, they have no more power. Be blessed with order and alignment in all generational warping that was passed down. When the Son makes you free, you are progressively made free indeed.

You are blessed that Y'shua [Jesus] feels and understands what you have inherited from your generations, and He is present as your Healer. He honors your yearning for His Healing Presence. Be blessed to receive His Love into your wound. Carry your concerns to the Foot of the cross that you may be healed. As you approach Him, receive His Grace and Mercy for His Help now. Be blessed with the abundant strength of Messiah who strengthens you with His Holy Presence. Receive His release from everything that is negative and tying you to the past.

Receive His gift of forgiveness to flow down your family line as you repent of transgressing His Commands. Be blessed with strength to give Him your concerns and leave them with Him. Be blessed to take them from your shoulders and leave them in His Hands.

Be blessed with His Light shining into issues of weakness and concern. What His Light exposes loses its power to bind you. Be blessed with feeling His loving Eyes looking into yours. Be blessed with the Light of Messiah being very evident in your healing, as He brings everything to His Light. In His Light you have life. Be blessed to rise from death, darkness, and disease as the Light of Messiah infuses you.

Y'shua [Jesus] said, *"Do not be afraid. I am the Light of the world, and I am with you always."* He said, *"Fear not, little flock. It is my Father's good pleasure to give you the kingdom."* Be blessed with being set free to enjoy your life to the fullest in God's love and greatness.

² For a complete study on how to bless your spirit with healing prayers, we encourage you to get the book *"You Are Blessed"* by Silvia Gunter, available from <http://www.thefathersbusiness.com/>.

Spiritman, be blessed to see and experience the generational deposits of blessings and legacies He has placed in your bloodline. God said that although iniquity is visited upon the third and fourth generation, He shows His love and blessings to a thousand generations of those who love Him and keep His Commandments.

Be blessed with God's peace, grace, favor, justice, righteousness and much fruitfulness, as you reap hundred-fold to a thousand generations. Be blessed to believe your Father God for spiritual generational breakthroughs. He is your faithful God, who keeps His covenant of love with you.

You are fully alive in the generational blessings of His Covenantal Kingdom, through Y'shua [Jesus] your peace, your healing, your love, and your authority. Thanks be to God! Be blessed in the Name of your High Priest and Mediator (Hebrews 6:20).

2. *Prayer for healing hurts from parents.*

Spiritman, hear God's Word for you in Psalm 22:9. *"You brought me out of the womb; you made me trust in you even at my mother's breast."* And in Psalm 71 :6. *"From birth I have relied on You ... I will ever praise You."*

Spiritman, God has been present with you from the womb. Before your mother or father knew they were expecting, your Abba Father knew you were there, and He rejoiced as your Abba.

God has blessed you with eternal life because of the Sin Offering of His Son Y'shua [Jesus] that transcends the life you had from your parents. You are a son/daughter of God, on the authority of His Word. He ordained you and brought you forth.

Spiritman, you legitimately needed a mother and a father's blessing, but your earthly parents did not know your full need for it or how to give it. They didn't have it to give because they themselves were wounded. So step forward to receive healing for wounds you received at the hands of your parents and other caregivers.

There are two types of history stored in everyone. There is the remembered history of events and experiences. There are also a subconscious history of emotions and feelings. Receive God's work as He cleanses deep wounds that you received from words and actions in your family of origin.

Receive the ministry of Yahweh-Rapha, the healing Covenant Name of Eternal God, as He works in the core of your being. As you meet with Him Face to face, receive His healing and blessing and deep release, where no other prayer ministry has touched.

The soul (mind and will) has repented of the judgments and vows over and over, but under the judgments and vows, there were emotions of fear, rejection, abandonment, anger, disappointment, shame, unforgiveness, self-hatred, etc., that sprang from specific wounds. Those remain imprinted in the organic brain and stored in you, the spirit.

Spiritman, listen to God's Word in Psalm 46:4-5. *"There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day."*

You are that holy place, that temple where God dwells. The Spirit of Y'shua [Jesus] lives in you to heal and make you whole. The Spirit of Truth and the God of all mercy is ready to do a thorough work to bring new life.

Receive His River of Cleansing from all feelings that God didn't author - that you were of no value, a nuisance, or you were not wanted or were conceived and born at an inconvenient time.

Receive God's River of Cleansing from the feeling that you were a burden to be born, or an object to be used, a fixture in someone's world instead of a precious little one to be loved, valued, protected, honored, and nurtured.

Receive cleansing in that core sense of being that you were a disappointment; that you could never measure up or be good enough.

Receive cleansing from comparison, competition, evaluation, and displacement. Be clean and be free of that deposit of blame, shame, guilt, confusion, and self-hatred.

Be free of the feeling that you had to be responsible to hold the family together, to make momma and/or daddy happy.

Be free and be cleansed of false responsibility that you had to make peace in their irresponsibility, or absence, or emotional absence, or strife in the family.

Be free and be washed clean of false responsibility for the conflict and pain, that everything that went wrong was your fault.

Spiritman, hear this: *It wasn't your fault. Your mother/father failed to be present because of their own problems.* Be free and receive the River of Healing for the denial of your legitimate needs because they were never met.

Be healed of the hope deferred that made your heart sick.

You have forgiven many times from your head, but your heart still hurts and brings old garbage to the table in current situations and relationships. Receive the healing to you, spiritman, that needed parenting, so you can truly release your parents for failing to be the person/persons you cried out for him/her to be.

Spiritman, you have received a new filter of the Blood³ of Y'shua [Jesus] and your Heavenly Father's Love and the Seal of the Holy Spirit. Let your toxins and impurities go through the Holy Filter System of the Blood of Y'shua [Jesus] to filter out:

- Anxieties, fears, dreads, worry,
- Rejection, abandonment, emotional absenteeism, isolation,
- Worthlessness, inadequacy, inferiority, insecurity,
- Anger, hatred, revenge, murder in your heart,
- Bitterness, resentment, unforgiveness,
- Perfectionism, performance, self-protection,

³ This is like dialysis when blood is put through a filter, and all the impurities are filtered out.

- Control, manipulation,
- Role reversal, care-taking, being a substitute mate,
- Abuse of all kinds: physical, emotional, sexual, spiritual, verbal,
- Put down, shame, being ill-used,
- Infirmities of all kinds.

Be blessed as God fills up the hole in your heart, those empty spaces, that bottomless pit that craves nearness, intimacy, affirmation, connection, and significance, and yet fears it, is unable to receive it, and runs away from it.

Receive healing from the wound caused by lack of bonding with your parent. Receive cleansing from attachment wounds, as Father-God binds you to Himself with cords that cannot be broken, as He promised.

Be free and be whole, be healed of broken trust that resulted when you could not settle down and feel secure, safe, and trusting in your parent to be there for you.

Receive nurturing TRUST from your Heavenly Father who never lets you down, so that you can trust authority figures.

Spiritman, choose to replace the lies that you have agreed with and thus made agreements with the father of lies. Some of the lies are that you were not important enough or worthy to be given time, priority, focused attention, communication; that you were a mistake, you're a victim, just a survivor, and so forth.

Choose to crucify your unreliable feelings on the cross of Y'shua [Jesus]. Take captive the thoughts, emotions, and will of your soul, in the Name of Y'shua [Jesus]. You can do it. You must do it for full victory, and nobody can do it for you.

God is at work in you to will and to do His good pleasure. Receive His enabling grace. Be blessed with His strength to embrace His work as good and perfect and in perfect timing.

Spiritman, give the Holy Spirit of Truth permission to clean out all the poison of woundedness that the soul has known for years and receive His ministry to do it.

Be courageous to seek the truth, to feel the pain, to lay the axe to all bitter roots for a thorough work at their deepest source, that they may be completely removed and not defile you and trouble many.

You have authority in Messiah to bind up and cast out all the enemy's strongholds coming from your family relationships. Put the cross of Y'shua (Jesus) and the empty tomb between you and the works and workers of darkness to get release from the familiar games they have played: anger, guilt, shame, blame, judgment, bitterness, non-feeling, control, uproar, victim-mentality, performance, secrets, compulsions, addictions, and so forth.

Spiritman, be strong to embrace life as God intends for you and not run away, withdraw, build walls, or be self-protecting any longer.

Drink deeply of the understanding that you are loved, cared for, significant, and the apple of your Father's Eye. He delights in you. He is happy you are alive. You give Him joy. Receive this reality and let your broken love-receiver be healed, as your brokenness is displaced by a higher truth of your place in Abba's house.

From the Light of the Eyes of Abba Father, receive blessing in your inner being. Let it trickle down to soul, and heart, and emotions, and will, and identity, and legitimacy.

God will rebuild what has been desolate and oppressed. He will restore the years the locusts have eaten. Be blessed to continue to receive the ministry of Abba supernaturally in those places where the little boy/girl within still cries out for mothering or fathering. He ALWAYS finishes what He begins.

Spiritman, settle down at the Feet of El Shaddai in full security, acceptance, and blessing. He is always there for you. He invites you to connect deeply and intimately with Him.

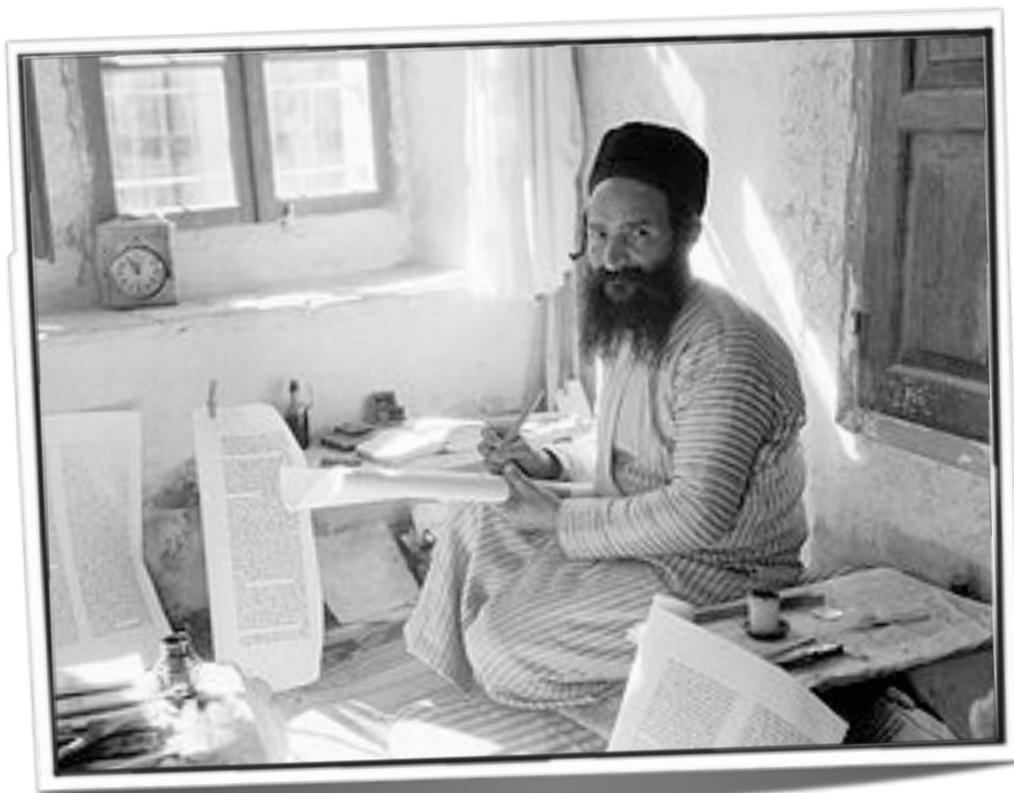
Be blessed with new freedom from Him, unhindered and holy. Awake to life as the joyful son/ daughter of the King that He created you to be. Be blessed as He satisfies the Birthright that He has placed within you. Be blessed in the Name of El Shaddai (Psalm 91:1).

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 Hebrew⁴

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

⁴ http://elshaddainministries.us/hebrewalphabet_old.html

Modern Hebrew⁵ ...

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/שּׁ	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).

⁵ www.hebrew4christians.com