

A close-up photograph of a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks radiating outwards. The hand is positioned in the lower center of the frame, and the background is dark and out of focus. The overall mood is one of hope and strength.

IT WAS MY WEAKNESS THAT LED ME TO
STRENGTH

LIES
VERSES
GOD'S
TRUTH

Psalm 139 v 23 + 24

CHARLOTTE VILJOEN

Lies versus God's Truth

Psalm 139 verse 23-24

Prayer: Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life.



*Giving Hope through Poem's
"Lies verses God's Truth"*



Author: Charlotte Viljoen

Poems of Hope

“My pain became my inspiration”

“Lies verses God’s Truth”

CONTENT

Dedication	7
Acknowledgements	
About the author	8
1 <i>Poems of Hope</i>	10
Author's Note	12
Introduction	16
2 <i>The Cyrus Heart</i>	16
Stop Running	20
3 <i>Living on the run</i>	24
My co-dependant Relationships	29
4 <i>Co-dependency</i>	32
Empty and ashamed	35
5 <i>Empty and ashamed</i>	37
Leaving everyone behind	41
6 <i>Feeding the inner villain</i>	44
My scares	48
7 <i>Who do you think you are?</i>	50
8 <i>Survival mode</i>	52
Overdosed	57
9 <i>Do we really know?</i>	61
God prepared me for the most devastating unexpected news of my life	65
10 <i>Consecration</i>	68
I ran to co-dependency	72
11 <i>Destiny – I will rise again</i>	72
Is this me?	75
12 <i>Your greatest miracle</i>	79
A Christian Retreat	82
13 <i>Morning Star</i>	86
The accident	88
The power of the blood of Jesus	94

14	<i>His Blood</i>	95
	Enter into His presence	97
15	<i>God's Heart</i>	98
16	<i>My Identity</i>	101
17	<i>Spiritual Warfare....</i>	105
	Cheers	107
18	<i>Cheers</i>	107
	28 days	110
19	<i>Cravings</i>	110
20	<i>My Craving Serenity Prayer</i>	112
21	<i>Love</i>	114
	Guilt & Shame	116
22	<i>Forgiveness</i>	118
23	<i>Guilt & Shame</i>	122
24	<i>My Son</i>	126
	Ungodly Sole ties	129
	My experience	130
	Unbind the darkness	131
25	<i>Ungodly Sole tie</i>	136
	Soul copy	139
26	<i>Goodbye</i>	141
27	<i>Favour with God</i>	144
28	<i>Where did I go wrong?</i>	148
	Lies verses God's truth	149
29	<i>Lies verses God's Truth</i>	151
	Ask for help	153
30	<i>Twinkle in your Eye</i>	156
	My first love	159
31	<i>The Pink Cloud</i>	160
32	<i>Innocent Eyes</i>	169
33	<i>Search my Heart</i>	172
	Reprogramming the subconscious mind	174
	Declaration	175

34	<i>Today I Fly</i>	176
	Self-esteem	178
35	<i>Heavenly Father</i>	181
	Make time for me	182
36	<i>May His face shine upon you</i>	184
	Facing your giants	187
37	<i>Fighting my giants</i>	189
	Boundaries	192
38	<i>Boundaries</i>	195
	Relapse	196
39	<i>PAWS</i>	197
40	<i>You stood by me</i>	199
	Addiction cycle	201
	Mental Relapse	202
	Hitting the wall	202
41	<i>R.A.E.L</i>	203
42	<i>The 90-day Wall</i>	205
43	<i>A Storm</i>	208
	Dry addict syndrome	210
44	<i>Dry Addict syndrome</i>	214
	Dating in Early Recovery	216
45	<i>Jump</i>	216
	God sees your heart	220
46	<i>Valentine's Day</i>	221
	Overcoming the voice of Jezebel	223
47	<i>Table before your enemies</i>	225
48	<i>As God anointed my head with oil</i>	227
	Don't ever limit God	230
49	<i>A twist of my imagination</i>	231
50	<i>Jeans</i>	235
	The Caterpillar and Dove	237
51	<i>Know that I am God</i>	238
	Learning the heart of God	242

I'll wait for my beloved	244
52 <i>My Beloved</i>	249
Conclusion of my overall recovery Theophostic Ministry	255
53 <i>Heart Circumcision</i>	259
Ending	262
Climbing out of the big block hole	262
54 <i>Climbing out The Big Black Hole</i>	263
Source	268

DEDICATION

Then I would like to dedicate this book to Jacques and Hanneke Truther from Beulah Christian Retreat thank you for never giving up on me for arms wide open, unconditional love, help and believing in my healing.

I dedicate this book to our son Predrag. Everything that we had been through together God turned it around for good. Thank you for your love always. Love you Mom.

ACKNOWLEDGEMENTS

So many families, friends and authors walked the poems of hope road with me that it would be impossible to mention each person. Know that I could not have done this without each encouraging word, love, and support. May you all be blessed to be a blessing.... Then to all the Poems of Hope members may you grow from strength to strength and let us give hope through our experiences to others that need it.... You are enough...

About the author

12 years of back and forward trials and tribulations, from psychiatric hospitals to retreats, and much more Charlotte eventually hit rock bottom no more strength and will to fight what God had for her. She booked

herself into a retreat and their God started a transformation in her life by His Grace. Every healing transformation period in her life she overcame she began to write poems. God gave her a vision on the 3rd of January 2019 Poems of hope, and she began to give hope through her poems to hurting souls.

A roller coaster ride... Living a double life of self-sabotaging happiness, Co-dependent relationships and wanting to serve God, started at the age of 9 years old and carried well into her 40's. At the age of 3 she was in a horrific car accident with her family and there the enemy placed lies upon her life.

Her healing journey at Beulah Christian Retreat, morning star, lie's verses God's truth, and love is a choice she wants to share with other hurting souls, addicts and people searching for the truth giving hope through her poems.

It's not how many times she fell but how many times she stood up. **Proverbs 24:16 "The godly may trip seven times, but they will get up again."**

Charlotte Viljoen is the founder of Poem's of Hope. Poems of hope is growing rapidly where she carries messages of hope through her poems.

Her love and passion for hurting souls, addicts, recovering addicts and humility towards pain one carries is known throughout her life. Lies verses God's truth, dying to self and knowing that she could not had done

this at all but only through the guidance, intervention of the Holy Spirit and by the blood of Jesus.

Ephesian 2 verse 8-9: For by grace, you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

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1 *Poems of Hope*

*Together we stand
Hand in hand
Helping each other
Your my brother*

*Addiction recovery
Depression and pain
Guilt and shame
Has no name*

*Step by step
Day by day
Strength to strength
Come what may
We WILL pray*

*With God our Father
His blood shed for me
Holy Spirit side by side
We free*

*Our mess is a message
For the world to see
Who God created us to be*

*No more tears
No more lies
We no longer compromise*

*With Courage
Love
And dignity*

We walk today in victory

Author: Charlotte Viljoen

Author's Note

God's word tells us in **Romans 8 v 28** "and we know that all things work together for good to those who love God; to those who are called according to His purpose".

I believe that what the enemy has intended for evil or bad in my life, God turned it around for good.

This book is compiled of sermons I listened, books I read and songs I heard throughout my healing journey that helped me to draw closer to God and understand the path I'm on.

God made a way where there seemed to be no way. He worked in ways I could not see; He made a way for me. He is my God, He held me close to His side, with love and strength for each new day, He made a way. My roadway in the wilderness He led me. Rivers in the desert I saw. Heaven and earth will fade but His truth will remain, He does something new each day.

The aim of this book is to give hope through my poems to hurting souls. No matter how many times you fall God is faithful enough... **2 Thessalonians 3:3 But the Lord is faithful. He will establish you and guard you against the evil one.**

It shows how I believed the lies of the enemy, how these lies influenced my life, how I replaced it with God's truth and understand that no matter my situation no matter what I have done, when I drew closer to the

Almighty God, He drew closer to me. **Psalm 34 v 4+5** says: **"I sought the Lord, and He answered me from all my fears. Those who look to Him are radiant, and their faces shall never be shamed"**.

Throughout my healing I believed and prayed **Ps 139 v 23+24** over my life: **"Search me, O God and know my heart, try me and know my anxious thoughts, see if there are any hurtful ways in me and lead me in the everlasting way"**.

Prayer: Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life.

2 Chronicles 7 v14: **"if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land"**.

Hebrews 3 v 7+8: **"Therefore, as the Holy Spirit says: "Today, if you will hear His voice, do not harden your hearts as in the rebellion, In the day of trial in the wilderness" ...**

God took every bad situation in my life and turned it for good. His power was especially released as I learned to thank Him and to put my trust in Him.

Proverbs 3 v 5+6: **"Trust in the Lord with all your heart and lean not on your own understanding. In all your**

ways acknowledge Him, and He shall direct your steps”.

Even though you seem to be on your own, you never are. His son Jesus Christ has fulfilled His promise to be with you always. The word of God tells us in **Hebrews 13 v 5 that “I will never leave you nor forsake you”.**

Isaiah 53:5 but he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

I would like to thank my first Love my Heavenly Father for the inspiration, direction, and guidance in my life. For working so gently, softly and tender with me. For always being there for never giving up on me and for showing me that You are God.

In my time of healing God gave me over 80 poems as I got healing and breakthrough in certain areas of my life. Then God said every poem is a testimony on its own. It is such an honour to share my healing journey with you.

When I think about all the people around me who have achieved long term sobriety, healing, and breakthrough, they are always helpful people, always. Not one of them is so self-centred that they are generally not helpful to others.

This must be a fundamental trait of success. When we reach out and help others, some powerful things happen. Not only do we genuinely get to help another

people, but we also get a huge bonus to our own recovery. We reinforce the lessons in the word of God that we ourselves need to follow to stay sober and clean and turn from our wicked ways.

Thus prevent our own relapse to temptation because we give ourselves permission to value own life more. We know we are providing real value. Being helpful is a universal trait of success in recovery.

Step 12 program from recovery of addictive behaviour. Having had a spiritual awakening as the result of the 12 steps, I try to carry this message to others and to practice these principles in all my life with the grace and guidance of the Holy Spirit.

I learned that for the most part, in life, I got what I *believed* I deserved and that much of life truly is a self-fulfilling prophecy. I learned that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen by listening to the voice of God and asking Him for guidance and then just start.

I want to tell the world that God can turn your mess into a message there is hope for tomorrow. His name is Jesus. He painted my past, present and future red. He healed my heart and set me free. Now there is grace by His great love.

My pain became my inspiration....

INTRODUCTION

I would cry out, Lord take this away from me, and He would just leave it right there, because it was my weakness that led me to my strength. *The greatest gift God gave me was gradual change.*

This is how my journey began.... By excepting the Cyrus heart on the 23rd of June 2017. My brother Schalk introduced me to the Cyrus heart.

2 *The Cyrus Heart*

*A chill went through my spine
As I held the sward in my right hand
This will be the start
Of the Cyrus heart*

*Hidden riches in a secret place
Treasures of darkness
By His Grace*

*A shepherd performing God's vision
All God's desires
Proclaiming my right to God's provision*

*Receiving God's plan, resources, and tools
Used for His glory
Changed my life story*

*I believe standing up
Truly walking in faith
Listening strength to obey*

Hearing Him say

*Trials and tribulations will come your way
Facing many battles
Rocking up for the fight
With might*

*Never giving up
For the promise of God
Stored inside
No need to hide*

*You going to work through the Cyrus heart
To conquer waiting patiently from the start*

*Recognising the promises unseen hand of God
Over my life
Walking in distance and strength with a guard*

*Finishing the job
God is always there
You will open doors
No need for despair*

*Gates will not shut
Protection to your family
Provision to overcome
Let His will be done*

*Knowing God can replace
Humbling doing what I face
What God asks
Trusting the voice in me
Moving into Royalty*

*Searching council from God
Understanding grace
I had to face
God will send
Prophecies God already placed
In my heart from the start*

*Discovering moving creating wealth
To fulfil God's purpose
Being in health*

*Rebuilding the temple in Jerusalem
For the sake of Jacob, you will see
Seeking guidance from God
Walking in my destiny*

*Moving into rest
Placing petitions at His feet
I would like you to meet
Cyrus heart will defeat*

Author: Charlotte Viljoen

*Poem was inspired by the book "Cyrus Awakens" Entering
His Rest: Author: Schalk Meintjes*

God's Truth:

Isaiah 44 verse 28

28 Who says of Cyrus, 'He is My shepherd, And he shall perform all My pleasure, Saying to Jerusalem,

"You shall be built," And to the temple, "Your foundation shall be laid."

Stop Running

At the age of 17 I ran away from home; I had no reason to we were a loving home my parents were happily married, and I had everything I needed. In my house I was safe. But one morning I woke up and decided that I'm going to leave, and I packed all my clothes in black bags left it in my cupboard and waited for my parents to leave that evening.

When I went to my room there was a letter on my bed from my parents. "My Child we hope you know what you are doing, we love you lots love Dad and Mom", I just look at the letter and put it in my handbag. Then my friend came to pick me up I ran down the stairs and we ran away together.

He then took me to a police barracks and left me there for 3 days. I have no idea where he went or what he was doing. So, a few days later I decide to steal his car I'm 17 years old I cannot even drive and started to drive around not knowing where to go.

I drove through the town and the car started to smoke terribly. It broke down in front of Pretoria Central prison. I had never been so afraid in my life before. Then a man stopped, he climbed out of his car and said: Hi can I help you? He opened the bonnet and we just looked at the smoke.

As we were looking inside the bonnet of the car, I felt a tap on my shoulder. Now I was away for a few days no cell phones any indication of where I went, but at that

moment, I turned around and my dad stood behind me. I was shocked and relieved at the same time. He said climb into my car...

My parents prayed and that day, that hour, that minute that second, my dad drove past and found me. I was rebellious as a child I did so many wrong things, but the Lord was with me all the way He knew where he wanted to take me. He knew the effect what Satan planted in my life, the lies I believed but He was there for me and so the Lord protected me throughout my life.

Fear controlled my life. I made decisions out of fear. I operated out of fear and ran out of fear. I would talk to God and ask Him. Did I go through all this struggle and pain for nothing? Why is my life so complicated? Lord is there anybody else like me in the entire world that has gone to hell and back? I would look for someone to at least go through what I'm going through just not for me to go through this alone. I couldn't see the point because I needed to go through so much pain.

I saw the pain not the point.

The moment I tried to break away from old patterns that's when all hell broke loose. I couldn't stay with nobody; I couldn't be with nobody. I couldn't even be alone. I was so messed up. I believed I couldn't be, I couldn't have, I couldn't enjoy and this all out of listening to the enemies lies and self-afflicted wounds. I believed I will never be happy, I'll never be loved, I'll never be free, and I'll never make it in life. It's not meant for me. *I started making inner vows.*

My inner vows stopped me from being who I was created to be.

I was holding onto something I thought was happiness. Fear I realised will always be there, but I needed to train my mind to beat fear when it tries to consume me and tell me lies. Fear has already been overcome on the cross by the blood of Jesus. I put these words on my mirror in my room so that I could read it each day. "Fear has already been overcome by die blood of Jesus on the cross". When fear says, I cannot, I said I can, when fear said you shouldn't do it, I said I should. How? by Christ that lives in me. *I started to talk back to my inner villain and started to renew my mind with the word of God.* Renewing my mind is not easy it's a daily process constantly.

In three years, I ran away 16 times. God protected me where I thought there was a problem; *it was God bringing me to a place of position.* God was good at getting me to a place where he wanted me to be. Often God positioned me to a higher priority than my preference and it's called high purpose. God's promises I believe are not automatic but optional. Peace I could have it or leave it, I could stop running or I could keep on running. God said I positioned you I protected you I kept you alive, I brought you through it, He brought me in a position He prepared for me to walk into, but it was my choice if I wanted to believe it and walk into it. *Many times, God used the no's to lead me into a greater yes.*

The enemy knew where God wanted to take me and he started at an early age to mess me up and tried to stop

me from reaching my destination, so that I wouldn't be, who God called me to be. Fear nearly messed up my life of having a chance of a dream. I had to take the shot at the one thing planted deep inside of me. *Hope... Having faced the thing that feared me, and fear left me.*

One morning I listened to *Bishop TD Jakes* sermon: "God said stop running. Just stop running. Like sinking sand slowly but surely, it's going to kill you bit by bit. You are wasting your life, you are wasting your strength, you are wasting your youth, you are wasting your relationships, your time, you scared to face the inside the miserable self. You scared of your own head. You cannot be alone by yourself. You are running from yourself. Don't get discouraged in your weaknesses but find God's greatness in your strengths. God said: I'm going to bless you in stability in the land of whatever isn't working. Stand still." God said to me: "Don't you think that I can bless you right in the place where your pain is coming from?" *"In the same place you are running from I'm going to make you Royal hood"*. "Satan is setting you up for a disaster, stop running. Why are you still running away if it hasn't worked for you so far? Why be loyal to ineffectiveness?"

"God said I want to show you that *I am God* stop being loyal to things you know does not work. Stop running and you will see the salvation of the Lord". *Stop running and face the things that scare you.*

Exodus 4: Cast the stick on the ground, it became a serpent then Moses ran away. God said take it by the tail, Moses did what God said, and it became a stick. I

had to assist what was in my hand. God said He is going to use something that is already in my hand to bless me. Grab it, touch it by faith, it will change in your hand. God called me to snatch what I've been running from. I won't see it, before I have not snatched it. *You cannot overcome what you will not confront. Your calling is always camouflaged in some form in your history.*

3 *Living on the run*

*You haven't experienced true love before
You only know abuse, lust and so much more*

*But give me the chance
To show you true love
A chance of love from above*

*Love is a peacemaker
Love is kind
Love is warm
Love embraces
Love, loves the old and the new you*

*If you can't grow with me
You can't go with me*

*Into your destiny
If you could see who you are now
And who you going to be*

*So many nights
So many days
You kept running*

*You were afraid
You felt unsafe
You ran to the South,
You ran from the North
East and west
You ran back you ran forward
Back and forward*

*My child stop running
Just stop running
I love you who you are*

*You running from your own gifts
You running from fear
You running from being hurt
From being you
From whom I created you to be*

*This is not you this guilt you have
Stop pretending to be tough
Tougher than you are
Your fear has made you cold and weak
If you stop running
You will find the power
To live forward*

*Peace of mind
Peace within ME you will find*

*My people are waiting
Can't you see
Become who I created you to be*

I'll take you to the mountain top

*To show you who I Am
Be still and know
That I Am God*

Author: Charlotte Viljoen

Lies producing emotions:

I cannot face my pain. (Powerlessness)
I need to run away from facing my wounds
(Powerlessness)
I have been overlooked (Abandonment)
I will always be alone (Abandonment)
I do not know what to do (Powerless)
Everything is confusing (Confusion)
There is no way out (Hopeless)

God's Truth:

Psalm 139: 7-10

**Where shall I go from your Spirit? Or where shall I
flee from your presence? If I ascend to heaven, you are
there! If I make my bed in hell behold, you are there!
If I take the wings of the morning and dwell in the
utmost parts of the sea, even there Your hand shall
lead me, and your right hand shall hold me.**

Jeremiah 18:12

And they said, "That is hopeless! So, we will walk according to our own plans, and we will everyone obey the dictates of his evil heart."

Psalm 18:2

**The Lord is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust; My shield
and the horn of my salvation, my stronghold.**

Revelation 21:4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

1 Peter 2:21

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps

Hebrew 2:18

For because He Himself has suffered when tempted, He is able to help those who are being tempted.

Isaiah 41:10

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Hebrews 13:5

Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I will never desert you, nor will I ever forsake you,"

Psalms 71:1

In thee, O LORD, do I put my trust: let me never be put to confusion.

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.

My co-dependant Relationships

Let's face it: I wanted to be liked. It felt good when someone gave me a compliment.

But eventually I felt preoccupied with wanting attention from someone? I found myself obsessing over what that person could be thinking about me, or stuck on that time my friend made a negative comment? That annoying, anxious feeling.

When I was focused on people's responses to me (good or bad), what I really was doing is looking for their approval. I wanted to know that I'm liked and what I'm doing is good, and if all that lines up, then I'll feel accepted. I measured up. This co-dependant experience brought huge problems.

I had a low self-esteem. Feeling that I'm not good enough or comparing myself to others. Underneath, usually hidden from consciousness, became feelings of shame and guilt and perfectionism, along with low self-esteem. When everything was perfect, I don't feel bad about myself.

People-pleasing: I don't think that I had a choice. Saying "No" caused me anxiety. I had a hard time to say no to anyone. I went out of my way to sacrifice my own needs to accommodate other people.

I had very weak boundaries. I felt responsible for other people's feelings and problems or blamed myself while reacted to everyone's thoughts and feelings.

If someone else had a problem, I wanted to help them to the point that I give up myself. I started putting other people ahead of myself.

Control helped me feel safe and secure. Control limited my ability to take risks and share my feelings. My co-dependency helped me to loosen up. I needed to control those around me because I needed people to behave in a certain way to make me feel okay.

One of the big problems I had was communicating my thoughts, feelings and needs. Of course, if you don't know what you think, feel, or need, this becomes a problem. Other times I could not own up to my truth. I was afraid to be truthful because I did not want to upset someone else. Instead of saying, "I don't like that," I pretended that it's okay or tell someone what to do. Communication becomes dishonest and confusing when I try to manipulate the other person out of fear of rejection.

I spent time thinking about other people or relationships. This was caused by anxieties and fears. I became obsessed when I think I've made or might make a "mistake." This kept me from living my life.

I was afraid of being rejected or abandoned. Even if I was in an abusive relationship I would stay because it was hard for me to be alone but at the end of the day, I felt trapped. I felt I deserved being abused because what I had done to myself and others in my life. I was in denial of my vulnerability and need for love and intimacy.

I created stress and that led to painful emotions and started to affect my health. Shame, guilt, and low self-esteem created anxiety and fear about being judged, rejected, or abandoned; making mistakes; being a failure; feeling trapped by being close or being alone and this led to feelings of anger and resentment, depression, hopelessness, confusion, powerless, invalidation and despair. When these feelings became too much, I ran away to get away from facing those feelings.

By doing this by being co-dependant I gave people around me an authority in my life. In essence, I was asking them to tell me who I am. Not only does this dishonour God, who alone is our creator, but it also just isn't accurate. Even the closest person to me doesn't know me as well as God does. They haven't been around me my whole life, seen me through my journeys, known my inner world or potential as God does and they also don't know what the future holds for me.

Another person can't determine my status if they don't know me from the inside out like God does.

I would go out with much older men who could provide for me and take care of me I never believed that I could take care of myself. Whatever they said went and the decisions I made resulted around provision. I never realised this is what I'm doing. Only in counselling, Theophostic Ministry, and spending time with the Lord I could start to work on yet another layer of my mask.

All this resulted in believing a lie the enemy planted at the age of 3...

4 Co-dependency

*Codependency an addiction to people behaviour and things
Controlling inner feelings by controlling other beings
Controlled out by another
Another person's feelings*

*I don't want this life anymore
Being dependant addicted and so much more
Drugs, chemicals, and things trying to open every wrong door*

*Tormented by the way things were
Feeling empty worthless no self esteem
Looking to other to see what they mean*

*Digging deep
Digging strong
Where do I belong?*

Author: Charlotte Viljoen

Lies producing emotions:

Seeking approval of man (Co-dependent)
Seeking words of affirmation from man (Co-dependent)
I cannot trust anyone (Abandonment)
I will always be hurt/ damaged/ broken because of what had happened (Tainted)
I kept going back (Shame)

I am worthless have no value (Invalidation)

[God's Truth:](#)

Galatians 1:10

**For am I now seeking the approval of man, or of God?
Or am I trying to please man? If I were still trying to
please man, I would not be a servant of Christ.**

Psalm 118:6-9

**The Lord is on my side; I will not fear. What can man
do to me? The Lord is on my side as my helper; I shall
look in triumph on those who hate me. It is better to
take refuge in the Lord than to trust in man. It is better
to take refuge in the Lord than to trust in princes.**

Isaiah 50:7

**But the Lord God helps me; therefore, I have not been
disgraced; therefore, I have set my face like a flint, and
I know that I shall not be put to shame.**

Isaiah 61:7

**Instead of your shame there shall be a double portion;
instead of dishonour they shall rejoice in their lot;
therefore, in their land they shall possess a double
portion; they shall have everlasting joy.**

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Remember: You are so loved. You are so loved. That is something you can never hear enough. Nothing you will ever do will break the love that the Lord has for you. Even in your weakest moments where you feel unworthy and inadequate, you are loved and seen in fullness and greatness. Don't let anyone or anything make you feel less than you are because you are so worthy of love and praise.

Empty and ashamed

At a young age unmarried, I feel pregnant and had to make a choice to keep or aboard my pregnancy very early into my pregnancy. My boyfriend told me I had to make a choice either have the baby and he'd leave me or stay, and he will take care of me and my 3-year-old son financially. Nowhere to go not have to move again and again, the fear of starting over, the fear of what people would say and the fear of having to lose him and be alone because of my co-dependency I decided to terminate the pregnancy. Not knowing the consequences of my actions. How it would affect the rest of my life. A constant guilt and shame.

I believed that if I looked good on the outside no one will see the inside and I then began to drink slimming pills just to stay thin and sleeping pills to sleep at night so that I don't think about what I did. This resulted in a journey of addiction and bulimia. I would use alcohol, opioids as the pain inside began more and more unbearable. The rejection and guilt and shame began to eat me up from the inside. I felt lonely unloved and dirty. I felt uncomfortable in my own body. Being so concerned about my weight yet I cannot fight the compulsion to binge. As the vicious cycle of bingeing and purging takes a toll on my body and even harder on my emotional well-being my self-worth became excessively influenced by weight and physical appearance.

As the tension, hunger and feelings of deprivation build, the compulsion to eat becomes too powerful to resist. A forbidden junk food is eaten, a dietary rule is broken. In the all or nothing mind set of bulimics; any slip-up is a total failure.

I already blew it, so I might as well let go and enjoy an all-out binge, but the enjoyment of a bingeing is soon replaced of guilt, revulsion, and self-loathing.

It's harder to say no to temptation when you think you can avoid the consequences. In the back of my mind, I knew I could always throw up, pop a water pill, or use laxatives if I lose control again. I did everything to conceal my eating habits. Despite the secrecy there were warning signs of bulimia that can alert to anorexia. Again, the feeling of wanting to run away, away from guilt and shame and away from myself.

I started to protect myself as I thought best, by reading between the lines in any conversation, analysing words and facial expressions. I became offended quickly. My mind constantly blocking out those deep memories. I started to count in conversation. While talking to others while listening to others I would count bricks against the wall, how many objects were on the table. My mind constantly counting and not really listening to the conversation. OCD Obsessive compulsive behaviour, I was caught during a pitch battle. My attitude and behaviour were bound to be affected by the attitude of those around me. More and more my emotions began to spiral out of control. I was caught up in glamour,

dinners, wining, and dining had financial security how could I leave now.

5 *Empty and ashamed*

*In all honesty
How could it be?
A baby inside of me*

*Excited Scared all emotions at once
Planning on how I'm going to tell you
Tell you at once*

*As I looked into your eyes
As I'm telling you
I saw the rage the despise
The hate in your eyes*

*Get behind me
Take a pill
This is not part of the planning so chill*

*But I want this baby
Can't we just make a plan maybe*

*Screaming and shouting crying and beg
Nothing is going to help only if I fled
Then I realised where should I go?
I have no income and another child to fed*

*Nowhere to go
No place to stay
I had no choice but to give you up that day*

*As I lay on the table
Feeling each scrape, they made
Little by little blow by blow
They pulled out a part of my soul
I knew whatever I felt you felt that day*

*Numb by the pain
Not by my pain but knowing my dear child your pain*

*I deserved feeling empty and ashamed
I don't deserve to live
I deserve to die
I don't deserve to be happy
Or to ever change a child's nappy*

*Hiding behind others
Not facing who I am
I built a wall
And started to crawl*

*Lord forgive me
For taking the life of your creation
Of an innocent baby that way
In the name of Jesus, I pray*

Author: Charlotte Viljoen

Lies producing emotions:

How can God forgive me? (Tainted)
Will God ever want me after what has happened to me?
(Tainted)

How could I ever forgive myself? (Tainted)
I don't deserve to ever hold a baby again. (Invalidation)
I should have done something to have stopped it from happening. (Shame)
I don't know what to do. (Fear)
There are no options for me (Hopeless)
Who will take care of me? (Hopeless)
I cannot take care of myself (Hopeless)

God's Truth:

Psalm 103 verses 10-14

10 He has not dealt with us according to our sins, nor punished us according to our iniquities. 11 For as the heavens are high above the earth, so great is His mercy toward those who fear Him; 12 As far as the east is from the west, so far has He removed our transgressions from us. 13 As a father pities his children, So the Lord pities those who fear Him. 14 For He knows our frame; He remembers that we are dust.

Matthew 6:31-32

Do not worry then, saying, 'What will we eat ' or 'What will we drink ' or 'What will we wear for clothing ' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

Ephesians 4:29-32

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Psalms 127:3-5

3 Children are a heritage from the LORD, offspring a reward from him. 4 Like arrows in the hands of a warrior are children born in one's youth. 5 Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court.

Leaving everyone behind

My inner villain working against me it caught up with me as I walked into my parents' business. "Mom Dad I'm leaving I'm moving to Cape Town". With an attitude I told my parents I'm leaving. I sold my town house, resigned from my parents' business, and walked out the door. As I turned around, I saw my father with his hands held towards me and my Father said: *'Heavenly Father today I give my daughter back to you, cover her with Your precious blood in the name of Jesus'* and he turned around.

I cannot get a quick fix, something chasing me inside. Popping pills whatever I could find, binge eating. Nothing is giving me the high I want. Nothing helps this inner guilt and pain to go way.

I was wearing a mask of some kind that covered varying degrees of my true self from others. Before I condemn or even judge others in any way, I need to remove my own masks, become vulnerable and experience the fear others feel on a regular basis.

The mask that I wear on any given day; at any given moment varied. I assumed the mask, soul copy or identity that was created by me. I put a mask on when I'm afraid. I drew an imaginary circle around my heart

and dared anyone to come too close I would run away, too scared for them to see who I truly am inside. Specially the one's the closest to me.

The day before my husband Pastor Fourie Viljoen asked me to marry him I revealed every secret I had. Deep down knowing I need to let him come into my imaginary circle around my heart. After revealing my secrets to him he smiled looked at me and said: "I love you". There and then he took a rubber and erased that circle around my heart and filled it with love.

My mask was the image of me that I present to others. It was my false identity that was developed in response to unsafe, uncertain circumstances, out of fear, rejection, and pain. I tried to do everything out of my own strength. I had different reasons for using this type of mask. I wanted to protect myself from getting hurt or rejected by others. Co-dependant I wanted to become what others thought of me or how they treated me, to be accepted by them. I felt no one would like or love who I truly was, so I hide who I truly was. I created a soul copy out of pain and trauma.

Not feeling worthy of love by God, others, or me. This fuelled my insecurities and fears and I found myself willing to do anything to be loved. Even denying to whom I was my beliefs, my values, my desires, my needs. I depended on others to provide that love and a feeling of worth because I could not love myself. That made a very unstable foundation for any relationship.

I felt in a state of isolation, and that became deadly. As a co-dependant I became a master at wearing multiple masks, to manipulate, and to keep others from seeing me for who I truly was. But this worked against them because I become lost behind my own mask and my masks kept me in a state of denial. It prevented me from gaining the much help I needed from others and even kept me from seeing the love God has for me and my own need for help.

My masks became my perceived reality for me and then my troubles began. I started to confuse the mask with who God created me to be. Gradually my masks became a trap, and I became the mask. I never realised that I was wearing a mask at all. Only through the guidance of the Holy Spirit my masks started to come off one by one.

Sometimes feeling guilt, shame, or grief was for my own good. And even though these feelings are not pleasant, it led me to repentance. That is what God wants, and that is the kind of "godly sorrow" **2 Corinthians 7:10** **"For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death."**

Cast all your burdens, anxieties, guilt, and shame on the Lord. No sin is bigger and stronger than His grace, mercy, and love for you. Sometimes when I felt guilty and ashamed of my sins, it made me want to run away from God because I believed He's angry with me. I

believed that God cannot keep on forgiving me, but because Christ died for us, we can come boldly to His throne of grace. **Hebrews 4 v 16: "Let us therefore come boldly unto the throne of grace that we may obtain mercy and find grace to help in time of need"**. When we confess our sins, He is so faithful to cleanse us and renew us. Don't let your sin, guilt, or shame pull you away from Him. Instead, let it push you closer to Him and His love. **James 4 v 8 Draw close to God and He will draw close to you.** Never forget how much He loves you. Our flesh may fail, but our God never will. *It's time to be free!*

6 *Feeding the inner villain*

*Feeding the inner villain
Or the inner hero inside
I needed to hide*

*I felt the battle going on
I don't deserve to feed the hero
The villain is a bond
Significantly influence my life
I lost sight*

*Lowering my confidence
Doubting myself
The villain is eating away
I can't even pray*

*The inner villain feedings off
Of what can bring me down*

*With a frown
I took off my crown*

Author: Charlotte Viljoen

Lies producing emotions:

Will God ever forgive me? (Tainted)
I will never change. (Tainted)
Does God love me so much? (Fear)
I will always have guilt and shame? (Shame)
I am in the way (Invalidation)
There is no way out (Powerless)
Doom is just around the corner (Fear)

God's Truth:

Philippians 4:8

Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Romans 12:21

Do not be overcome by evil but overcome evil with good.

Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock, and my redeemer.

Romans 10:17

So, faith comes from hearing, and hearing through the word of Christ.

Ephesians 4:18-24

They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ! – assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ...

Romans 6:11-14

“So, you also must consider yourselves dead to sin and alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for

righteousness. For sin will have no dominion over you since you are not under law but under grace.”

1 John 1:9

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Isaiah 1:18

“Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.”

My scares

My scares of being abused ran so deep I could not face myself on the inside; the damage ran so deep I judged myself on the outside just not to look on the inside. I would take verbal abuse from men just not to look on the inside. As soon as someone came close to me trying to show true love, I would push them away because I was so scared, they would see how dirty I was on the inside. I couldn't even look at myself in the mirror truly look at myself. I felt so dirty; I felt nothing inside off me, whatever I could find to numb that pain I used. I could never really relax.

When I visited family or friends, I would stay a moment and just jump up and say I'm leaving, normally they would be surprised but after a while they knew if I say I'm leaving then I leave no questions asked because that was who I was. But what actually happened was as soon as I start to relax then my wall came down and when my wall comes down then I see the pain and I could not let that happen and I damaged so many relationships because of the pain I carried inside that I did not want to face. I literally went into survival mode in my life. Just to cope. I would be in a conversation but while in the conversation I would start to count things around me just to keep my mind

occupied. I was an adrenaline junkie. For me to pack up and leave I thrived on that adrenaline, flight mode.

I was an easy victim for my abuser because I felt unprotected, I was co-dependant and in a big new school, and a friend of mine one day when I visited her, she called me to her bedroom told me to stand behind the cupboard and she started to fondle me. I was 9 years old at that time. She took me under her wing, I had a lack of security, self-esteem, felt unprotected, scared, abandoned, hurt, and afraid all because I believed the lie of the enemy, but she was there to comfort me.

As time passed, I then started to faint, before school after school I fainted nearly every week. As a small child my body started to go into survival mode by fainting. My parents took me to Drs, they thought I had a brain tumour, but nothing. Then they took me to Psychiatrists, Psychologists, Ds, Pastors, and no one could find anything wrong with me. Today I know that fainting was my first escape I had. As soon as I started to think about my scares I fainted just not to go there. Then I started to use opioids, my tummy as a child always pained. My parents again took me to Drs, and they could not find anything wrong with me, but I literally made myself sick to my stomach. They would give me a hot water bottle, pain medication to ease the pain, they would rub my back until the painkillers kicked in and I would fall asleep. They literally did everything possible to help me. This went on throughout my primary School.

The walls I built to protect myself have also imprisoned me.

I needed to do whatever it took to become whole. The Lord heals. The Lord mends. He will make me a woman of strength of grace and wholeness. I had a desire to see God move in my life.

Even though everything around me showed differently I desired God to move, I knew God wanted to move in my life, and I know He will move. *The desire arose from my spirit expressed by my soul. I couldn't inhale fresh air before I exhaled old air. Things that are covered don't heal well. I had to allow God to uncover my wounds in His presence and allow Him to heal me.*

7 *Who do you think you are?*

*Who do you think you are?
Trying to make a little girl your star*

*So many years
In denial
Put myself on trial*

*Trying to look the other way
Scares running so deep
Not even a weep or peep*

*Taking abuse from the outside
Fixing my hair everyday a different way
Just to take the attention off
Of my scares that way*

You said no one will believe

*You said what I think is a lie
I won't come buy
I'll only cry*

*Looking back at your poor excuses
Realising your abuses
I'm taking back what you stole
No more do you have control*

*Because of your abuse
I lived in denial
The Effect your abuse
Made me very sad*

*Trying to twist and turn my brain
Trying to play your game*

*Just as I was supposed to do
Then you came and took off my shoe*

*You took me to a place I never felt safe
But then you made me feel
I was helping you heal*

*I forgive you from my heart
Because I need a clean start*

*God showed me true love
True love from above*

*He took my pain
He healed my name
For the first time I feel the same
Inside and out*

Righteous I proclaim

Author: Charlotte Viljoen

I started to self-medicate. It started to release chemicals in my body a wonderful temporary euphoria relives but the consequences were dangerous and unhealthy. I became so moody when I didn't use, I became unhappy grumpy, withdrawal it started to cost my relationship with my family and people around me began to deteriorate. The ungodly soul ties, spiritual unhealthy relationships, I didn't deal with my pain and because of this secret it started to turn into guilt and shame. I felt depressed I felt suicidal, self-shame not worthy, I felt I could not change, self-destructive; I felt misunderstood and unloved I never felt normal. *I went through life on auto survival mode.*

8 *Survival mode*

*People could do things to me
I couldn't do anything about
So small I wanted to shout
Please just leave me out*

*Grownups are always right
Children are seen not heard
This made me feel I couldn't say no
It's so absurd*

*Physically and emotionally drained
All in my head
It only took a matter of time*

To make me feel dead

Living in fear

Don't trust anyone to come near

I lost my life that day

All I had was my name

But that was in vain

I constantly needed to plan ahead

And planned to run away

But couldn't

You had my soul

And took control

Now I'm going into hiding

Survival mode they say

It helps me get through every single day

I went through life in auto mode

Hiding, pain and shame

Day by day

And Year by year

Had nothing to say

I need to run away

It gives me control

Taking back my soul

Maybe I'll feel whole

I hated my life before

I blamed myself for opening that door

I've been hurt so many times before

The only time I felt safe

*Is when I go into that place
Whatever I could find
To numb my mind*

*You stole my childhood, peace, and friends
You stole my joy
You stole moments with my family
You made me your toy*

*Respect for another
You took my boundaries and made it your own
Couldn't you just Google on your phone*

*Seeking security from men
Comfort and acceptance too*

*Self-protection
Was the name of the game
The enemy wanted fame
No more lies
You're not in disguise*

*God was standing at the door
By His blood He covered me
And so much more*

*His blood is my protection
I am free
He cleansed and purified me*

*For many years you tried to steal
What God had planned for me
No more will I enter into these lies you placed on me*

*Now it has no more effect
God was always by my side
He held my hand
Today proudly I stand
Author: Charlotte Viljoen*

Lie producing emotions:

I should had told someone (Shame)
I was a participant (Shame)
If I trust I will die (Fear)
I am too small to do anything (Powerless)
It will just happen again and again (Hopeless)
No one will believe me (Abandonment)
I did not try to run away (Shame)

Gods Truth:

Proverbs 16:1-9

"The preparations of the heart belong to man, But the answer of the tongue is from the Lord. 2 All the ways of a man are pure in his own eyes, But the Lord weighs the spirits. 3 Commit your works to the Lord, and your thoughts will be established. 4 The Lord has made all for Himself, yes, even the wicked for the day of doom. 5 Everyone proud in heart is an abomination to the Lord; Though they join forces, none will go unpunished. 6 In mercy and truth Atonement is provided for iniquity; And by the fear of the Lord, one departs from evil. 7 When a man's ways please the Lord, He makes even his enemies to be at peace with him. 8 Better is a little with righteousness, than vast

revenues without justice. 9 A man's heart plans his way, But the Lord directs his steps.

Jeremiah 9:17+18

Thus says the Lord of hosts: "Consider and call for the mourning women, that they may come; And send for skilful wailing women, that they may come. 18 Let them make haste and take up a wailing for us, that our eyes may run with tears, and our eyelids gush with water.

Ephesians 4:25

Therefore, having put away falsehood, let each one of you speak the truth with his neighborhood, for we are members one of another.

Hebrews 12:12-16

Therefore, lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled; that no one is sexually immoral or unholy like Esau, who sold his birth right for a single meal.

2 Samuel 22:49

who sets me free from my enemies. You exalted me above my foes; from a violent man you rescued me.

Overdosed

Riding on adrenaline I arrived in Cape Town... I started at a Real Estate company doing very well.

Real Estate is a fast-moving business and I "used" to stay in the rat race.

The guilt, disappointment, rage inside of me I could no longer bear. Nothing was giving me the satisfaction I wanted and the less I felt.

A week later my friend Linda visited me again at my house but this time she found me on the bathroom floor bashed my head against the basin. I (OD'd) over dosed, overmedicated. She phoned her friend from the church, and he came over. Together they helped me up and as I came through. Linda put bath water in for me and said you going to bath and wash your hair tonight we are taking you to church. How could I have done that trying to take my life? Unknowingly, unaware. Doing it to my one and only son, to my family and to myself? An on-going overwhelming emotional pain, killing myself slowly.

I took the presence of my storm and thought God was absent. I heard Bishop TB Jakes say: "A storm inside that other people could not see. A secret storm. There is no comfort in a secret storm because nobody knows

what you are going through. But where is God in my secret storm? I thought that if God was with me then I would not have a secret storm. If God was with me everything would have gone smoothly. I could not figure it out how could I go through all these things and God is with me? I looked for God I cried out to God but did not see Him. But I could not see in a storm. That is why God said I need to walk by faith and not by sight. Just because I'm in the presence of a secret storm does not mean God is not present or He's absent. God is in the storm, He may not be saying anything, but He was with me in the storm. He promised and when God promises something **Isaiah 43 verse 2: When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you."** *God keeps His promise.*

I did not see God I did not sense God I did not feel God but today I know that God was in the secret storm with me. *I was so aware of the storm that I lost awareness of God in the storm.*

They helped me to the front of the church and prayed for me. That evening God called me to work for him, but it took another 12 years for me to truly come to repentance and to turn away from my wicked ways.

On my birthday I admitted myself into Worcester hospital because I could not take the mental strain and felt like I've come to a breaking point. The hospital admitted me to their psychiatric ward for about a week or so and then explained to me, that should I qualify,

they would like to send me to the psychiatric hospital for a 6-week program. Everything happened so fast, but I was admitted and started a new recovery journey at the psychiatric hospital Lentegour in the Cape.

Group ground rules at psychiatric Hospital: Respect each another's opinion, no foul language, Not speak while some one is speaking, Confidentiality, Punctuality, Not walk out while in session. The physical, mental, and verbal abuse of men this to me was very overwhelming. I didn't want to live anymore. Not knowing what is going to happen. How am I going to get rid of this co-dependant behaviour, am I truly ill? I faced denial and could not face the fact that I may be mentally ill. After six weeks I was discharged. I kept my mask on for that time but in all this time I never wanted to believe I truly had any problem. I was not ready yet to deal with what needed to be dealt with.

Because of the use of cross addiction there would come times where I felt Manic, I would sleep less, elevated mood, restlessness, increase in activity level, irritability, and aggression. I would climb in my car and just start driving. Then relapse would kick in. Then I would stop using my medication.

When in the midst of a manic episode, I often say or do things that are hurtful or embarrassing. When manic, I became reckless, cruel, critical, and aggressive. When depressed, I felt rejecting, irritable, hostile, and moody. It's hard not to take such behaviours personally and afterwards I would go into guilt and shame again.

After a manic episode I often felt isolated from other people. Then I would run back to my parents' house. Spending even short periods of time with loved ones helped me after an episode. This was difficult because I tried to avoid intense conversation.

I would take any comment personally. I was a binge addict an addict that would go out on a binge using spree then come back and stop then after 3 months go back and binge again.

Telling me to "Stop acting crazy" or "Look on the bright side" won't help. Ultimately, recovery is a choice, but I could not have done it without the help and guidance of the Holy Spirit.

I just said thank you Lord for what you placed in my life so that I can testify today to tell people out there that we serve an awesome God there is none like Him and from 2007 God started to call me and I chose not to listen to His call, His voice and to walk a path of destruction for another 12 years.

If only I listened to Him, I would have saved 12 years of pain. God will always have a plan at the end of the day if He says its time its time. When I was pushed to a break point and decided to get my life right with the Lord the Lord then took every disaster and turned it into something positive and turned it around for good because He can, He is God.

9 ***Do we really know?***

*Do we really know what's going on around us?
Do we really know?*

*So focused on our own lives
Do we really know?*

*It made me realise
It made me think
Do I really want my room pink?*

*Do I want a labelled jean?
Do I want a life from a movie scene?*

*This is not what I want
I have too much to give*

*I have survived
I have a gift
I have someone you need to meet*

*Jesus is His name
He came and changed my name and game*

*From ashes to beauty
From planes to ground
Today I found
A new sound*

*Jesus is the way
The truth
And the light
I'll fight for you to see His might*

*I don't know what life would bring
But I'd love to sing to the King*

*I'd love to hold a child in my arms and see miracles too
I'd love to pack a bag of food and give it out in the hood*

*Today I pray
God make a way
I want to give hope
Teach people to cope*

God the Father and His Son will take your troubles one by one

*God is your hope yes
He taught me to cope
Through Poems of Hope*

Author: Charlotte Viljoen

Lie producing emotions:

Maybe I am crazy (Confusion)
I'm Scared (Fear)
I'm not protected (Abandonment)
I'm not enough (Invalidation)
It is never going to get better (Hopeless)
I don't know what is happening to me (Confusion)

I cannot stop this (Powerless)

God's Truth:

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

1 Corinthians 2:16

For whom hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

Isaiah 54:17

No weapon that is formed against thee shall prosper; and every tongue [that] shall rise against thee in judgment thou shalt condemn. This [is] the heritage of the servants of the LORD, and their righteousness [is] of me, saith the LORD.

1 John 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

John 8:32

And ye shall know the truth, and the truth shall make you free.

John 16:33

I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!"

Luke 12:7

Indeed, the very hairs of your head are all numbered. Do not fear; you are more valuable than many sparrows.

God prepared me for the most devastating unexpected news of my life:

Exactly 23 days after accepting the Cyrus heart 15.7.2017

I got a phone call from a very close family member of mine and she said that she was diagnosed with oesophagus cancer. I was so shocked and being a close family member my X husband *at that time* and I decided it would be best for me to go and help her. I knew that I wanted to be there for her. We lived far at that stage. From the moment she heard she was ill till the time she was back at home was about two and a half months. In that time, I took care of her house, cooked for the kids, and visited her every visiting hour in the hospital and stood by her every second of the day and in that moment all the focus and energy was on helping her the best I could.

One evening I took my bible and just opened it and started to read and the Lord said in **Joshua 1 v 11: "Prepare provision for yourself, for within three days, you will cross over this Jordan, to go in to possess the land which the Lord your God is giving you to possess"**. I wasn't sure what that meant but I just knew there and then that I had to do this and that the Holy Spirit is talking directly to me.

Then the Holy Spirit said prepare yourself. So, the following morning on my way to the hospital I drove a different route then passed my primary school, and the Holy Spirit said what ever happened in the school I stood by you, and I held your hand. Then I passed the high school again the Holy Spirit said whatever happened I stood by you and held your hand. I arrived at the hospital, and I bumped into my X husband and God said what happened in that relationship I stood by you, and I protected you.

I told my family member in hospital that, that evening I won't be visiting her I'm going to go through the Jordan, and I explained to her.

I phoned my brother and asked him if I could please use his Jacuzzi that evening sure he said, and they warmed up the Jacuzzi. That afternoon I heard the Holy Spirit tell me to get 12 white stones and take my bible and write every promise He gave me on each stone. So, I did. While preparing those three days I prepared a prayer I recorded to play while I went through the Jacuzzi with my 12 stones.

I cannot say I felt anything strange at that stage, but it just felt good to obey the Lord. So, I got dressed again and headed for the house I was taking care off.

Exactly an hour after I got to my family members house, I got a WhatsApp from my husband at that time telling me that he cannot go on with the marriage. Now I just experienced going through the Jordan River and it was as if I just accepted it there and then. The Lord prepared

me He took 3 days. I was so energized by the Holy Spirit.

God put everything in place my family supported me fully, by that Wednesday I got a job as financial manager, I had a car and a place to say.

Just by not focussing on myself by helping someone else God put everything in place for me.

Going through the Jordan with my 12 stones promises, I never realised the strength God gave me that day. I was bold, courageous, forgiving; *I would have never done that if I didn't listen to the voice of God that evening.*

If I look back on the person I was then: I haven't been in church for 7 years, I didn't live a Christian life, although I was a Christian, I lived in the world, did not served God but still God had mercy on my soul, He loved me so much He knows the plans He has for me and He prepared me 3 days for the biggest pain and rejection to come.

How did I hear the voice of God that day? I served others, I was quiet, I was doing what God created me to do and that is to help others. *My focus was not on me but on someone who needed me.* The bible story of David and Goliath. David went down to take his brothers food while his brothers were fighting, David went to serve his brothers and while he was serving others God prepared his destiny.

God knows the future, He knows us, He knows our hearts. His grace is sufficient enough. He has the answer He knows, and He wants to show you, He wants to prepare you. He will even give you the time frame. *God has a plan for your life, and it will come to pass.* God spoke to me while I was living in the world. Not serving Him, Not praying, Not spending time with Him, Not going to church for 7 years, but that evening I longed for Him, and I opened my bible and started to read the word and as soon as I did that, *immediately* He spoke to me so clearly, I couldn't deny.

To hear God, we need to spend time with Him. *Sometimes you need to answer the door even if you are not sure.* He who is faithful in the little... **Luke 16:10 "One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much".** Acts 12 verse 8 v 8, **Then the angel said to him, "Gird yourself and tie on your sandals"; and so, he did. And he said to him, "Put on your garment and follow me."**

Faith is getting dressed even though you don't know where you are going.

Luke 9 verse 4+5 "Whatever house you enter, stay there, and from there depart. 5 And whoever will not receive you, when you go out of that city, shake off the very dust from your feet as a testimony against them."

10 Consecration

Operating in my gift

*Serving and deservng
Helping others is there need
No greed only to succeed*

*Then You came to me and said
In 3 days, you will enter Jordan instead*

*Preparing not knowing what to find
With 12 white stones I combined
Writing every promise God gave
Can't wait to see what He has made*

Jeremiah 29 v 11-13

*I know there is more of You
and more from You than I have right now
You have gifted me in so many ways Lord
What is it You want from me
I'm finally ready to be free*

*Now here I am in front of the Jordan
In front of the altar, I stand
Trying to figure out where to go
And how to grow*

*It's time to cross the Jordan
A time to enjoy Your presence
A time to be sanctified and washed with clothes
In the patience in the waiting, You make me holy
You make me strong
You filled me with a song*

*Show me that this consecrating moment is a choice moment in
You and me
A moment that would never be repeated*

*When You launch me out into my destiny in You
I will not have quiet hours in the same way anymore
When the consecrating is completed, the action begins
And to act well I need to know the secrets of the fullness of
Your presence in me
From You Lord*

*The secrets of receiving strategy
The secrets of moving at this impulse of Your Spirit
Every moment is in itself my destiny
There is a greater destiny ahead of me*

*There is always more in you
As I stand righteous before You Lord with a Cyrus heart
I now enter through the Jordan
And leave everything behind*

*I will obey You Father and with my riches I will complete
Your vision on earth
I love You Father God*

*Anointed energised motivated and free
I looked at my cell phone who could it be
I message from the enemy saying to my face
I don't want you I have someone else to take your place*

*Torn tormented confused can it be
My husband my friend my life
Is it the end?*

*God new what's coming He prepared the way
He said you would be surprised who will be with you at the
end of the day*

*Now have faith in Me
And you will see
Who I created you to be
Author: Charlotte Viljoen
Inspired by TD Jakes women though art loosed addition*

Lie producing emotion:

I'm not good enough (Invalidation)
Felt unloved and abandoned (Abandonment)
My life is ruined (Tainted)
It is just a matter of time before it happens again (Fear)
I am all alone (Abandonment)

God's truth:

Romans 8:39

"Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

2 Corinthians 9:8

And God is able to make all grace abound to you, so that always having all sufficiency in everything; you may have abundance for every good deed.

He chose every aspect of you down to how many hairs are on your head, and he chose each thing for a reason. You were created for greatness because you were created by greatness. Don't let the ways of this world tell you that you aren't enough or that you need to

change. Instead find strength and confidence in the hands that created you.

I ran to co-dependency

I ran to PE the feeling that comes over me is, something is pushing me something is pressing me from behind something is chasing me and I never knew how to handle that feeling and as soon as I get that feeling I climb in the car and leave, or I pack my suitcase and fly somewhere. Now I'm in PE on a game farm and by this time I got this feeling a very unpleasant feeling of something is not right. I was afraid I felt scared, and I needed to get out of there as soon as possible.

11 *Destiny - I will rise again*

*Destiny O destiny where can you be
Looking for you every where
Is it in PE?*

*Then I had to search my body mind and soul
Transforming and renewing
Got cut to the bone
A Journey on my own*

*Presenting my body as sacrifice
Denying myself advice*

*My bloodline needed cleansing
My seed-line too
My DNA with bread and wine re-sequencing*

*I had to go much deeper
Getting exposed and weaker
I'm going to find my destiny
With Patience faith
From Him to me*

*Don't grow weary and loose heart
The enemy always places fear and doubt from the start*

*I received the fire
And the wind too
In the midst of His cleansing and remodelling too*

*I will rise again I screamed
Then suddenly I realised the Promised Land is me
My redemptive gifts came forth
Now I know who I am and who God created me to be
My destiny is within me*

Author: Charlotte Viljoen

Possible Lie producing emotions

I don't know what is happening to me (Confusion)
Everything is out of control (Powerless)
I will never be happy (Tainted)

Gods truth:

Jeremiah 29:11

"For I Know the Plans I Have for You' Declares the Lord, 'Plans to Prosper You and Not to Harm You, Plans to Give You Hope and a Future.

Deuteronomy 31:8

"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

Psalm 126:2

"Our mouths were filled with laughter, our tongues with songs of joy."

Is this me?

I phoned a friend of mine she's a lesbian and said girl you must help please can I crash at your place for a while I need to get away. At that stage in my life, I felt I'm finished I'm finished with men I've had it I'm so tired of being mistreated. I dated religious men, I dated worldly men, I was married 3 times and Lord I'm finished I cannot do this anymore. I don't want to do this anymore. Men are not for me.

She said yes please come ill meet you at the airport. So, I did.

It was just great to see her and spend time with her That night we had a few drinks went out and she really went to trouble to accommodate me.

She said I can stay as long as I want to, she will help me back on my feet again. Take your time and I thought wow this is just wonderful maybe this is from the Lord. We watched movies in PJs ate popcorn laughed no pressure from a man at all just us girls having fun. To me it was absolute awesome.

The Holy Spirit spoke to me and said Charlotte go to Beulah Christian Retreat and this is the second time I felt I must go. So, I phoned them and asked them how it works and costs, so they emailed me forms with all

necessary information on. But I felt I'm actually okay at my friend's house.

The third day brakes and I phoned my family and told them I'm staying with a lesbian friend of mine and I'm going to start a life here.

That evening we sat and watched a movie, and she made a move on me.

I thought Lord, this is a place for me to rest it's not another place where someone wants my body how is this happening? What now.....

I jumped up and said I'm going to bed now and ran to my room closed the door.

She came to my room and said any time if you change your mind, please just lie behind me in bed I'll keep you safe and warm I'm here for you.

So, she left to her bedroom I closed the door and just fell to the ground and started crying I said, "Lord this is not a path that I think you want me to take". (Again, this is my testimony). What must I do? But deep down inside I felt so lonely and had a burning desire to just climb inside her bed and lie behind her.

I lay on the ground and called out to the Lord and said Lord let this cup pass me please. **Philippians 4 v 13 I can do all things through Christ who strengthens me.**

The temptation is so great, I feel so alone, I feel that what happened in my life with men and all the pain I

endured Father give me grace... that whole evening a tossed around and I felt that if I do open this door and choose this road it's not the path that I must walk. I cried the whole evening and the next day I walked to the kitchen where she was making coffee and said to her "girl thank you, but I cannot stay anymore I need to go".

Where must I go again Lord, I cannot do this anymore this is not my life what must I do now? This is not what I must do is it? As I was crying and lying on the ground my cell phone rang and it was my brother he said where you now? I need you for about a week at a factory in the area can you help out?

Yes, I said Yes, I'll be there. I phoned uber driver I booked a guesthouse and I started working that Monday for them at the factory for a week.

Sometimes the door God opens is not permanent at that stage but it's a temporary outcome just to get you out of your situation.

That evening I lay on the bed in the guesthouse and said Lord thank you thank you so much I feel so safe where I am even if I'm not where I'm supposed to be I feel safe. I was not making progress in life because I was so busy managing my emotional relationships and the people around me that I didn't have the energy to think future thoughts. *I was so busy with the fight that I lost sight of the victory.*

God says put on the armour of God because you under attack.... **Ephesians 6 verse 11: "Put on the whole**

armour of God that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armour of God that you may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which, you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints – 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak”.

God said: I'm going to bless you, but you need to dress for the battle while you receive the blessing. *The greater the blessing the greater the battle.* God said: I have given you things that you are yet to possess but in order for you to possess it you going to have to stand but your will power, your might, your strength, ability to stand on your own, the first stand I had to do by myself.

Helmet of salvation to protect my mind the knowledge of God. The enemy came against my freedom something that I didn't know I already had. I was fighting against my imagination. I was having a heart battle in a head fight. How I felt had nothing to do with what I know. *Most of my life I moved on my emotions and forfeited opportunities for what God wanted to give me because of what I felt. I lived a headless life because I did not separate how I felt and what I knew was right.*

God said get your heart out of the way of your head and I will move you forward. I had to pull my feeling, venerability, insecurities out of it. My emotions, how I felt and other people's opinions of me, co-dependant relationships governed my head. The devil was after my head to keep it foggy. The shift is coming but it needs to start with my head. *It came for me but didn't take me out.*

12 *Your greatest miracle*

*Your greatest miracle
Is in your scary place
A place you need to face*

*A miracle you build
To reach your dream
You have to scream*

*You will never find your wings
In the safety of
Comfortable things*

You will learn to fly

By confronting the sky

*In the process
Flapping and falling
Flapping and falling
That's how you get
Your wings*

*Fear makes you stronger
Flight or fight
Out of fear
You draw near*

*Fear makes you
Withstand the test
To do your best*

*Greatness festers in
Isolation and frustration
God scare me again*

*You only win
If you don't quit
In a dark scary
Flapping and falling place
You will find Grace*

*Author: Charlotte Viljoen
Inspired by TD Jakes motivational clips*

Possible lies producing emotion:

I am so stupid, ignorant and idiot (Shame)
I should had known better (Guilt)
Everyone can see my shame (Taunted)
If I trust I will die (Fear)
I am overwhelmed (Powerless)

Gods truth:

Isaiah 1:18

“Come now, and let us reason together,” says the Lord, “Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool”

Hebrews 8:12

“For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more”

2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new”

Proverbs 3:5-6

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

A Christian Retreat

When the contract finished that Friday buy the Thursday evening I went out and socialised a lot because I knew Saturday, I need to be out the guesthouse and again nowhere to go. Then the Holy Spirit said again go to Beulah Christian Retreat. I phoned them and asked if they can take me that Saturday, I would just like to clear my head. They said they will come back to me. I had enough money at that stage to go there for a week. I said Lord if they don't take me today, I'm finished then I'm going to go into the world I'm finished I cannot do this anymore. I was a border Christian and I'm tired of it. I cannot live like this.

In front of my parents, I'm one person, in the church another in front of my family living with masks and my friends out there the ones that I used with. Nobody knew that person and the Lord says so clearly in His word that lukewarm Christians, I spit you out of my mouth. I was a Lukewarm Christian. **Revelation 3:14-22: "And to the angel of the church in Laodicea write: 'The words of the Amen, the faithful and true witness, the beginning of God's creation. "I know your works: you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. For you say, I am rich, I have prospered, and I need nothing, not realizing that you are wretched, pitiable,**

poor, blind, and naked. I counsel you to buy from me gold refined by fire, so that you may be rich, and white garments so that you may clothe yourself and the shame of your nakedness may not be seen, and salve to anoint your eyes, so that you may see. ...

I was tired of living a double life. I said Lord I cannot run anymore. That moment the Christian Retreat phoned and said I can come they have an opening.

Uber came and dropped me off at the Christian Retreat. Then my roadway to healing began and when I put my feet on that ground, and I saw the owner the anointing fell on me, and I just wanted to start crying. **Proverbs 15:22 Without consultation, plans are frustrated, but with many counsellors they succeed.**

They greeted me and showed me where my cabin was that was now Saturday and he said we will see you on Wednesday should you like to chat with us for an hour and he closed the door. I just looked around never in my entire life was I alone for so long and fear came over me. I closed the door and looked around. I sat on the bed put my hands in my hair and said Lord is this where You would like me to be, and I heard the Holy Spirit say: Charlotte it's now time to be quiet to relax now I want you for Me it's time for your healing.

I opened the door and saw my neighbour. He said Hi you here for healing I'm here to spend time with the Lord, so we greet one another in the mornings and evenings and that is that.

I thought sure what a friendly neighbour that's great....
So, I went into my room and closed the door.

In this time my counsellor said to me that the following Monday they going to present a course for a week I'm welcome to join them. The courses name is The Morning Star. It teaches you the lies Satan plants in your life and how to work with those effects and replace it with God's truth, and how to listen to the Holy Spirit.

I went back to my room opened my bible and the Lord gave me **PS 139 v 23+24 and it says: "Search me, O God and know my heart, try me and know my anxious thoughts, see if there are any hurtful ways in me and lead me in the everlasting way"**.

Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life.

Never say those words if you do not mean them because God started there and then with a transformation in my life. He operated on me He opened me up to the bone and started to take out, reveal what harmed me and then my healing journey began. Bit by bit.

The next morning I sat on my bed and we get assignments to do and the Holy spirit spoke to me the whole time as I walk into the mountains up and down the Holy Spirit would reveal things in my life and I walked back to my room and I picked up my bible and a paper fell out what I got from my sister in law and I looked at the paper and read it, it said: " I know you are

hearting and you are looking for answers questions everything you are so confused but do not lose your faith for I myself is hurting with you for you I give free will to all on earth and it is by these earthly decisions by the devil having his way that you are hurting. For I am not of evil teaching you a lesson, I take these situations and use them for good I am good, I am Love, I am your father and I want the best for you. I love you, I made you, I have big plans for you. This now I say keep your faith, hear my voice, and do not believe the lies. I have given you the weapons to fight the belt of truth the breastplate of righteousness the shield of faith the helmet of salvation and the sword of the spirit.

When I read this letter, I realised that my family stood by me they believe in my healing and that gave me the strength to stay another week and to go on. I should have only stayed a week and now it's going for two weeks.

I said Lord I'm not leaving this place if I don't know where you want me to go. I want to walk into my destiny. I don't want to turn around again Father please help me, show me the path I need to follow and that morning we had a session again, but the whole time while I'm doing the course an accident came up as a child and I told my counsellor that I'm seeing this accident as a child. They said just write it down whatever comes to mind and the Holy Spirit will reveal it to you later.

13 *Morning Star*

*Driving up a steep-steep hill
One by one the bricks they lay
Riding over the back
Of broken and bruised
People they say*

*Your land shall be called Beulah
A place of rest and peace
Discover your calling
Hear His voice
Restoration
Worship and feast*

*The Fathers eye
The Fathers voice
Grow in Spirit
You will rejoice*

*You will learn to cope
You will learn to overcome
The effects one by one*

*No more lies
New hope you'll find
A Relationship with God the Father combined*

*A Family of 5 you will see
God's grace upon grace
Goodness divine free
May His favour and mercy abundance supply*

Be with you always family of 5

Author: Charlotte Viljoen

Inspired by the retreat I visited "Beulah Christian Retreat"

The accident

Mommy, Mommy she cried looking in front of her with big green eyes her long hair tangled hanging in front of her face. Mommy....

She was only 3 years old driving with her parents and siblings over the mountain as her dad was mayor of the town going to another function. The road was wet mist covered the mountains cold and rainy. Before they knew a head on collision with another vehicle. Brakes screeching a loud bang steal against steal Dad turning the wheel vigorously avoiding flying down the mountain a sudden halt.... Then silence.

All she felt was her door swinging wide open her shoe fell off because of the impact and she looked down the steep slate side. Seeing how the rocks roll down the hill. Then she heard her mother screaming to her sister to come back. Her sister 5 years old walking up the steep heel trying to get some help. Then by the grace of God a man in a pickup truck drove past. He helped her Father whose knees were shattered and her sister onto the back of the truck and her mother he put inside the truck with her brother one and a half years old on her lap and Charlie stood between her mother's legs inside the pickup truck. An hour and a half's drive to the nearest hospital. No cell phones that time only prayer, hope faith that they will make it on time.

As Charlie stood between her mother's legs looking in front of her seeing her mother's head gashed open by the front car shield deep cuts, glass in her face, her teeth smashed into her jaw, her one eye hanging out on a thread, blood streaming down her face, Charlie can smell the fresh sweet blood she felt warm blood against her skin she looked death straight in front of her looking at her Mother she stood in shock crying out to her Mommy, Mommy, Mommy. Her mother cannot talk she is in and out of consciousness. Smashed and bruised she tried to comfort her daughter but couldn't. As she looked down at her brother blood all over his head from her mother's wounds, then she looked up at her father and sister at the back of the truck.

At that moment I realised I felt all alone, unprotected, abandoned, I felt death creeping slowly, blood is sticky, blood is dirty, blood stinks, blood hurts, blood gives pain, blood kills I was afraid, I was afraid of the blood of Jesus.....

My parents never knew the Lord at that stage of their lives, but God saved them all for a divine purpose.

As I grew older my mother told me what she went through and how she saw a dark tunnel and at the end of the tunnel was a light, but her mother knew that if she reached that light she will not be in heaven and how they got to know the Lord and except Him as their personal Lord and saviour. My Father lying in the back of the pickup truck also cried out to the Lord and said: "Lord please save my wife if only you save her, we will serve You."

It was one morning that my dad decided they going to fly to visit friends. My dad having a private small aircraft licence keeping his flight hours on track. My parents ascended for take-off and realised that the aircrafts radio is not working. Turning back on the landing strip aircraft mechanics started working on the radio. An hour later they back in the aircraft descending for take-off in the air realising the same problem. It forced them to turn back and get another radio. As they took off a third time the same problem accrued. Sudden cloud and mist in front of them they cannot see the mountains so again they were forced to turn back. By that time, they decide to rather drive.

Because of the long distance no petrol station opens after 6pm friends of them told them visit and stay for the night. As my parents arrived there, they realised something is wrong. Their friends are not the same wild swear bunch anymore something is different. After a while my dad asked them what is wrong, and they told them that they have accepted Jesus into their hearts and became born again Christians. It was a long evening as my parents got to know the Lord and also changed their lives.

Then in training the accident came up again as a 3-year-old child and just there and then as I was thinking about the accident my counsellor said, "Only the blood of Jesus can cleanse us from any unrighteousness". There and then *the Holy Spirit revealed to me that stage that, the day of the accident when I stood in front of my mother satan came and planted a seed telling me blood is death blood cannot clean blood abandons, blood does not give protection and that*

day as I stood in front of my mother I made an inner vowel that I could never be alone again, I could never take care of myself because look how it feels to be alone abandoned I could never ever be alone in a room, satan made me believe that the blood of Jesus could never give me protection let alone cleanse me.

The Morning star course revealed what the lie of the enemy was and what he planted in my life was *Jesus on the cross could not had been because you experienced what blood can do you looked at death and it was all because of blood and at that stage it fell in my spirit that everything I did in my life all the decisions I made was because of the lie satan planted in me as a 3 year old child the effect from that was that no matter what I do the blood of Jesus cannot cleanse me. I was afraid of the blood of Jesus.* I looked at others to take care of me because I believed I cannot take care of myself. I could never be alone in a house or room; I could never sleep alone. I operated out of fear I know how it feels to be alone you stare death in his eyes, fear, anxiety, rejection, and I believed that lie.

My parents were not born-again children of the Lord before the accident and after the accident they came to know the Lord and the devil knew that if my parents become Christians then I will also serve the Lord so then he planted that seed that effect of the blood of Jesus before we became children of the Lord so that I will be afraid of the blood of Jesus, but God's word says that no weapon formed against me shall prosper.

Lie producing emotions:

I'm all alone (Abandoned)
I have been overlooked (Abandoned)
It was my fault (Shame)
I cannot stop this (Powerless)
I cannot do anything to help (Powerless)
My parents are not coming back (Abandonment)
I was afraid of the blood (Fear)
Scared of how my mom looked (Fear)
Something bad is going to happen to me (Fear)
I am not loved, needed, wanted, and cared for, or
important (Invalidation)
I just want to die (Hopeless)
Why would this happen to me (Confusion)
I can never take care of myself ((Tainted)

God's Truth:

Isaiah 54:17

No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord."

Leviticus 17:11

For the life of the flesh is in the blood, and I have given it for you on the altar to make atonement for your souls, for it is the blood that makes atonement by the life.

Joel 3 v 21

**“For I will cleanse their blood that I have not cleansed:
for the Lord dwells in Zion “I am cleansed
“But if we walk in the light as He is in the light, we
have fellowship with one another, and the blood of
Jesus Christ His Son cleanses us from all sin.” (I John
1:7)**

Acts 20:28

**Pay careful attention to yourselves and to all the flock,
in which the Holy Spirit has made you overseers, to
care for the church of God, which he obtained with his
own blood.**

Colossians 1:20

**And through him to reconcile to himself all things,
whether on earth or in heaven, making peace by the
blood of his cross.**

Ephesians 2:13

**But now in Christ Jesus you who once were far off
have been brought near by the blood of Christ.**

Hebrews 13:12

**So, Jesus also suffered outside the gate in order to
sanctify the people through his own blood.**

Hebrews 2:14

Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil.

The power of the blood of Jesus

Why didn't satan want me to realise the power what the blood of Jesus has? because Applying the Body and Blood of Jesus I engage in the DNA of God, I embrace the transforming power of the body and blood of Jesus, I engage the record containing the light, sound and frequency of God's image, I embrace the record of the dimensions of the kingdom released in my body by the DNA of God, I engage that DNA record and apply it to my bones, I speak to my marrow and command it to live, I apply the frequency of DNA to transform me into the image of Jesus. Transform every genetic record, re-sequence my DNA into alignment, I apply the blood of Jesus to transform all impure genetic material - be transformed. I apply the blood of Jesus to all iniquitous genetic patterns - be cleansed. I call all my genetic material to resonate with the DNA of God and come in alignment with my eternal image. I choose to bear the image of my Father in heaven. I choose to bear the image of my brother in heaven. Let the breath of God be breathed into my life, transforming me into a living being, joined to the Lord and one spirit with Him. I speak creative words to my DNA to release the supernatural abilities of God. I trigger the ability to see in the realm of the kingdom. I trigger the ability to move in the realm of the kingdom. I trigger the ability to transform matter. The blood of Jesus cleanse us from past, present, and future sin.

Mike Parsons Freedom Apostolic Resources - www.freedomtrust.org.uk/ AR

14 *His Blood*

*Hi little One
Don't be afraid
You've been so strong
Listen to my song*

*Come take my hand
Tell me your pain*

*I've always been their
I've seen your struggle
I've seen your care*

*Take my hand
Let's not compare*

*Your long black hair
Your big green eyes
Your beauty
Your smile
That makes all things while*

*You not alone
You've done so well
Being brave
Looking in front of you seeing the grave*

*It's safe now
You don't have to pretend*

*You don't have to punish
God's here to amend*

*Forgiveness and mercy
From now on will show
His blood has washed you
Clean as snow*

*Your smile
Your laughter
Is forever after*

*Step out of your effect
What the enemy has set
For God has a plan
It's not in vain*

*Your gifts
Your calling
The meaning of your name
Righteous I proclaim*

*Your free
Independent
Compassionate and pure*

*Put on your crown
My daughter come near*

*From today on
Righteous you stand
Together forever
I've taken your hand*

Ashes for beauty

Shame for love

Today I choose to fly like a dove

Author: Charlotte Viljoen

Enter into His presence

At the Christian Retreat we also learned about, how to enter into heavens gates. Now already what is in heaven to enjoy it now on earth and the only way to get into heaven is through the blood of Jesus the cross and I would have never been able to do that if the Holy Spirit did not reveal the lie the enemy placed in me and removed that lie and replaced it with God's truth.

The one day I tried and practiced going into the heaven and I said Lord I'm so scared I don't know what to expect and God said just fly like a dove I closed my eyes looked at Jesus waiting for me, and I flew like a dove I went up the stairs I saw my dad who passed away helping me walking with me to the top of the stairs. There was a doorpost I walked through the doorpost. Jesus on my left with a scroll in His hand and I thought O no God is going to through me out of heaven and tell me all the bad things I did, and I was afraid, and I looked at God and said Lord my heart is so broken how are we going to fix it and He said: *Give me your heart, here take mine* and the following poem I wrote "God's Heart" when I came back from heaven.

Psalm 147 v 3 He heals the broken hearted and binds up their wounds... Matthew 11 v 28-30 28. Come to me all you who labour and are heavy laden, and I will

give you rest 29. Take My yoke upon you and learn from Me, for I am gentle and slowly in heart, and you will find rest for your souls 30. For My yoke is easy and My burden is light. *When God gave me His heart, He gave me the mandate to change.* God moved me from His presence to His glory. Things that worked in the past don't work anymore. There is no life in it anymore. He wanted to go much deeper into my healing and transformation. I had to start to embrace this transformation and God started to put pressure to change the deepest things and they came to the surface.

God does not care about your past; He cares about transformation. *There is a cost to be paid when transformation takes place.* So that I could stand in the presence of His glory.

15 *God's Heart*

*As I bow before Your door
Waiting upon You Lord*

*Don't know what to expect
Anxious Scared
Don't know what's next*

*You came to me and said with love
Come fly like a dove*

*Then I entered the heavens Gates
Up the stairs I flew
On the right and on my left
People I've seen before*

*My Daddy helping me
Enter into so much more*

*Jesus was the door post
But with a scroll in His hand
God the Father on a chair
His sandals in the sand*

*With the Holy Spirit by my side
I see the scroll in Jesus's hand
Owe no I'm banned*

*Then from a deep but calm voice above
The Father said
My Dove Righteous one
I'm so proud of who you've become*

*You've been through so much
Don't compromise
You've come so far
You have a constant conscious of who you really are*

*Here take my heart
And give me yours
From now on I'll open doors*

*I cried and cried to hear Him say
I'm actually okay*

*His heart I felt warm strong and pure
Overwhelmed by His Glory I had no fear*

*God, the Holy Spirit and His Son
Knew me*

One by one

*My child go back from where you came
Take my heart it's not a game*

*With love, compassion, kindness and pure
You will wash the feet of whom are near*

Author: Charlotte Viljoen

In this healing time the Lord started to reveal things in my life that needs to be dealt with and removed that kept me back from being who He created me to be and to get total deliverance and healing. Then God said to me **Isaiah 55 v 8: "For my thoughts are not your thoughts nor are your ways my ways says the Lord for as the heavens are higher than the earth so are my ways higher than your ways and my thoughts your thoughts"**. He also gave me **Luke 1 v 37 For with God nothing will be impossible. Proverbs 16 v 9 a Man's heart plans His way, but the Lord directs His steps.**

For so many years I tried to plan my life thought I must go there thought I must do this and that took this job studied that, but never did I truly ask God what He wanted me to do and *waited* for an answer.

At the end of the day the Lord said to me Charlotte relax bask in my presence relax just trust in Me. It's time that you have faith in Me believe that I only want the best for you. Stop making plans stop organising your life. Then the Holy Spirit said the time of healing has begun. He said you saw what can happen if you trust in me to

show you the way and I did. It was not easy, but I stared to wait upon the Lord so that He can reveal everything in my life I needed to change and restore. He started to reveal certain things in my life, why I made certain decisions, why I always fled, why I always had to run away. The Lord said to me **Isaiah 54 v 4+5: "Do not fear for you will not be ashamed neither be disgraced for you will not be put to shame for you will forget the shame of your youth and you will remember the approach of you widowhood no more for your Maker is your husband."**

There are many different masks or coping mechanisms I took on. I was in denial about my feelings of sadness or anger or fear because I never really knew how to deal with these feelings or where they are coming from. I felt I had to care for everyone else to be loved and needed. I felt I only existed to make others happy. These were just some of the masks I wore. I switched in and out of characters on a constant basis. It was draining and drew me to a point of hitting the wall and breaking down. Through the book "Love is a choice" I learned that how I saw my childhood and formed an identity out of pain.

16 *My Identity*

*Living your life through me
I couldn't form my identity*

*Telling me what to wear
Making choices choosing the bear
and how I should comb my hair*

*You were so busy helping him
Try to understand
A perfect home
A perfect place
Open for every case*

*Making your house a home
From Italy to Rome
Speaking to each other
I'm "Big Brother"
Watching every move, you make From the Office
To baking a cake*

*You did the best you could
You were thriving
You had a voice
But still I (I) had no choice*

*Then suddenly a part of me
Wanted to be free*

*Not getting the love I thought I need
Nurturance, freedom, and a seed
I started to feed the villain
For everyone to see
What became of ME????!!!!*

*My love tank running empty
The girl down the street
Gave me something I needed and a sweet*

*Out of my pain
I started to create
and Complicate*

*I couldn't understand
Why can I not take another girls hand*

*Years and Years went by feeding the villain
I felt shy*

*Not coming out
I couldn't say
Maybe I'm gay*

*Outward I was who you wanted me to be
From dressing me up
Combing my hair
To entertaining and singing
Standing on a chair*

*Inward I created
Can't you see
The little girl inside of me
My own identity*

Author: Charlotte Viljoen

It was necessary to get rid of the mask, to allow the true self to be seen. Balancing allowing my fears, dreams, and hopes to be shared with others, while protecting it from those that cannot appreciate, was something I had to learn. Who God created me to be, has been a choice. How did I find a balance? I had to explore my inner depths, and learn more about the true and false me, by reading the word of God and listening to His voice. Exploring my dark side, dark secrets and find healthy

ways to express what I found in the shadows. I worked to appreciate and accept my qualities, my style, my strengths, and my weaknesses. I had to allow the real me to come to the surface through the guidance of the Holy Spirit and my councillors because my mask was suffocating me. While allowing my true I to come forth was scary because doing so brought out rejection, anger, fear, pain, betrayals, guilt, and shame. I started to use the tools given at the Christian Retreat Lies verses God's truth and Love is a choice so that I can walk in the fullness of what God had in stored for me.

When I went to the Christian Retreat the one thing that took me further and further into recovery *and the willingness to recover* was the fact that my counsellors listened, they literally sat and listened to me. They did not try to meet me halfway they didn't say I understand or gave advice or tried to direct me in a certain way of thinking they just listened and waited on the Holy Spirit to do His work and the more I spoke the more I started to listen to what I was saying and started to get answers from the Holy Spirit as I spoke.

My mask may have let words through, but it hid the important things. Because I can't be true to myself, I denied my expression, my soul, and even denying myself. I had to discover and accept my unique qualities, but also to share them with others. That is the healing process when I touched heart to heart. I had to understand the heart of God and allowing God to lead me. It was in this that I decided to open my true self to the world. *Today I choose to put on the mask of truth.*

17 *Spiritual Warfare....*

*Been set free
Feeling Victory*

*Don't lose sight
Or you going to fight*

*For the enemy
Walks around
To see who he can find
Opening a door
He will bring more*

*Being tormented
This is no game
Facing my giant
In His name*

*I can't take this no more
My heart broken
Can't fight this war*

*With God the Father
And friends by my side
Warning me of what could be*

*Praying and playing
Songs of praise*

Checking up to see

*I'm so grateful to find
Friends who care
Helping me stand
Out of the shadows snare*

*When I'm weak
He is strong
With friends by my side
How can I go wrong?*

*A spiritual warfare
I can't ask for more
Stepping in we declare war*

*Humbly I bow down
Again, I take the crown
On my knees
Lord help me please*

*With the Armour shofar
God's word and prayer
A bow and arrow
We declare
Defeat Triumph Victory*

*The chains are broken
God has spoken*

Author: Charlotte Viljoen

Cheers

Monday morning, I woke up and said to my neighbour I'm going to make coffee and smoke my last cigarette. I lit my cigarette but after the second pull I was as sick as a dog I ran to the bathroom my tummy as upset I was nausea, I thought I was going to die. I felt like I was going to faint. I looked terrible I just said to him I feel so bad but I'm going to smoke this cigarette. So, I did and after a while I went inside my room and started to put all my stash in a plastic bag. Anything related to opioids, lighter anything I put in the bag. Then I knocked on his door and said here you are please take this from me I won't need this anymore. So, he said is this everything I said yes, it's everything. He said are you sure you want to stop I said yes, *I'm finished just take it*. Okay he said and took my stash.

18 Cheers

*Who do you think you are?
Going around
Seeing who you can find*

*When you drew near
I had no fear*

Looking at people

Defined who I was

*Taking one line
Numb my mind*

*When I was weak
I thought you wear strong*

*But when I realised you no longer belong
I became strong and you
You don't belong*

*Minding my own business
You would draw me near
A fight that became so clear
I don't have control you took my soul*

*Not only do I still have pain
But you took my name*

*I'm going to fall
Then I put words against the wall*

*You not going to change my name
Righteous I proclaim*

*I am who God says I am
I can do what God says I can do
I can have what God says I can have
And I can be what God says I can be*

I declare Victory

Get behind me

*Can't you see
You no longer part of me
God took away from me
My Codependency
You will always be
But no longer part of me*

*Cheers drugs I have no fears
With God on my side
He who provides
The love I need*

*Step aside
Or rather
You too weak
I have defeated*

*Pray by pray
Day by day
You will move further away*

Author: Charlotte Viljoen

28 days

Then it was just before 13h00 and I walked to the consultation room and my counsellors met me there. They committed to a 28-day detox program for me, and I had to commit to that as well and should they find any substances on me in the time the program will be terminated.

So, then the detox began. I had so much support Intercessors people I didn't even know, the committee, 24/7 people were praying family and friends it was the most difficult time in my life the first ten days were painful and hell as I describe in this next poem:

19 *Cravings*

*I took a walk
To the mountain
Crying all the way*

*Fighting these cravings
Every second of the day*

*Step by step
Breath by breath
I'll fight this
Come what may*

*This is going to be hard
I'm going to suffer, crawl, weep
O God I surrender my flesh
Hear me as I speak*

*I don't have the power
I don't have the strength
But what I do have is the will
To overcome
And you said
Let your will be done*

*It's going to be hard
Surrendering my flesh unto God*

*My soul was in control
No more lies
The enemy disguise
My body mind and soul
God has control*

*As the cravings come
One by one
Not giving me a chance
To take a breath
To take a rest
I realize
How many times a day
I've been listening to this craving voice
Stealing time
Not giving me a choice*

Now every time this craving voice

*Shows up again
I'll have a choice
To bow to this craving
Or
Listen to His voice*

*So, craving listen carefully
Every time you appear
I'm going into heavens atmosphere*

*I'll drink from the fountain
I'll sit by His feet
I'll eat from His garden
With God we will defeat*

*So, it is done
God has won*

Author: Charlotte Viljoen

20 *My Craving Serenity Prayer*

*Lord grant me the courage to change the things I want to
change
Thank you for the resources You have put into place
I accept full responsibility
I stand venerable before You God
Infinite mercy and grace
Naked I will stand
Through this decision I will brake
The shame over my name*

Author: Charlotte Viljoen

I could not had got rid of my addictions without the Lord that gave me the strength a support structure that was really there for me. I was so privileged to have had that. At the end of the day, now I understand the addiction and where it came from but not everyone has the patience to walk the road with someone in recovery. But not all addicts are willing to walk the road 100% and give it all they've got.

The day I decide to give up my co-dependency to come clean and be honest I said that is it. I'm going to give my everything the time the place circumstances was right, and the Lord put so many people in place to help me. I had about 2 weeks of hell, but we pulled through. So, then my counsellors started a course "Love is a choice".

This book helps readers to step back and examine their lives and then effectively deal with their codependency at their own pace. This book helps you to break the cycle of codependency and be free to make new choices... free to choose love!

This book helped me to heal my pain pointed out why I acted in a certain way and in the beginning I prayed **Ps 139 v 23+24** and God started to show me everything about me where I've done wrong and what needs to be healed.

21 *Love*

*What is love?
What does it mean?
Is it something
From a movie scene*

*Love is something I had to work for
In my brokenness I believed love I did not achieve*

*To me love was temporary
Love was unfair
If I don't do what they say
You will never experience love come what may*

*I couldn't see love
Even if I tried
I looked for something
I could not have recognised*

*I would look at someone
Showing me love
And think what on earth do you want?
Or what do you need?*

*Bit by bit
I became whole
Inside out upside down searching my soul*

*Then I realised
Love is something I accept
Love has no price to pay
You get it for free
A gift so pure for me
Love has a different face
Love I can embrace
Love is an invitation
As I accepted love
The flood gates of heaven opened from above*

*I can open that door
They say love is forever more*

*As I start to recognise love and walk that way
My eyes saw things from above
My ears heard whispers
My soul felt pain
An intense love for others became
The world needs this name*

*If we could only see love
In other people's eyes
If we could only hear the love cry in others voice*

*For every hand that stretches out
We could stop the drought*

*This could change the world
Recognising love from above*

Love is a choice

Author: Charlotte Viljoen

Guilt & Shame

That evening guilt and shame visited me. I had to face the things I did to people and to myself. The positions I put us in.

“True confession consists of telling our deed in such a way that our soul is changed in the telling it.” – Maude Petre

I heard a lot about the importance of forgiving those who have harmed me, but what about forgiving myself? Is that important as well? I never knew that existed.

When I harmed someone, I felt bad about it, to experience regret and to wish I could take it back was healthy or do something to make the person feel better. What was unhealthy was when I continually beat myself up for my offense and to determine that I was a bad person because of it. The first experience was generally thought of guilt while the second was shame. Guilt and shame felt very similar in both experiences. I felt bad about myself, but guilt gave me a feeling of disappointed in myself for violating an important internal value or code of behaviour. *Feeling guilty can be healthy: It can open doors leading to positive behaviour change.* With shame, I could also feel a disappointment in myself, but no value has been violated.

Shame is incredibly unhealthy, causing lowered self-esteem or feelings of unworthiness and behaviour that reinforces that self-image. Shame was responsible for a myriad of problems in my life:

Self-criticism and self-blame, Self-neglect, Self-destructive behaviours, abusing my body with food, alcohol, drugs, self-medicating, cigarettes, Self-sabotaging behaviours, starting fights with loved ones, sabotaging jobs, and perfectionism. The belief that I did not deserve good things. I continued to repeat the cycle of abuse through either victim behaviour or abusive behaviour. *The book Verbal & Emotional Abuse author June Hunt is an excellent practical book to read if you are struggling in this area.*

When I feel guilt, I feel bad about something I did or neglected to do. When I feel shame, I feel bad about who I am. When I felt guilty, I learned that it is okay to make mistakes. When I felt shame, I needed to learn that it is okay to be who I am for now.

I believe that self-forgiveness was the most powerful step I took to rid myself of shame. Self-forgiveness was absolutely essential for me to become emotionally healthy and have peace of mind. It went like this: The more shame I heal, the more I was able to see myself more clearly the good and the bad. I was able to admit and recognise how I have harmed myself and others. My relationships with others and myself changed and deepened. More importantly, my relationship with God the Father improved.

Forgiving me for the ways I have hurt, or harmed others was probably the hardest thing I had to do in order to heal my shame.

Self-understanding, earning my forgiveness: taking responsibility, apologising writing letters and making amends, asking for forgiveness from God, self-understanding lead to self-forgiveness. The book *Love is a choice* helped me tremendously on understanding myself and why I reacted in a certain way.

I spent some time thinking seriously about how my actions or inaction have harmed those around me.

Now for 28 days we are handling the book *love is a choice* but throughout the whole time I never truly understood what love was and that evening the Holy Spirit explained to me what love is and that I could never understand or even see love even if I tried because I was so hurt. God taught me forgiveness how to forgive myself, as soon as I forgave myself, I understood what love was. When I saw love, I could really forgive others. The next poem is about forgiveness:

22 *Forgiveness*

*A choice I make
Not a feeling
For my own sake*

*You no longer have power
A decision even if it takes an hour*

*Forgiveness not an emotion
God's direction
Bringing my life into motion*

*Bitterness repressed
Unforgiveness sours
In my heart
In my soul
You no longer have control*

*I'm not a victim to forgive
It's from a position of strength*

*I acknowledge my rage
Grief and hurt
Turning a new page*

*From now on I'll forgive
Faster than I forget*

*Because my heart is pure as snow
I want to grow*

*Obeying God is what I want
You no longer have power*

*I take my hart
From bondage
A clean start*

Author: Charlotte Viljoen

When I was able to develop the courage to admit when I was wrong and to work past my fears and resistance and apologise, I developed a deep sense of respect in myself. This self-respect affected my self-esteem, self-confidence, and overall outlook on life. When I apologise to you, I show you that I respect you and care about your feelings. I let you know that I did not intend to hurt you and that it is my intention to treat you fairly in the future.

When I learned from my mistake, and do not wish to repeat it, then I no longer need to feel guilt or shame about it and will not allow anyone to keep me in the past. *I forgave myself and let it go.*

Possible Lies producing emotions:

I don't deserve good things (Tainted)
I should had known better (Shame)
It was my fault (Shame)
How can ever get forgiveness for what I've done?
(Shame & Guilt)
How can I forgive myself? (Shame)
Will God ever forgive me? (Tainted)
There is no good thing for me (Hopeless)
I cannot get loose (Powerless)
Something bad will happen if I confess, tell (Fear)

God's Truth:

Isaiah 54:4

“Fear not, for you will not be ashamed; be not confounded, for you will not be disgraced; for you will forget the shame of your youth, and the reproach of your widowhood you will remember no more.

Revelation 21:4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Psalm 118:5

Out of my distress I called on the LORD; The LORD answered me and set me free.

John 8:32

Christ Jesus said, "Ye shall know the truth, and the truth shall make you free"

Galatians 4:7

Therefore, you are no longer a slave but a son, and if a son, then an heir of God through Christ.

2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

Psalm 17:8:

"Keep me as the apple of the eye, hide me under the shadow of thy wings". ...

Zechariah 2:8:

"For thus saith the LORD of hosts; After the glory hath he sent me unto the nations which spoiled you: for he that toucheth you toucheth the apple of his eye".

1 Corinthians 13:4.

Love is patient and is kind; love doesn't envy. Love doesn't brag, is not proud, doesn't behave itself inappropriately, doesn't seek its own way

23 *Guilt & Shame*

*What is this I'm feeling?
Sudden pain in my being
A rush of darkness
My mind flashing back
Of the past mistakes I made*

*Bent forward
Holding my heart
Rushing Thoughts
From the start*

*Tears streaming down my face
Weeping so true*

*Coming from an inner place of where I've never been
Is this a place I have to face*

*Struggling to take a breath
This pain has it a name
Trying to contain*

*This sudden rush of pain
In my heart
In my soul
In my body
Can't stay in control*

*Letting it out its all I could do
Impossible to try to contain
What the hell was I thinking?
How could I have been so cruel?
Making all the rules*

*I couldn't stand my face
And the presence of whom I am
Trying to run away
From this shadow astray*

*As I turn it turns
As I walk it walks
As I crawl it crawls
Get away from me
Can't you see?
You not part of me*

*Broken bruised and accused
I lay beside my bed
In a puddle of shame*

*Surrounded by my name
This is no game*

*I have to be strong
What in the world is going on?*

*Facing all my effects
Dealing with all this pain
Seeing who I hurt
And seeing the shame*

*As the shadow and I became one
I felt my body numb
To feel the enemy right inside of me*

*I wasted so much time
I've broke so many hearts
I don't deserve to live
It's better to just apart
Again, a selfish act
To run away and leave people behind
Just face the truth and face the fact
And get your act together
You've been given another chance
Advance
To face this feeling, you have*

*Talking to the shadow and trying to flee
Is the shadow me?*

*Hi Guilt, is my name
And if you don't pluck out my root
I'm going to poison you from your head to your foot
I'll rob you from your dignity*

*I'll cripple you from the pain
I'll rob you from moving forward
To experiencing true freedom
And everlasting love*

*From experiencing Gods glory
So, deal with your life story*

*So many people are praying
People I don't even know
Around the clock
On their knees
In the bushes
Between the trees*

*I've been given a second chance
More than many can say
I've been taken care of
Every single day*

*Supported by my friends and family that way
Then I realised so many peoples love
Trying to help me stand out of the shadows hand*

*That night I tried to nailed myself to the cross
For every sin I committed I acquitted
Couldn't handle the cross alone
Stripped to the bone
I cried out to the Lord please take my cross I own*

*I heard Jesus say
It's already taken care of on Calvary that day
All you need to do is to walk in your victory
Now that shadow is you in me*

Author: Charlotte Viljoen

Do you know how it feels to face your inner demons? (The Lies I had to face) I realised how much pain I have caused others through my insecurities, self-sabotaging, co-dependent relationships, addiction, and certain decisions I have made by believing the lies of the enemy. One of my biggest guilt and shame moments was having to face what I had done to my son and having to deal with that guilt and shame. This is a poem I wrote for him:

24 *My Son*

*I've always wanted only the best
For You Daddy and Me
From the day they put you in my arms
No better life could be*

*Your perfect smile
Made all things while
I loved you from the moment I felt you inside of me*

*Then life began
Daddy wanted to go back from where he came
I couldn't leave the family and Daddy wanted to be free
We loved each other and made the choice that Daddy would go
abroad back not me
I couldn't go to a country were war and no work would be*

Then Mommy tried to survive

*Operated on what she knew
Out of hurt abuse I grew
Into something I did not want you to view*

*I saw you close the windows
I saw you lock the door
I saw you clean the house
And mop the floor*

*Thank you for being the man
For taking so much control
I wasn't even your work
You were a small little boy*

*Sometimes I would get angry
And say ugly things to you
Out of my hurt I took it out on an innocent lovely boy you*

*What I did was wrong
Treating you that way
You took care of your mommy
Her friends every day*

*I ask your forgiveness
For not being the Mommy I was supposed to be
For not giving you protection
And security*

*I didn't know what love was
Because of my brokenness inside*

*From now on I want to be
The parent I ought to be
If you would please give me a chance*

To be your Mommy I'd love to be

It's never too late

A clean slate

From the start

With God in our heart

Author: Charlotte Viljoen

Ungodly Sole ties

Now it's nearly 2 months at the Christian Retreat. About in the beginning when I arrived at the retreat the Lord said to me. When you walk up the mountain take a picture of everything you see. So, I started to take pictures of things I see, flowers, stones, and sticks and a golf ball. I never knew what that was all about. But this morning the Lord said do you remember that I told you to take pictures of everything, so I said yes then He said now go to the mountains and go pick up everything you took pictures off. So, I did. Then when I came back to the room God said now stick it on a cardboard. So, I went to my counsellor and asked for a cardboard and tape.

That afternoon I stuck all these objects on the red cardboard and then the Lord said now name them. Next to every object I would write what came to mind either a place, a person, and jobs I worked at. In the beginning I thought there are about 14 people places jobs I need to break unhealthy ungodly emotional sole ties over but at the end there where 48 places, people, and jobs all together the Lord reminded me off.

The next day I went to counselling and said here is a project I did of people I need to forgive, places, jobs I need to break the sole ties over. So, they said okay tomorrow tonight at eight come to the lounge and we will pray and break those sole ties.

My experience

The ungodly sole ties that I walked around with influenced my mind, emotions, and health for many-many years. My soul was not taken care off and it affected me tremendously. **3 John 1 v 2: "Beloved I pray that you may prosper in all things and be in health, just as your soul prospers"**.

When you sleep with someone your soul gets knitted into one another. When you spend time with that person you form a bond and the longer you spend time with them the deeper the bond becomes and the deeper the more difficult it becomes to brake. It's easier to prevent a relationship than it is to break the pattern when it starts. When you sleep around there soul and the other people, they have slept with soul gets knitted into your soul, if you don't break that ungodly, emotional sole tie over your life. **1 Corinthian's 6 v 16 to 17 for you are the temple of the living God. Come out from among them and be separate, says the Lord. Do not touch what is unclean and I will receive you.**

Let me explain now take a cardboard and stick another cardboard on that one then pull it off you get on your cardboard extra pieces and missing pieces like Bitterness, Rejection, Fear, Lust, Envy, Strife, Anger, Addictions, Doubt, Jealously, Perversion. These things can bind to your soul. Throughout my intense healing process at the Christian Retreat God showed me the

ungodly, sexual, emotional sole ties I needed to brake of people, things, places, and situations I'm tied up to and the co-dependent relationships in my life.

Through naming everything on the cardboard that day. The next evening, I broke every ungodly, emotional sole tie over my life. When I looked back at the cardboard it looked like witchcraft and I was shocked.

Then a friend asked me if I was involved with someone who was involved in witchcraft or Satanism or something and as we spoke, I realised yes 27 years ago I had an emotional relationship with a man weird as could be.

One afternoon when we went into his house, he had a table with stuff on nearly just like the picture I made, and he said don't touch those things. I thought sure what can that do to me I never had boundaries I never understood boundaries or respected other peoples boundaries. 27 years later I sat with, restlessness, controlling, fear, and even though all 48 unhealthy, emotional, sole ties of people, places and things was broken I still had a certain feeling I couldn't get rid of.

Then when I broke the ungodly, emotional sole tie over that person it felt as if a weight was lifted from my shoulders. I felt free for the first time in a very long time.

Unbind the darkness

Math 16 v 19

“I will give you the keys of the kingdom of Heaven, whatever you bind on earth will be bind in heaven and whatever you loose on earth will be loosed in Heaven”

We get bound out of our own free will. We also get loosed out of our own free will. So, we have the power to bind and to lose things from our soul. God showed me the one ungodly sole tie that kept me back. It's so scary to think that having an emotional relationship with that man my soul connected and I got tied up in things I cannot get out of. I found myself thinking of things that I normally wouldn't think about. I reached for things I should had never touched or done.

Then God taught me to enter heavens gates and to take my burdens to the Father and lay it on the altar to develop a relationship with Him my first Love. Once I had to brake with that person, then I only realised how bound and dependent I was on them I became bound to them and didn't even know it and for 27 years they became knitted inside of me.

It contradicted my destiny but when it became time for me to enter into my destiny, God called me to give up something that was very difficult for me. I gave up my co-dependencies I broke ungodly sole ties unhealthy, emotional, sexual sole ties.

One day I walked to the mountain and walking up the hill the Holy Spirit said Charlotte give me all the people in your life that took care of you financially give them to me I want to take care of you. I cried so much and said Yes Lord I know I must do that, here they are.

I was emotionally dependant on my cross-addictions it was always with me since a young age now I gave it up. I wanted to give it up because it was the one thing that took time between God and me. I broke the emotional sole ties I had with addictions. I walked the floor that evening, I cried, I crawled. God wanted me to break the unhealthy sole ties over my life so that I could be free.

Un-godly Sole ties blinded me. I couldn't see where to go. I could not see right from wrong. I nearly settled for a counterfeit destiny, but after I broke the ungodly sole ties over my life I waited for the promise and people *if there is a counterfeit destiny there must be and original.*

The word says my people perish because of the lack of knowledge. **Hosea 4:6 My people are destroyed for lack of knowledge; because you have rejected knowledge, I reject you from being a priest to me. And since you have forgotten the law of your God, I also will forget your children.**

I had my mistake and my miracle in the same house but eventually my spirit took over and I could no longer stay in the house. The right and wrong started to fight and I had to leave to find peace.

When I prayed Lord search me search my heart. God came and showed me what needed to go but I'm the one that is bound to it, I'm the one who was co-dependant with those people, I'm the one that formed an emotional bond with my codependency. So, I'm the one that had to give it up. God will never force you to do it. No one

can break that bond except me. No one could do it for me only-only I could break that bond I was bound. The only way I could had broken that bond was with the blood of Jesus. With tears, Sacrifice but It changed me forever.

The pull towards God was much stronger after I broke the emotional sole ties than the pull towards addiction and security. Ungodly sole ties caused me to have unmasked patterns in my life. Ungodly sole ties controlled my soul, Ungodly sole ties lead to an idle in my life, but God knew it had to be the right time for me to brake those ungodly, emotional sole ties in my life, because I needed to listen to Him, and He needed to make sure that once the ungodly sole ties were broken and that place was empty would I be strong enough to fill it with the word of God and prayer?

3 John 1 v 2: "Beloved I wish above all things that you may prosper and be in health, even as your soul prospers".

When my soul was not taken care of it affected my, mind, my emotion, and my health

3 Steps

- 1 Removing the trash
- 2 Becoming whole
- 3 Filling up with God

Step 1

Unbind the darkness from my soul

Father as an act of my will, I don't want any darkness in my soul, no fear, No worry, No offense, No anger, No pride, No bitterness, No doubt, No addiction, no envy, no strive, no lust, no unforgiveness, no jealousy, nothing of the enemy in me. As an act of my will, I choose to lose these things from my soul right now in the name of Jesus

Step 2

Becoming whole

Becoming whole is the part where I took back what I gave away. Father I want my soul to be whole and complete. As an act of my free will, I call back all parts of my soul that I gave away or any part that is outside God's will any part of my soul that is under the influence of darkness Any part of my soul that I gave to sin. I call back now in the name of Jesus.

Step 3

Filling up with God

Father I want to be filled with Your Holy Spirit, I ask You to fill my soul with Your light, Your goodness. Your love, your glory, Your wisdom, Your righteousness, I pray for Your Grace, Your great abundant & Sufficient Grace. I choose to bind my soul with Jesus Christ And be one with God Father please fill

me with Your kingdom & Your Spirit in the name of
Jesus.

25 *Ungodly Sole tie*

*No matter how you feel
Never disconnect
From the people I put in place*

*They there to keep you safe
To keep you strong
All night long*

*Break the ungodly sole tie
I want you to be free
So go down on your knee
The blood of Jesus
Will set you free*

*The enemy tries
And comes with all his lies*

*But don't you know
What God intend
Don't amend*

*I've told you
So many times, before
Not to open that door*

*Fill your room with Romans
Meditate on His word
Start a war room*

*Begin to pray
Now is the time
Come what may*

*Then on my knees
I cried
Lord in the name of Jesus
Help me please*

*I break this ungodly sole ties
The chain on my name*

*I give back
What I took*

*I take back
What you took from me
So that I can be free
No weapon formed against me*

*Fill me with your Spirit Lord
Cover me with your blood*

*No more strange behaviours
No more co-dependency
No more flee
Your blood has purified me*

*Thank you, Lord,
For showing me on the board
What the enemy tried to hide
I will stay in Your word
I will pray every day*

Soul copy

So that evening I went to the lounge, and I took my project with.

But instead of sitting on the couch I sat on the floor and put the project on the coffee table in front of me with the golf ball I picked up and wrote ME on it.

Then we started to pray forgive each person broke ungodly sole ties on the chart. As soon as we worked through everything, I took the ball and threw it in the air and said: *"I must let Charlie go"*. Without thinking out of nowhere those words came out of my mouth. At that moment my counsellor looked at me and kneeled on the carpet in front of me and said Charlotte do you mind if I do something with you and his wife was there as well, I looked at her and said yes and he said look in my eyes....

Then he said: "Charlie" and as soon as he said Charlie immediately I knew what is happening but just to mention what's happening is because of the trauma I had as a child, I created a small girl that got hurt and he said: "Charlie you can go to Jesus now" it's safe, Charlie started to cry and said but I don't want to go who is going to go with me I cannot go alone at that moment he stood up and went to sit on the couch. So, he said come sit on my lap (and this is a prophetic

action that took place) and his wife was there, and I looked at her and said to her come with me please I don't want to go alone. Now this is the small little girl that was abused and scared but the next moment Charlie climbed on his lap and started to cry profusely but in the cry she saw Jesus calling her and she saw in a vision how Charlie is playing with Jesus in heaven and it was so nice and she didn't want to be on earth anymore she want to be by Jesus and the next moment I jumped off his lap and turned around and looked at the counsellors and said "sjoe" she was now high maintenance.

Charlie was so much work. She spoke in a small little girls voice, she would pull her fingers through her hair roll her hair like a little girl and that is how she operated to get what she wanted but the next moment I felt alone because Charlie is now gone and Charlotte is alone and at that moment the female counsellor came to me and said come sit next to me and I sat next to her and at that moment I felt that the Christian women except me as a grown women and I felt so welcome and the next poem is a poem where I had to say goodbye to Charlie. So, I ask you to read this poem carefully and understand that the Holy Spirit met me as a little girl he placed me on the carpet in front of the table with my game or project as I referred to on the table and a golf ball a toy and He met me as a tree year old little girl as I was and gently prepared me to go to Him. Charlie was a child of God, but it was time for her to leave and to grow up and leave Charlotte alone. I could make peace with that little girl she can go I can be Charlotte now I can now be who God created me to be. I can go into my destiny my

destiny is within me and I can walk in my destiny now
as a grown woman.

26 *Goodbye*

*Sitting on the floor
God already prepared to open the door*

*Look in my eye
It's time to say goodbye*

*Little one you may go
Go to Jesus
Go home as He pleases*

*But I don't want to
Who is going to take care of me?
How will I be free?*

*I don't know how to be alone
To be a child on my own*

*I have a responsibility
I have to show you who to be*

*Come sit on my lap
I'll wait till the time is right
Don't fight*

*Please come with me
To sit on His lap
So that I can be free*

*As You held me in Your arms
I felt safe as You opened the gate
I could see heaven waiting for me
My friends waving and playing
A place I always wanted to be*

*I can be a child now
I can play
I'm safe through heavens gates*

*I don't need to be a grownup
I don't need to meet your needs
I don't need to take care of you
Or to be tuff or to please
No more co-dependency
I want to go and play
I want to play in the rain*

*I jumped off His lap
And never looked back*

*A place I've always wanted to be
I feel so free
Thank you for letting me be*

*As Charlie went off
I felt such a relief*

*She was high maintenance
She kept me back from being me*

*She made the decisions
She chose the friends*

She knew how to operate and how to pretend

*I can see her playing in the park
With her white dress laughing giggling in the dark*

*She's happy
Happier than she would ever be
In the park under the tree*



*I blessed her as she left
We both happy now*

*Suddenly I felt alone
But then with dignity a woman came to comfort me
As a woman I was accepted
In the spiritual realm women welcomed me*

*I felt honoured
I felt free
And fell to my knee
Walking today in my destiny*

Author: Charlotte Viljoen

In all this I was a child of God. As a child I invited the Lord Jesus Christ in my heart as my personal Lord saviour. I grew up in a religious house but my co-dependent behaviour and the double life I led I hid away. The effect from the lies I believed the seed the enemy planted at the age of 3 caused me to make the wrong decisions in my life it caused me to run away like Adam and Eve in the garden because of guilt and sin **Genesis 3:8 "And they heard the sound of the Lord**

God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden”, but through the mercy of the Lord Jesus Christ and through the Holy Spirit He showed me where the root of all my problems began and it's never too late but you need to make that decision you are going to have to ask the Lord forgiveness of your sins and true regret you will have to turn away from your sins from your addictions, co-dependencies and you must believe that Jesus died on the cross for your sins and that you are forgiven that you washed by His precious blood and then you give your heart to the Lord.

Pray **Psalm 139 v 23+24** over your life. Allow God to start a surgical procedure on you and you willing to go through that healing process and transformation the Lord will meet you where you at He will send you the right people along your path. There is help out there and the Holy Spirit will bring help to you, but you need to believe in your healing.

From your side go to trouble Google if you have to, go to a library, show from your side you are willing and able. I pray that the Lord will protect you that He would shine upon you that He will speak to you. Then you ask Lord where I can make a difference in someone else's life. The next poem is called: Favour with God

27 *Favour with God*

I've seen your struggle

*I've seen your care
I've seen so much despair*

*But what I found in you
Your dedication so true
Your task and calling
Today is not a day of mourning or warning
But of your ultimate calling*

*I'm pleased to say
You have reached physical and mental maturity
You on your way
To handle major responsibility
Come what may*

*You grew in stature and wisdom
Favour with God you will find*

*Jesus suffered and shed His precious blood
With your love
You paid the price
You gave advice*

*This is your time
To shine*

*You ripe for leadership to reign
I proclaim
In Jesus name
For what your about to receive
Do not let the enemy deceive
It was in your heart
From the start
Take up the promises*

I gave

*From now on
You will see victory
Because
I am
In me
It has come to be*

*Prosperity
Abundance
You will see
Just don't forget ME*

Author: Charlotte Viljoen

Our faith makes it easy for Him to work in our lives.
Romans 10 v 17 says: Faith comes by hearing and hearing by the word of God.

The moment I cried out for help and decided to give up all my addictions, to face the lies I believed and realised I cannot do this on my own at that moment the healing began. That moment I was halfway to recovery. God always uses every situation for good. His power is especially released as I learned to thank Him and to trust in him while in the greatest emotional pain, I've ever known facing my giants, facing my youth, facing the past mistakes I've made, facing guilt, and facing shame, all allowing my body to go through the necessary detox and transformation while praising God was one of the most painful, spiritual experience in my life. A

combination of spiritual, emotional, and physical pain all in one.

At times I felt I cannot do this anymore and God would just come and lift me up. He'd take my hand and He'd pull me through every single situation and every single healing transformation.

The word of God says in **Hebrews 13 v 5: I will never leave you nor forsake you** and while going through my healing and going through recovery I would walk into the mountains ill speak to God and then the enemy would speak to me saying Charlotte look around you your all alone why do you want to go through this nobody really cares. People who know you doesn't really know of your secret storms and dark side it's not so bad your all alone you are going to be all alone in this, and I just screamed satan get behind me **Hebrews 13 v 5 says I will never leave you nor forsake you.**

I just want to honour and praise the Lord for His inspiration and opportunity and direction in my life. **Hebrews 3 v 8 says. A season time of testing do not harden your hearts in the day of trial in the wilderness. Luke 12 v 2 says: For there is nothing covered that not be revealed nor hidden that will not be known,** and believing the enemies lies I learned to hide my feelings and tied to live with the pain. As soon as I relaxed my wall would come down and I would go into guilt & shame. In any safe environment my wall would come down and I would start looking at a place I never wanted to go within me. The reason why I never told anybody, was because I wanted to feel normal, I wanted them to look at me on the outside, not on the

inside and not different or dirty. The next poem is a parents pain when there child is caught up in addiction.

28 *Where did I go wrong?*

*Seeing her struggle
Seeing his pain
Where did I go wrong?
The child I held
In my arms
A bond so strong
Where did I go wrong?*

*She weighs less than primary school
The sores on her face
Slamming the door such a disgrace
Where did I go wrong?*

*Tormented by my own
No place safe called home*

*I fell to my knees
Said God please
Where did I go wrong?*

*I heard God say
Do you love her?
O Yes indeed
Then it's time to plant the seed*

Give her to me

Don't you know who I created her to be?

Have faith in Me and you will See the victory

Author: Charlotte Viljoen

Lies verses God's truth

So how do I replace the lie of the enemy with the truth of God? I was taught at the Christian Retreat to identify the emotion and situation I had and how I felt what is the emotion came to mind and then I had to ask the Holy Spirit what situation caused me to feel this way. Was there a previous situation where I felt the same way? What do I believe about myself as a result of the above situation? I had to speak to the lie I believed about myself out loud. I had to realise that I have chosen to believe this about me, and this is not how God sees me.

This lie I believed, affected my worth as a person and all my relationships. Can I choose to trust God to replace that lie with the truth? Yes, I chose to trust my Father in heaven. I chose to deal with this out of my flesh or do I choose to follow the guidance of the Holy Spirit.

I had to repent of the fact that I believed this lie over myself and the lie I'm talking about is the blood of Jesus does not cleanse, that I'm not good enough, that I'm not protected, I had to take authority over that lie and over the effects it had on my life and the lies of my generations.

I had to forgive others I had to forgive people involved that spoke words against me, I had to forgive them for those deeds and words over my life so that I would not be kept bondage and I had to forgive myself for the lie I believed about myself. I had to forgive myself for all the effects of that lie I allowed into my life.

Then I had to ask God for forgiveness for the fact that I made this lie an idol in my life. I had to ask God forgives for the effect of the lie on my relationship with the Father God.

I received the truth of which God sees me to be by the guidance of the Holy Spirit and I asked the Holy Spirit what is your truth how do You see me? Do I still believe the lie, what effect did the lie have in my gifts, what effect did the lie have in my calling, and what effect did the lie have in the meaning of my name.

What habit self-righteous act and principals do I live by because of the lie I believed in my life, and I chose to renew my mind to plan actions of renewing and restoration in my life and with every single lie that I believe in my life if you do what I just did by forgiving yourself asking the Holy Spirit to come and to reveal to you what the truth is about yourself you will be set free. Those wounds will be healed by Jesus stripes. **Isaiah 53:5 "But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed".**

The Morning star Course teaches you how to differentiate between the enemies lie, my own believes

verses God's truth and I wrote a poem on lies verses God's truth.

29 *Lies verses God's Truth*

*In a situation
Identify the lie
What the enemy has placed
For you and I*

*What do I feel?
What emotion comes to mind?
What previous situation may I find?*

*Holy Spirit what do I believe
That lie did I conceive*

*Can I choose God to replace the lie?
With what I need*

*Our Father who art in heaven
Hallow be They name
I repent this lie I believe
The lies of my generation and me*

*I take authority over this thought
And replace it with Your truth*

*I forgive myself and ask you Lord
To forgive forevermore*

*I receive the truth of your word
Your Spirit as guidance too
Renewing of my mind I'll find
The lie no longer mine no more*

*Author: Charlotte Viljoen
Inspired by "The morning star" course at Beulah Christian
Retreat Jacques and Hanneke Truther*

Ask for help

On my road to recovery the one thing that stood out was that God never left me. The moment I hit rock bottom and I asked for help and was willing to seek guidance from the Holy Spirit He intervened and started the transformation in my life. He worked so soft, and He knew where to start what to begin with and how to approach me.

Only the Holy Spirit can reveal things in your life that needs to be worked on. At the end of the day, I was the one who had to change. It's only God who can help. The only way you can truly help someone who is in denial is by stop enabling and is by doing what my Father did that day by praying one prayer as I walked away and that was" Lord I give my daughter to You now, be with her, protect her, and cover her with your blood I trust You Father God to do in her life what needs to be done". I myself needed to come to a realisation that I needed help and want to be helped. I needed to ask for help and be willing to go through the transformation that needed to be done.

Addiction, co-dependent behaviour often takes families by surprise. I become quite good at hiding my addiction behaviour from friends and family so that by the time

that someone realised that something was wrong, the addiction had been far advanced. Shocked family members often don't know how to respond. When they see a loved one suffering or in need, their natural response is to try to help (enable) them and fill that need. For that reason, they may try to help the addict, believing that as long as the addict is still at home, in their care, or dependent on them, at least the addict will not get himself or herself into worse trouble. Then they start to enable the addict.

The problem is that helping an addict is not the same as helping a family member who was laid off from their job or injured in a car accident. In some cases, addiction goes on for longer than it should because family or friends with good intentions enable the addict, cushioning the negative consequences of their poor decisions. Knowing something is wrong but not knowing they have an addiction that is causing this behaviour.

It's truly not always the family that should know. In my case I've been using opioids at a very early age. Throughout my life I behaved the same they got used to my mood swings and running away or constantly seeking new territory.

God first took my hand and showed me the core problem the root of the reason why I was self-medicating what pain I had and what lies I believed in my life and replaced it with God's truth and then only was I ready to admit I had a problem and could work on recovery.

Being in recovery is an everyday realisation that without God I would not be able to be healed by Jesus stripes. Only the blood of Jesus can heal you entirely and completely from any trauma you may have. In fact, He had already died on the cross for your pain, shame, guilt, fear, abuse, and addiction 2000 years ago. I needed to replace that under the blood of Jesus. I could never had believed in the blood of Jesus if the Holy Spirit did not reveal the accident to me and first heal that root, then I understood the power of the blood of Jesus on my life.

I needed to renew my mind daily by the washing of His word and by the truth of how God sees me. Not only my mind but my sub-conscious mind as well. For so many years I believed the lies of the enemy and through that the lies I told myself. I had to learn to reprogram my sub-conscious mind with the mind of Christ. Confessions that I'm healed daily and pasting words against my wall daily goals, on my mirror I wrote. *"Fear is a lie. Jesus had already overcome by His blood"* I had to read that every day and then I started believing it. God says in His word that: *"Everything works out for good to those who love the Lord"*.

God took my mess and turned it into a message...

I could have spared so much pain in my life if I had spent time with the Lord, but I was stubborn and in denial. *Your destiny is within you. God will not give you a destiny that is not already planted inside of you.* Ask Him to show you. Spend time with your first love that is the

Father Son and Holy Ghost. Since 2007 I started to listen to many Preachers, Bishop TD Jakes, Dr Allan Bagg, Ps Danny Carmichael-Green, Joyce Meyer, Dr Creflo Dollar, Dr Miles Munro, Pastor Joseph Prince, Pastor Steven Fertick, Joyce Meyer, Ds Colin Smith, Mike Parsons, Anthony Hall, Schalk Meintjes family and friends, just to name a few, motivational teachings even attended shepherd school of ministry and much more, but it took not just the knowledge but understanding not only intellect but God instinct. For a right time like this. For the intervention from the Holy Spirit. Sometimes all I did was go through the motion of life... at times it was easier to believe that I'm co-dependant and an addict than have faith in my recovery.

It's easier to live in familiar territory and way of living than to walk into a new unfamiliar territory. But God was working from the inside out. Even though it didn't seem that I would ever change my way of living and behaviour God was working from the inside.

Dry bones can live again....

Ezekiel 37 v 4 He then told me to say: Dry bones, listen to what the Lord is saying to you, 5 "I, the Lord God, will put breath in you, and once again you will live. 6 I will wrap you with muscles and skin and breathe life into you. Then you will know that I am the Lord."

30 *Twinkle in your Eye*

Is it a twinkle I see in your eyes

*Is it a smile
Are you happy for the first time*

*Well, done you faced the truth
You dealt with every demon every giant and your youth*

*From now on your reward
Is the twinkle in your eyes
The corner smile that makes it worth while
Your smile
Your laughter
Is forever after*

*Mercy is the path you will walk each day
Your gifts
Your calling
The meaning of your name
Righteous I proclaim*

*Your free
Independent
Compassionate and pure*

*Put on your crown
My daughter come near*

*Connecting with the heart of God
Hearing Him as He speaks
Taking every word
To the people you meet*

*Poems is the tool you will use
Humility in the room you will be
Helping you to stay free*

*With love, compassion, kindness and pure
You will wash the feet of whom are near*

Author: Charlotte Viljoen

Before



After

My first love

After 4 months relapsed, I found and suddenly my world came tumbling down. I needed to go back to the Christian Retreat, I need to focus I need to do my re-parenting and suddenly I felt that guilt and Shame again what now?

It takes faith after failure to try again...

I had to look at my re-parenting chart again and see where I went wrong. **Luke 14:28-30 For which one of you, when he wants to build a tower, does not first sit down, and calculate the cost to see if he has enough to complete it "Otherwise, when he has laid a foundation and is not able to finish, all who observe it begin to ridicule him, saying, "This man began to build and was not able to finish. "**

I looked at my boundaries again to see what I did wrong. When I came out of rehab a radio station got hold of my poems and phoned and asked me if they could please play it on the radio, Before I knew my poems were broadcasted my testimony was on radio and I started to work as a radio representative for a gospel radio station. Then I became head over the addiction group I helped them start a whatsApp group for addicts and recovering addicts. I was so busy

helping others and doing a program on the radio, which is not wrong, but I forgot to monitor myself and thought that I myself felt I did not need any sponsors or even reprogramming. It was all about me. I climbed the ladder to fast.

Proverbs 21:5 The plans of the diligent lead surely to advantage, but everyone who is hasty comes surely to poverty. Anthony would say, "Charlotte leave the radio station, stop helping others, you first need to help yourself." But I believed I was recovered.

I was riding on the pink cloud and fell off very hard. *My reaction to my reaction made me relapse.* Humility in early recovery I had all the answers at 16 weeks clean and headed for great disaster. Being unable to become truly open minded and take in new ideas was a huge block to my recovery. It is not about being completely humiliated, but more about shifting into learning mode. Asking myself, what does this person have to offer me? In any given situation. **James 4 verse 7-10 7 therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves in the sight of the Lord, and He will lift you up.** Then I relapsed...

31 *The Pink Cloud*

Riding on the pink cloud

One foot on the cloud and the other on the ground

*Feeling happy and excited
No more co-dependencies*

*After feeling numb for so long
It's wonderful to feel alive again
I'm not wrong*

*My excessive positive outlook
Lead to overconfidence
I started to lose sight
I didn't have to fight
Of the crucial day to day
Self-monitoring
I don't need
Look at me what I've achieved*

*Me I, I heard God say
Your flesh needs to die
Your Soul must take control*

*Independent
Standing alone
Saying no to temptations
And sensations*

*But suddenly I lost sight
I had no might
Falling off the Pink Cloud
No crowd to see
What became of me?*

*Hopeless helpless can it be
The trigger inside of me*

*Relapsed did I find
Losing sight of the effects
The enemy placed
All around I found*

*The same people the same places
The dealers the mingles
Ignoring won't make it go away
Worsen after a period of time*

*Today I have to find
A fix
Next to bricks*

*Smoking taking a deep-deep breath
Coaching sneezing
My head wheezing*

*I'm not used to this anymore
Why did I dear open that door?*

*The cycle began
Guilt and shame
The meaning of my name*

*How long will I condemn
What God wants to amend*

*Down on my knees
Again, Lord please
Take this part of me*

*When I am weak
You are strong*

*No more do I belong
In this world
Can't you see
IT'S NO LONGER PART OF ME*

*It's a choice
That's all it is
Be at ease*

*Come as you are
You not far
Step by step
Breath by breath
You further than many can say
You're my daughter come what may*

Author: Charlotte Viljoen

In order to grow and evolve as a human being we have to be tuned in to the idea that we can learn new things. This is humility in action; how we grow in recovery.

Then God said to me fight, I want you to fight, Charlotte get up and fight. Speak to your mind, Speak to your crisis, Speak to your cravings, Speak to your mountain, Change your story, Put up promises, Listen to anointed music, Speak in tongues, Read your bible, Speak to your codependency, Speak to your addictions, and say how you feel, and I started to declare healing and prosperity over my life:

I am who God says I am, I can do what God says I can do, I can have what God says I can have, I can be what

God says I can be By Jesus stripes I'm healed. Satan give me back my joy, Give back my peace. I started speaking to those voices in my head feeding the villain. Sickness you're a liar, Failure you a liar, Cravings you a liar, Codependency you're a liar. I can do all things through Christ who strengthens me.

Anthony said Charlotte you will never get anybody to believe you if you don't believe in yourself. My body started to react to those words inside my head and I started to fight back. I took back what the enemy stole, I prayed.

*True prayer is a deep cry for divine assistance. A needed to produces the power of prayer. Then suddenly a will to fight came over me. At that moment and that day, I (the ME) died. No longer do I live but he who lives in me. **Galatians 2 verse 20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.** This was a daily exercise.*

When you take the focus off yourself and you focus on God, that is when sobriety starts. But my focus was on other hurting people not in Gods strength but my own. I never gave myself enough time to heal properly. I thought I knew it all and did not listen to the man who knew the way out of the pit.

Stop looking at people for help. I looked to people for help and when I did not get help, I was angry at the world angry at my family I was angry at God.

Then I had to look at God for help and only then He could step in and help me. When I felt sorry for myself, when I thought the world owed me everything, when I blamed others for my mistakes, I had no friends and no help but when I decided to help myself, to trust in God, to look at Him for deliverance, suddenly I had people around me. People would reach out to me, and people wanted to be around me

When are you going to write a letter to yourself? When are you going to say enough is enough? Is tomorrow really another day? It's not easy. You are going to crawl. You are going to weep. You are going to fall. So, what!!! Stand up and do it again and again and again. I had failed so many times I had to decide knowing I'm not strong enough yet but I'm getting there. I relapsed a few times, but I stood up again and again and again, **Proverbs 24:16 "The godly may trip seven times, but they will get up again."**

Then a time came in my life where I finally understood . . . when in the midst of all my fears and insanity I stopped dead in my tracks and somewhere the voice inside my head cried out: ENOUGH! Enough fighting and crying or struggling to hold on. Like a child quieting down after a blind tantrum, my sobs began to subside, I shuddered once or twice, I blinked back my tears, and through a mantle of wet lashes. I began to look at the world through new eyes. This was my awakening. I realised that it's time to stop running and waiting for something to change or for happiness, safety, and security to come galloping over the next

horizon or fall from heaven on my lap. I came to terms with the fact that he is not Prince Charming, and I am not Cinderella and that in the real world there aren't always fairy-tale endings (or beginnings for that matter) and that *any guarantee of `happily ever after` must begin within me.* Starting by discovering my first love. The Almighty God. By getting to know God's Heart...

I awaken to the fact that I am not perfect and that not everyone will always love, appreciate, or approve of who or what I am, that some people would love to keep me in the past because that makes them feel better about themselves . . . and that's OK. They are entitled to their own views, opinions and maybe don't have the capacity to understand.

I learned the importance of loving and praising myself and in the process a sense of newfound confidence is born of self-approval.

I stopped bitching and blaming other people for the things they did to me (or didn't do for me,) and I learned that the only thing I can really count on is God. I stop judging and pointing fingers and I began to accept people as they are and to overlook their shortcomings, and in the process a sense of peace & contentment was born of forgiveness. I realised that maybe they did not have the capacity to understand.

I realised that much of the way I viewed myself, and the world around me, is as a result of all the messages and opinions that I have been feeding the villain inside me.

I began to sift through all the crap I've been feeding myself about how I should behave, how I should look, how I should comb my hair, how much I should weigh, what I should wear, how and where I should live, what I should do for a living, who I should marry, or what I owe my family.

I learned to open up to new worlds and different points of view.

I began reassessing and redefining who I was and what I really stood for by reading the word of God. I learned the difference between wanting and needing and values I've outgrown, through "Love is a choice handbook", or should never have bought into to begin with, and in the process, I came closer to God. *I learned that it is truly in giving that we receive.*

I learn that I don't know everything, that it's not my job to save the world and that I can't help someone who doesn't want help.

I learned to distinguish between guilt and responsibility, and I learned the importance of setting boundaries and of learning to say NO.

Then I learned about love: My first love God the Father then the 12 steps of courtship. Noticing, Attraction, Flirtation, Demonstration, Romance, Individuation, Emotional Intimacy, Touching, Foreplay, Intercourse, Commitment.

Renewal Every day I learn how to love, how much to give in love, when to stop giving, and when to walk away.

I'm learning not to project my needs or my feelings onto a relationship.

I learned that you will not be more beautiful, more intelligent, more lovable, or important because of the man on my arm. I learned to look at relationships as they really are and not as I would have them to be.

I stopped trying to control people, situations, and outcomes. I'm learning that just as people grow and change so it is with love. I learned that I don't have the right to demand love on my terms and that alone does not mean lonely.

I came to the realization that I deserve to be treated with **Galatians 5 v 22: "the fruit of the spirit is, love, friendliness, peace, longsuffering, goodness, kindness, self-control** and I decide I won't settle for less and allowed only the hands of my first love God the Father who cherishes me to glorify me with his touch . . . and in the process I internalised the meaning of self-respect. I learned that my body really is your temple and began to care for it and treat it with respect.

I started to spend time in His word, to take more time to rest and meditate and, just as food fuels the body, laughter fuels my soul.

I learned that for the most part, in life, I got what I believed I deserved . . . and that much of life truly is a self-fulfilling prophecy. *I learned that anything worth achieving is worth working for and that wishing for something to happen is different, than working toward making it happen.*

Day by day, step by step, I learned it's not how many times I fell it was how many times I stood up. I'm not perfect. It is a day to day walk with God by His grace. My healing is far from over knowing that I could not have walked this road without God. When I try and do it out of my own strength, I fail and fall. I'm not yet where I'm supposed to be but I'm definitely not where I was. Replacing the lies I believed with Gods truth.

When God says it's okay then it is okay. When God says I'm good to go I'm well to go. **Proverbs 24:3-4 By wisdom a house is built, and by understanding it is established; and by knowledge the rooms are filled with all precious and pleasant riches.**

32 *Innocent Eyes*

*Looking in those innocent eyes
Children playing no disguise*

*I remember the days
I'd take care of those innocent cuddle bears*

Then life began and I ran from what God had planned for me

*I built a wall
Between me and seeing kids crawl wanting to be free*

*Then my wall came down bit by bit
Just enough to see
Those tiny little hands climbing up a tree*

*I feel a hunger deep inside as i stand next to what I had
banned*

*Are they really waiting for me?
With arms wide open
Can it be they so part of me?*

*Because of my pain
Because of my shame
I couldn't hold a child's hand or play in the sand*

*Then I took my colouring in book
And began to see
A part of me always wanted to climb a tree*

I'm ready to look into those innocent eyes again

*With God by my side
I no longer hide*

Author: Charlotte Viljoen

More importantly, I'm learning that in order to achieve success I needed direction, discipline, stability, and perseverance. I also learned that no one could do it all alone and that it's OK to risk asking for help and

allowing the Holy Spirit to work in my life, to listen to His voice.

I learned that the only thing I must truly fear is the great robber baron of all time: FEAR itself. Fear has already been overcome by the blood of Jesus on the cross. I learned to step right into and through my fears, because I know that whatever happens I can handle it through Christ that gives me strength and to give in to fear is to give away the right to live life on my terms and by giving the enemy power over my life.

I learned that life isn't always fair, I don't always get what I think I deserve but what is in line with the word of God.

I learned that God isn't punishing me or failing to answer my prayers. God is a God of love, and He wants to give us the desires of our heart that is in line with His word.

I'm learning that negative feelings such as anger, envy, and resentment must be understood and redirected, or they will suffocate the life out of me and poison me from my head till my feet.

I learned to admit when I have wronged and to building bridges instead of walls.

I have learned to be thankful and to take comfort in many of the simple things I took for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed,

a long hot shower. Every morning I would wake up and after meditation I would think of 3 things to be grateful for.

I began to take responsibility for myself by myself, and I made myself a promise to never ever betray myself and again, never to settle for less than my heart's desire that is in line with the word of God. To stand up for myself and not to let people walk all over me. I began to set boundaries.

I began to make my bed up every morning.
Finally, with faith in my heart, and the guidance of the Holy Spirit I am beginning to design the life I wanted to live as best as I could for now.

33 *Search my Heart*

*Search my heart
From the start
Know my anxious thoughts*

*See in me
Any harmful ways
Where I went astray*

*Investigate my life O God
Examine and test me
So that I can walk in victory*

*Get a clear picture
O what I'm about
So that I would have no doubt*

*See for yourself
If I've done anything wrong
To know where I belong*

*Lead me in the everlasting
Basking in Your presence*

*Take this heavy load
Guide me
On the road
To eternity*

*Author: Charlotte Viljoen
Inspired by Psalm 139 v 23+24*

Reprogramming the subconscious mind

One of the most difficult parts of my recovery was the reprogramming of my subconscious mind after old patterns. I'm out of Egypt but Egypt was not out of me.

"Your subconscious mind always listens to what you tell it, and it believes you. If you tell yourself you're afraid, your subconscious mind responds. If you tell yourself, you're tired or happy your subconscious believes it. When I got through the physical withdrawal phase but later relapsed to my drug of choice, my subconscious mind was to blame.

Have you ever lost power in your house? If your power is out for a few hours and you enter a dark room, you might have reflexively flicked on the light switch. That's your subconscious mind doing its job.

The more I understand how my subconscious mind operated, the easier it was to see how it applied to my old patterns. Drugs are either stimulants or depressants; they wake us up or dull us down; either way, the subconscious mind can interpret them as a benefit. Take a drug a few times, and your subconscious mind will start to form conclusions and incorporate them into your subconscious reactions. The result is every time I felt stressed, or tired, or suffered from withdrawal, my subconscious pops up and tells me to reach for that substance. It thinks it's being helpful

because the association of the negative effects of the drug has not been communicated to the subconscious yet.

Because the subconscious can only react to stimuli and what you tell it, you can, in fact, use your subconscious mind to battle addiction. Remember the subconscious mind operates with associations. Feel sad, pop a pill. One way to hack your subconscious mind is by feeding it different associations.

Feel sad, go on a walk. Write it down, say it out loud, write a poem and command it. "If I feel sad then I will write a poem." I started to change the associations through repetition and affirmations and my subconscious mind started working for me and aid in my recovery." So, what I did was a declaration every morning to reprogram my subconscious mind.

Declaration

I am anointed for mental success

*I have the anointed one
His anointing the power of God
And wisdom of God*

*I have the wisdom of God
I know the solutions
To my problems
I know the next step clearly*

*Because the anointed one
His wisdom gives me insight*

I am anointed for mental success

34 *Today I Fly*

*Sitting on the veranda at five
With only one thing o my mind
How great is thou God*

*Hearing the birds
The sounds of geese
Pulled me down to my knees*

*Thank you, God,
For taking me out of such a hard life*

*Not realising the suffering had paid
And made me whole*

*Taking up my cross
Thinking He didn't see
The tests and the fears*

*The time has come
God will only be on your mind
Giving Him control
And the only prayer
You will have is tears*

*Then suddenly the gates open
Before you know
You on the other side*

God was always there

Directing and guiding

*The enemy will come to steel
To try to take what God had healed*

*But staying in His word
Praying
Thanking Him every day
Will make you strong and sing a new song*

*This is a guarantee you will see
People trying to remind you of
Who you used to be
Or of where they thought you where*

*But God sees your heart
He knew from the start
What He planned for you
It will come to pass
Nothing can stop Him*

*Forgive me Lord for being so weak
Such unbelief
But still You kept Your word*

*Like the birds in the sky
Today I fly*

Author: Charlotte Viljoen

Self-esteem

I was vulnerable to relapse because I never continually built up my self-esteem through meditating on the word of God how He sees me. Placing a very high value on a clean and sober life is the best defence against relapse. I had to care about myself. But the problem is after the removal of old habits (lies) the building up of self-esteem takes time. Only then did I have a natural defence against relapse. Then I started to make life work for me. *Accept where I am because of my choices and gradually work myself up that's okay.*

The problem I had was whatever I felt I fixed with a binge or posted a post on Facebook or WhatsApp that's a quick fix. I intended to look at my life like that as well and if things did not go according to my plan or quick enough, I would run on adrenaline to make it work and ran again searching for a fast quick fix of life. Feeling better about myself is an absolute. Having gratitude will allow me to stay teachable, even in situations that seem like a total loss, and so.

Rehab was tough, but sometimes the emotions that come along after rehab are tougher. When I went back home and resume activities and social activities, feelings got stirred up that I had not had to confront in rehab.

Another reason for rollercoaster emotions after rehab was that my body is still adjusting to the lack of

substance, and co-dependency in my system, which deadened my ability to perceive the emotions and decreased my ability to deal with them.

The problem is these emotions led to the temptation to relapse in order to escape the emotions and self-medicate, which made the adjustment after rehab difficult. Learning to deal with rollercoaster emotions was necessary for my long-term sobriety and overall well-being. Practicing what I learned in rehab was as the utmost importance.

Effective Ways to Deal with Overwhelming Emotions
12-step program for recovery from addictive behaviour:

Step 1 -

I admit that I am powerless over my addiction and that my life has become unmanageable

Step 2 -

I come to believe that Gods power is greater than me and He can restore me to sanity

Step 3 -

I decide to turn my will and my life over to the care of God as I understand God's heart

Step 4 -

I make a searching and fearless moral inventory of myself by facing the lies and replacing it with Gods truth

Step 5 -

I admit to God, to myself and to another human being the exact nature of my wrongs

Step 6 -

I become entirely ready to have God remove all of these defects of character

Step 7 -

I humbly ask God to remove my shortcomings Psalm 139 verse 23 +24

Step 8 -

I make a list of persons that I have harmed and become willing to make amends to them all

Step 9 -

I make direct amends to such people whenever possible, except when to do so would injure them or others

Step 10 -

I continue to take personal inventory and when I am wrong, I promptly admit it

Step 11 -

Through prayer and meditation, I seek to improve my conscious contact with God as I understand God, praying only for knowledge of God's will for my life and the power to carry that out

Step 12 -

Having had a spiritual awakening as the result of these steps, I try to carry this message to others and to practice these principles in all of my life.

35 *Heavenly Father*

*Tonight, I come before your throne
Heavy hearted confused and torn
How long do I need to wait?
For you to open that gate*

*I love You Lord
With all my heart
Having faith, I understand*

*My time is not Yours
You know the best
I'm waiting in Your rest*

*Can't You make an exception please
I'm at my ends Witt
To put me an ease
Give me a dream
A vision A glimpse
Is what I truly need*

Author: Charlotte Viljoen

Make Time for ME

Finding ways to relax and get some distance from my emotions was another effective coping mechanism. Taking a walk, writing a poem, sitting outside on the veranda on a nice day, or engaging in a workout from meditation were ways I could calm myself or get rid of some of the energy by helping others that would otherwise fuel my emotional turmoil.

Find a Church

Strong emotions are not easy to deal with without help, and you really shouldn't try to go it alone. Use the resources you have, I was taught the A-Z rules in the psychiatric hospital,

- A Accept
- B Believe
- C Clearly say no
- D Deserve
- E Except
- F Firm
- G Goals
- H Hones
- I Identify
- J Jehovah
- K Knowledge
- L Listen
- M Medication

N	Notify
O	Observe
P	Psychologist, Positive
Q	Quality, standard of exercise, distinguish,
R	Relax
S	Season
T	Therapy
U	Understanding
V	Verbally communicate my emotions
W	Wisdom
X	X-ray, treat or examine my condition
Y	Yield, I will not yield to but overcome
Z	Zenith, honest point of success or power

or a family member or friend with a listening ear. I was privileged to speak to Jacques and Hanneke Truther from Beulah Christian Retreat, even my family or Mother anytime needed. Most of all having the Holy Spirit by my side.

You are not going to be able to deny or stuff down your emotions without negative impacts on your sobriety, but it may take some time to figure out what coping skills are going to work best for you. Before I left the Retreat, they worked out a re-parenting program that helped me monitor myself daily. Giving me a worked-out plan how to handle certain situations.

Three Treasures I learned in the psychiatric hospital / Rehab's are:

F.A.B

F	Feelings
A	Attitude, Convictions, Belief, Doctrine, Reality

B Behaviour

Let Time Help

Time is another factor on your side. The intensity of your emotions will fade the longer you are sober, as your body readjusts to sobriety and the lack of opioids even co-dependency. You should not just try to wait it out without doing anything to help your process and work through the feelings, it may help to realise that things will get better rather than worse over time. Ask the Lord to make you strong. **2 Corinthians 12:10** Meaning of When I Am Weak, Then I Am Strong. **“That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”**

36 *May His face shine upon you*

*Another intake
Who the enemy
Tried to brake*

*Seeing her pain
Seeing the shame
Intervention
Is the name of the game*

*Bit by bit
She became whole
From her body mind
To her soul*

*Hearing God's word
Singing His song
She realised
Where she'd belong*

*Lies verses God's truth
Who He created
She began to see*

*Behind those deep dark dead Eyes
A shine began to climb
A smile laughter even a giggle slipping from an inner place
She had to face*

*Renewing of the mind
She'll find
Her Chains are broken
God had spoken*

*Fearfully marvellous
Uniquely made
Her past started to fade*

*Only God can change
Her mess into a message
Test into a testimony
Trial into triumph
Victim into victory*

*Her faith in God
Became bigger than her fears and tears*

Today she stands tall

*Her wall came crumbling down then
She picked up her crown*

*My daughters your faith and courage made you whole
Finish the program
So that you
Can use your passion
From out of your soul*

*The Lord bless you and keep you
The Lord make His face to shine on you
And be gracious to you
May the Lord lift up His face toward you
And give you peace*

*I love you
Ladies Rehab Mom*

Author: Charlotte Viljoen

Facing your giants

That week the wind blew profusely at Wellington and not only in the physical but in the spiritual realm as well it was hectic. Something was happening. What God was actually doing was preparing and teaching me how to fight my giants. God knows my mess, but He led me through it. The enemy knows where to hit me. So don't get in the ring. If I got in the ring, he hit me. I just threw a few scriptures at him, but the battle is the Lords not mine. Why does the enemy keep on chasing? What God gave me was enough to deal with the enemy because he knows what God has for me. The enemy is not worried at where I am now, he is worried at where I'm going. What God has for me is for me, anybody who tries to get it will get drowned. Be anxious of nothing. Praise is a weapon. When fighting my giants, I must not focus on the giant, but my focus must be on God. Do not listen to the voices but listen to the voice of God. Face your giant with faith. The attack is a sign that you do have power and you moving in the right direction.

Lie producing emotions:

I'm alone in this (Abandonment)
I can't get through this. (Hopeless)
How do I fight this? (Fear)
How do I handle this? (Confusion)
He/she/they are too strong (Powerless)
I deserved it (Shame)

God's Truth:

1 Samuel 12:22

22 For the sake of his great name the LORD will not reject his people, because the LORD was pleased to make you his own.

Deuteronomy 38 v 8

8 And the Lord, He is the One who goes before you. He will be with you; He will not leave you nor forsake you; do not fear nor be dismayed."

Deuteronomy 20:4

For the Lord your God is he who goes with you to fight for you against your enemies, to give you the victory.'

Ephesians 6:12

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. The next poem was exactly that:

Isaiah 41:10

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

2 Chronicles 20:15

'Be not afraid or dismayed at this great multitude, for the battle is not yours, but God's.

37 *Fighting my giants*

*As I walked to the mountain
Fighting bugs in my face
I see a tractor stuck in a space*

*Lord that's me
How can I get free?*

*Just walk up the maintain
See me all the way*

*My back is sore
My strength is pore
Bugs in my face
The baboons
Black dogs give me grace*

*Steps in front of another
Fighting the giants
All the way
Not looking back
Climbing over the cracks*

*You pushed me from behind
To see in front what would I find?*

*On top of the hill
Sitting on a log
You showed me
How to concord my giants
Between the fog*

*You need to learn
How to fight
Your giants
While keeping Me in sight*

*As you grow
Your giants grow to
But with my hand
You will defeat they will be band*

*Your character is what you'll learn
To fight the giants
You will earn but won't burn*

*Don't get in the ring
Step aside
For the battle is Mine
Your victory so divine*

*In your hand
I put a plan
You're equipped
I gave you enough
To deal with this stuff*



*Get grip of who you really are
The enemy sees from a far
Who I created you to be
Recognise the power you have in Me
The enemy is afraid of where you going to be*

*This attack is a sign
Recognise your power
You going in the right Hour*

*Be anxious of nothing
Can't you see?
You're moving in your destiny*

Author: Charlotte Viljoen

Boundaries

10 Laws of boundaries

Law 1

Sowing and reaping, I am responsible for my own actions and the consequences of those actions

Law 2

The responsibility "for" and "to", I am responsible for my own, Feeling, Actions, Behaviours, When I take responsibility for someone else, then I Keep them in an immature state

Law 3

Power and Powerlessness, I cannot change anybody else, but I can change myself, with God's help

Law 4

Receiving other's boundaries, I need to learn to hear other people's NO

Law 5

Motivation, Boundaries help me gain control of my own life and fulfil what I was created for, when I have the proper motivation, I experience freedom and responsibility

Law 6

Evaluating the pain caused by my boundaries, there is a difference between hurt and harm

Law 7

Proactive Versus / Reactive Boundaries, Proactive = freely choosing the love, enjoy, serve one another, Reactive = Letting someone else define and direct who I am and what I must do

Law 8

Envy, it is seeing the good as that which I do not have

Law 9

Activity, Boundaries are created in my life when I do something, I must take the initiative and accept the responsibility for my feelings, attitude, and behaviour

Law 10

Exposure, my internal boundaries need to be visible and communicated to others

Myths about boundaries, I'm being selfish, I'm being disobedient, If I set limits, I'm going to lose love, If I set boundaries I will hurt others, Boundaries mean I'm angry, When others set boundaries it injures me, But they have done so much for me, Boundaries are permanent.

Setting boundaries was an essential skill in my life.

As part of my recovery, because of my co-dependant behaviour I learned how to set boundaries and to respect other people's boundaries in return. While it sounded like psychobabble, it was really a process of

discovering who I wanted to be, how I want to interact with other people, and taking responsibility for the consequences of my choices.

Boundaries kept me safe from being manipulated, abused, or taken advantage of, while also protecting other people from harm, I may consciously or unconsciously inflict. It prevented both parties in a relationship from blurring the lines between self and others, which could lead to codependency again. With healthy boundaries in place, I can begin to tune in to my inner voice and trust my own thoughts and feelings, and then communicate those to other people.

When laying out my boundaries, it was difficult at first: Before I could start setting boundaries, I had to recognise my right to have my own feelings, values, and beliefs and to express to others how I want to be treated.

I had to identify my emotions “think before you act.” I had to take a time-out to identify the underlying emotion and figure out what I want to convey. Doing so it allowed me to interact with other people in an honest, direct way rather than blaming or lashing out.

“I choose to be around healthy people” or “I’ll be happy to talk with you when your voice is calm.”

I started to learn to listen to my instincts. If a situation feels uncomfortable or inappropriate, chances are a boundary is being pushed. By tuning into my instincts, I was more likely to respond in ways that are true to my

authentic self. Recognising the voice of God played such an important part when dealing with boundaries. Just as important as honouring your own boundaries is respecting other people's, even if they are different from yours. If they don't have defined boundaries, show them the respect you know they deserve anyway.

I could only know my own limits; only I can set boundaries that make sense for me. In the process, I found my voice, and learned to heed to my inner voice the Holy Spirit, not the one that bids me to use, but the one that protects me from harm.

38 *Boundaries*

*Boundaries is something that is made
To protect my hart
From the start*

*Don't compromise your boundary
Don't bend or even amend*

*The boundaries will help you make
A decision in a hast*

*Family around and friends even too
Will get to know your boundaries
And feel secure with you*

*As you walk with God
You will feel your boundary in your spirit
For in your spirit that's where your boundary lies*

Author: Charlotte Viljoen

Relapse

In emotional relapse, I started to think about running away. My emotions and behaviours set me up for relapse.

There were three stages of my relapse.

- Emotional relapse
- Mental relapse
- Physical relapse

Emotional Relapse

My signs of emotional relapse were:

- Anxiety, anger, defensiveness, mood swings, isolation, and fear
- Not asking for help, thinking I've got this under control, Poor eating habits, Poor sleep habits, walking up and down.

The signs of my emotional relapse were also the symptoms of post-acute withdrawal. If you understand post-acute withdrawal, it's easier to avoid relapse, because the early stage of relapse is easiest to pull back from. If you don't understand PAWS, you will think you going crazy.

Poem: Post-acute withdrawal syndrome: "PAWS"

39 PAWS

*A roller coaster ride
No theme park
For me to embark*

*Twist and turns
Ups and downs
Hardly hitting the ground*

*Post-acute withdrawal syndrome
Hit Home*

*Aches and pain
Risk of relapse
What do I have to gain?*

*Months after recovery
Sober and clean
My neurons that fire together
Wire together
Relieved to know
My body is taking control
PAWS
A feeling that comes and goes*

*Running natural circuit in brain
Stronger as I hold longer
Not giving in
To PAWS
Recovery soon will be yours*

Author: Charlotte Viljoen

In the later stages the pull of relapse gets stronger, and the sequence of events moves faster.

Early Relapse Prevention

Relapse prevention at this stage was that I was in an emotional relapse and my behaviour started to change.

Recognise that I'm becoming anxious, sleep and eating habits are slipping and didn't think that self-monitoring was that important.

I did not change my behaviour at this stage, and I lived too long in this stage of emotional relapse I became exhausted, and wanted to escape, which moved into mental relapse.

The most important thing I could do to prevent relapse at this stage was to take better care of myself by practicing self-care and meditating on the word of God.

For example, just when I came out of rehab my poems got known and before I knew it, it was broadcasted on radio, and I even started to talk on radio. I was so busy with the Lords work and helping addicts that I never monitored myself. I was on the pink cloud. So those situations continued for too long, I became drained and began to think about using. I was doing all of that in my own strength and not the Lords.

40 *You stood by me*

*Throughout my healing
You stood by me every single day*

*Sharing my emotions
A price you had to pay*

*Haven't met you before
But you were willing to open the door
For me to be free
You wanted to stand by me*

*On the road to victory
I met you eventually
A Son of God
I could see*

*But being back in the neighborhood
I never realised it could
Be so difficult
In my face
My life I lived before
I've changed but the neighborhood stayed the same*

*Having counselling day by day
Then coming back to the neighborhood they say
Will be difficult
A choice I need to make
To take what I've learned
Step by step each day*

I tried to be the same

*Who I was before
Saying sorry was all you needed to do
For me to see
You truly meant what you said before*

*That's all I know
It will take time to grow*

*This Godly Man you are
You have come so far
Resisting the devil
Not giving into evil*

*I've never had a friend before
Who only wanted my friendship and not like before*

*The respect I have for you
I have no idea how to treat you
Or how to be a friend*

*As the tears run down my face
I just pray that God will show me grace*

*How to make you
My best friend
And loose the only hope
To amend*

*Thank you for your honesty
For setting boundaries
It gave me security
And hope
That not all men will bind me with a rope*

*From now on ill pray
For our friendship
In a different way*

Author: Charlotte Viljoen



Mental Relapse

In mental relapse there's a war going on in your mind. Part of you wants to use, but part of you doesn't. In the early phase of mental relapse, I was just idly thinking about using. Having dreams of using, but in the later phase I definitely thought about using.

- Thinking about people, places, and things I used with, glamorizing my past use, lying, and hanging out with old using friends.
- Fantasizing about using, thinking about relapsing, planning my relapse around other people's schedules. It gets harder to make the right choices as the pull of addiction gets stronger and I am my own enemy.

Hitting the wall

Play the tape through. When I started to think about using, the fantasy is that I'll be able to control my use this time but when I played that tape through to its logical conclusion, using doesn't seem so appealing. Another mental urge was thinking that I could get away with using and no one will know if I relapsed.

When I'm away from home my addiction will try to convince me that I don't have a big problem, and that I'm really doing my recovery to please others. I had to play the tape through. I had to remind myself of the negative consequences and I already suffered going through detox, and the potential consequences that lie

around the corner if I relapse again. If I could control my use, I would have done it by now.

41 **R.A.E.L**

*Recovering addicts empowering lives
Awareness RAEL we strive*

*To help encourage and pray
For those who are astray*

*Accept your an addict
Decide to seek Help
A Higher power
In this hour*

*A new life you will find
Love combined
Open your heart
It's a start*

*Giving you hope
Teaching you how to cope*

*So, take out your orange Ribbon or scarf
RAEL Orange Friday
Supporters and staff*

*Let's help each other
With Anthony and his mother
Bringing awareness my Brother*

From another addict me

Author: Charlotte Viljoen

Inspired by #RAELORANGEFRIDAY

I called a friend Anthony, while having these urges. Anthony who has been through recovery himself I could share what I'm going through. The magic of sharing is that the minute I started to talk about what I'm thinking and feeling my urges began to disappear.

They don't seem quite as big, and I don't feel as alone. Having a friend who was caught up in addiction a recovering addict is the best person to call and who knows the way out of the hole. Anthony could educate me on what is happening to my body and what not to do. Anthony told me about the 90-day wall and explained to me what I'm going through. It made me aware and that I'm not going crazy, and it removed guilt and shame as well.

Having those urges I had to keep myself busy or I will be giving my mental relapse room to grow.

Most of my urges usually lasted for less than 20 minutes. When I'm in an urge, it feels like an eternity soon I realised what worked for me was to embrace the craving the feeling the urge and not run from it. I'll lie on my bed or sit still close my eyes and think of the feeling. I'll embrace it telling myself it's my body healing. I will tighten all my muscles at once for a few seconds and let go again. I would repeat this exercise 3 to 4 times while listening to gospel music. Then quickly

the episode was gone. Sometimes I would walk it out while praying.

While lying on my bed of just closing my eyes and doing the exercise I would see myself entering into heavens atmosphere drinking from the fountain of life and sitting by Gods feet. Ill draw from His presence.

The one thing I realised very quickly is that most people do not understand the process of recovery. As soon as you out of rehab or retreat whatever you have done to recover friends or family expect you to be fine and expect you to make the right choices immediately. But it takes time to renew your mind. It's a daily process step by step. I had to match my goals to my emotional strength.

As one hour passed, I told myself you can do another and then another and then a day passed then a week and then a month. But the day I struggle having lots of urges, and those times happen often, I told myself that I won't use for the next 30 minutes. Thinking too far ahead caused me to get anxious. But normally family or friends pressure a person to think ahead about your future and expect answers on what you going to do next or what your plans are. I must admit that my family never really pressured me into an answer but because I had not mastered my subconscious mind by renewing and staying constantly in the word of God, I would feel guilty living with them and started to make plans to leave.

42 *The 90-day Wall*

*Waking up with a feeling
I just cannot describe
Another presence close to me
Teasing, knocking, my inner door
Get ready
Prepare for war*

*Not knowing what it really meant
As the day went by
I found myself wanting to cry*

*But then my eye caught my cell
It's Anthony my pal
Are you okay
I replied
Anthony I need a guide*

*The 90-day wall he said
Be careful of what you do
For the next 3 days you going to climb the wall
Or turn back and walk over your vomit once before
And then the games began
Itching anxiety cravings and more
Am I going to open that door*

*Climbing into my car
Not wanting anyone to see
Thinking of the past fun in a way it didn't seem so astray*

*Standing in front of the wall
My cravings pulling my back to the door
I'm crying weeping confused and sore*

*I swore
I would never open that craving door*

*I hit the wall
I started to crawl
On my knees God help me please
I can't do this anymore*

*Then God showed me heavens gates
Drinking from His fountain
Sitting at His feet
Eating from His garden
With God I will defeat*

*I want to go back
I don't want to stay
I want to serve God come what may*

*Then suddenly the wall came down
With thunder, lightning, and a crown*

*You hit the wall
And never opened the door
The 90-day wall is no more*

Author: Charlotte Viljoen

Relaxation was an important part of my relapse prevention, because when I'm tense, I tend to do what's familiar and wrong, instead of what's new and right. When I'm tense, I tended to repeat the same mistakes I

made before. When I was relaxed, I was more open to change.

Physical Relapse

Once I started to think about relapse and I didn't use the techniques I learnt, it didn't take long to physical relapse.

It was hard to stop the process of relapse at that point. In the beginning my focus and efforts in recovery was not on relapsing. But it was not recovery. If I recognised the early warning signs of relapse and understood the symptoms of post-acute withdrawal (PAWS), listened to those who know, my counsellors and stayed in the word of God I would have been able to catch myself before it was too late.

43 *A Storm*

*Go back to the place
I showed you grace
There is something you need to face*

*14 days
As you praise*

To build your foundation

A new situation

*Around me a storm
God's going to transform*

*Spiders, Scorpions
Wind blowing rooftops everywhere
I got such a scare*

*Like a rubber band
In my hand
Ready to let go
I want to show*

*Before I launch you into your destiny
I need you back on your knee
To trust in me
To see
Without Me
Your calling, vision and mission will not be*

*Faith must be in place
The foundation of My grace*

*Then you will no longer
Be moved by the storm
To perform*

*God is always by your side
No need to hide*

Author: Charlotte Viljoen



Dry addict syndrome

Looking at my addiction and co-dependent behaviour only from the standpoint of how much I used it kept me in denial. Addiction affected my brain, my emotional life, and my relationships. These traits occurred after I stopped using the substance, because the “fallout” is still present; hence, the term, “dry drunk.” I self-medicated to fix situations and feel better. Mistakenly, I believed that I am only using it for social reasons or pain management, but in fact it is “helping” me cope with life.

Numbing (avoidance of my Feelings) became tending toward addiction, feelings made me feel vulnerable and out of control. Most likely growing up I didn’t allow for myself to have feelings and so I had no real practice on what to do when I felt a certain way. When the substance comes along, it made me feel better and comforts me against any unpleasant emotion.

Shame made me feel less than others and instead of making a mistake; I felt I am “a mistake.” Due to toxic shame, I admitted no problems, where I act shameless, or I walk around full of shame. This manifested itself mainly in relationships where I either act “better than”

or “less than.” Shame was responsible for a lot of the arguments in my addictive relationships. Someone is just trying to talk to me about me behaviour, but I personalised it, I heard the message I am “bad” and defend myself.

Denial was my coping mechanism of unawareness. It is really not about lying, but about a total unawareness that I had a problem. Oftentimes, the more severe the problem, the more denial there is.

I minimised the coping mechanism of acknowledging something but making it “not that big of a thing.” I have it under control. I often felt that people are making “a mountain out of a mole hill.” My close friends often spoke to me about my addiction, but I would get offensive and angry and assure them that I do not have a problem.

I wanted to feel normal, because of the shame I felt. So, by surrounding myself with other “addicts” not knowing who do the same level of using so that I feel normal and excepted that what I’m doing is okay. Especially away from home.

I felt that “they” might be somewhat at fault, but I was sure that other people are more to blame” for whatever is happening in my life. Even when I have a legitimate complaint, the blame got me stuck, causing me to not take responsibility and find a solution. The problem is that I didn’t look as to how I contributed to the problem and, additionally, this gave me a sense of entitlement to use substance again.

Struggling with addiction I was not good at staying emotionally present. The exception is when I am angry, I pushed people away. My addiction became the “trusted source of comfort” rather than God. Oftentimes, I was not emotionally aware of my feelings. This avoidance typically created an “emotional chase scene” and at time where I was emotionally trying to connect or ran away and avoided.

My lack of self-esteem, shame, and the momentary awareness that “I am screwing up my life,” I became OCD (obsessive compulsive disorder) in certain areas of my life counting. I inflated my sense of self to help push people away to escape vulnerability. I had an uncanny sense of being able to have low self-esteem and being the best of everything all at the same time. This was slightly different than shame in that I revealed my low self-esteem towards others. This usually led to depression, “victim mentality” and lack of change in my behaviour.

Really, it is about “attempting to control.” Control was somewhat of an illusion. I tried to control what people thought of me. I started this behaviour very early in my childhood. I was like a director who wanted to run the whole show. If everyone would do as I wished the show would be great but what happened. The world didn't always cooperate. So, I exerted myself more by using kindness or manipulation to get them to change. I was a victim of the delusion that I could get what I want out of life if only I managed well.

Codependency was an addiction itself. I tried to numb my feelings by fixing, thinking for, reminding, and acting as the conscience of those around me. I could be more in touch with their life than mine.

Black & White Thinking I had trouble being moderate in most things. It's like the addiction killed all the "reasonable brain cells" or "grey cell" leaving only the black or the white, all or the nothing.

If there was a feeling that is expressed, it was usually anger. Not having my substance made me irritable and angry.

Quick Fix I used to "fixing" my uncomfortable feelings with my addiction. As a result, I expected change to happen fast and have difficulty waiting for things or progress over time. That is one of the reasons relapses was so common is that I was unable to withstand the painful, uncomfortable feelings that occur with withdrawal. I didn't have the patients for that.

I had an inflated sense of self. I felt too responsible for what is going on around me and I had an inordinate sense of influence over others. I felt that I can just talk with someone to make everything right.

I had difficulty managing my life. I was irresponsible and unmanageable. I never had trouble with procrastination, but following through, and avoiding was a problem.

44 *Dry Addict syndrome*

*The road to recovery
The turning point
Like sitting at gunpoint*

*Struggle and willingness
To break away
An area so grey*

*From patterns of destructive
Dangerous behaviour
We truly need our saviour*

*Certainly, grounds for respect
And acknowledgement
We reflect*

*Those who haven't dealt with addiction first-hand
May not understand*

*The long road that lies ahead
A shred of
Picking up pieces
Trying to thread*

*The person may think that once they stop
Their life will miraculously
Sail to the top nonstop*

*However
Recovery is often not that simple
The road to sustained recovery
Is often bumpy and grumpy
The one issue that may arise is known
Dry addict syndrome
Resentment toward friends or family
Perhaps anger with negative surroundings
Depression, anxiety, fear of relapse
Cravings while walking up and down the paving*

*Jealousy of friends who are not struggling with addiction
Romanticizing their using days
Being self-obsessed
Cross-addiction
Quest*

*Dry addict syndrome
Operates almost exclusively
Within a person's mind
Underlined*

*Overcoming the dry addict mentality
Working on one's "inner life"
Only God can change
Traits and behaviours
Rearranging inner change and failure's*

*Someone who's sober might still "act drunk"
Or deal with the same junk*

*Use persistence in recovery
Starting at Calvary*

*Who God created you to be
Is a journey to discover
Guarantee*

Author: Charlotte Viljoen

Dating in Early Recovery

The first few months of recovery from addiction were some of the most difficult and the need to deal with emotions that were previously numbed with substances.

Early recovery a period of enormous adjustment. Learning to feel emotions again, including positive feelings of love and intimacy, was of the most challenging parts of recovery, but also one of the most rewarding. Early in recovery, relationships were one of the leading causes of my relapse. Addiction counsellors strongly advise waiting until a person has achieved one year of sobriety because most of us are just beginning to get to know ourselves and to define our values. I had to learn to love myself before I could love someone else.

45 *Jump*

*These voices
Making a nest
Inside my head*

*Feeding the villain
Looking to see
What's behind that wall
I'll be free*

*I'm healed
I'm okay
I don't need another day*

*Unfinished business
No one knows
Only I can solve
Where I'm going to go*

*Then the planning began
Not hearing the teachings
Not taking in
Just planning to jump
To begin*

*I'll make it on my own
I've done it before
All i need to do
Is to run through that door*

*My heart pounding
It's now or never
Adrenaline rush
I can do this no fuss*

*It felt good on the other side
A place I know all about
I wanted to shout*

*But then life began
Temptations
Expectations
Old friends*

Do you want a line?

*A split second
A choice I made
Then my world started to fade*

*Waking up
On the floor
I saw a steel door
Surrounded by writings
On the wall*

*Can it be?
I'm not free
Is this the life I chose?
Is this part of me?*

*Then I heard footsteps
Keys unlocking the door
Stand up
You not welcome anymore*

*Guilt and shame
The cycle began
The meaning of my name*

*Dear God, can it be
What have I done?
Please help me*

*His arms wide open
Stand up is what I heard
A brand-new day
The chains are broken*

God had spoken

*Forgiveness and mercy
You shall find
Repentance and
Renewing of your mind
Nothing but the blood of Jesus
Can take away
Out of my mess
He made a way*

Author: Charlotte Viljoen

God sees your heart

I started working at a rehab centre. On Valentine's Day being alone while I was making up my bed, I spoke to my first love and said: "God please do something special for me today" that's all I thought. My phone rang later that morning it was head office saying someone is here to see you they will send him over. I had no idea who that could be. I waited and then the car stopped. To my utmost surprise it was my counsellor from the Christian Retreat. As he climbed out of the car, I knew It was God who sent him with flowers from my first love God Himself. I just started to cry. To think that God will send the man who taught me about my first love to send flowers to me from my first love. God knows my heart and my desire. He sends one of His warriors from far to bring me flowers and chocolates.

My counsellor said that the Lord woke him up and told him that he must fly to Centurion from the Cape to bring me flowers. Don't we serve and awesome God.
Psalm 37 verse 3-6: Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. 4 Delight yourself also in the Lord, And He shall give you the desires of your heart. 5 Commit your way to the Lord, Trust also in Him, And He shall bring it to

pass. 6 He shall bring forth your righteousness as the light, And your justice as the noonday.

There and then, I know that I know that God sees my heart and He showed me that He is God. He will do whatever it takes to help me and to show me that He sees my hearts desires.

46 *Valentine's Day*

*Waking up
Can it be?
It's Valentine's Day
And I'm free*

*O God please do something
Special for me*

*As the day went by
Working up and down
I heard my cell ring
It's the gate someone with a crown*

*Then he stood
In front of me
Can it be
The man who taught me
About Calvary
To be free*

*When I looked into his eyes
I knew it was God in disguise*

*My first love
Bought His dove
Flowers, whispers, and a glove*

*Be careful Guard your heart
For what you desire will start*

*Today I'm showing you
That I'm God
And I listen to your heart*

*I'll send my warrior from far away
To bring you flowers
And make your day*

*Just because I'm God
Your first love*

Happy Valentine's day

Author: Charlotte Viljoen

Overcoming the voice of Jezebel

God is a miracle worker promise keeper light in my darkness that is who He is. That is exactly next what He wanted to work on me is my heart. He showed me that He is there always that He sees the desires of my heart and 48 hours later my life turned upside down because God was not finished with me yet. Some people still tried to keep me where I was or voiced their opinion about where I was in life and that I could never change and because I believed those words, before I knew it, I started to act out on what they said about me, why because I myself after all that God had shown and done for me had not learned to overcome the voice of Jezebel and it was easier to go back to my old way of thinking in a split second than to press forward and trust God.

I listened to the haunting, earring, creeping, intimidating voice of Jezebel. I needed to overcome the voice of Jezebel so that I could move into another realm of victory.

Externally it went very well but internally I didn't see myself there yet and got scared of taking the lead, fear of going forward, and fear of failure. What am I doing to sabotage my own success?

Undeserving, I could not see myself in that position. I began to feel lonely because I was not allowed to become too close to the students in the rehab. I felt a performance anxiety and was afraid that it won't last. A sense of perfectionism to behave properly and I became imprisoned by my imperfection and did not want anyone to know that I'm not perfect.

I had junk in the trunk. When a person starts to succeed then people tend to pull you down like crabs and remind you of where you came from. I had to deal with my internal conflicts. When a person does something new there is always someone who rejects it at first. Unfortunately, I listened to that Jezebel voice instead of listening to the compliments and think like a winner and remember how God sees me. The problem was that I came out of Egypt, but Egypt thinking was not out of me.

I had to ask myself am I prepared to live in the Promised Land. Being in the Promised Land is fight, overcome, obedient, to trust God's provision and to possess my inheritance.

That was the Friday, and the Sunday rejection and temptation came my way the role of the martyr: As the word implies, the martyr sacrifices time, energy, and happiness to keep someone else together. The martyr's needs are never considered as legitimate in his or her own eyes as the needs of others this role I played and by that Monday morning I relapsed and found myself in GHR God's Healing Room (Rehab prison / isolation) at the rehab centre where I worked at. A cold prison room

no bed only a mattress a steel door, a toilet that can only flush on the outside, cement walls and a small window.

Looking around and realising what I have done praying asking God to please reverse what I've done. The agony, guilt, shame, disappointment in myself knowing that I'm lying in the same rehab as where I spoke to other recovering addicts about relapse about trusting in God in your recovery.

What have I done? I lost my job that day and had to face the consequences of my actions. All because I believed the words of Jezebel and not the victory that God had gave me, but God is faithful enough and I realised *it's not about me it was never about me the students are in the hands of the living God.*

47 *Table before your enemies*

*Speeding over the ocean
Full throttle between electric power lines
Over the train line
In the clouds
Time stayed behind*

*Feeling anxious excited
Get ready Get ready Get ready*

*With a brick between my ribs
Pressure in my spirit
I'm ready to burst*

*Jezebel on the side
Giants in the way
For a moment forgetting to focus
On the one who planned my way*

*Up and down
Walking around
Labour pains in the way*

*This is the moment
This is the time
My victory so divine*

*100-fold He said
For leaving everyone behind
To follow Me and hear
What's on My mind*

*I feel it in my spirit
I feel it in the air
It's just every where*

*Bring Me in remembrance
Call your destiny
It's yours
Because I'm preparing a table
Before your enemy*

Author: Charlotte Viljoen

I had to learn to be patient bask in the presence of God because recovery happens one day at a time. Even

though I feel like the process is agonisingly slow, there was no substitute for taking a year to focus exclusively on recovery. Recovering the mind, body, soul, and spirit requires time to clear years of shame, guilt, denial and emotional wreckage, soil of insecurities, seeds of effects, roots of bitterness and the likelihood of staying clean increased with each year in recovery. I had to give myself a chance not only to stay clean but to have a fulfilling relationship with God the Father to sow truth that changed the soil of my heart and that gave me a better high than my best high ever.

48 *As God anointed my head with oil*

*As I came into you presence
You anointed my head with oil
Lifting the vessel
Over my head
Oil streaming down like a thread*

*Receive the flow of oil
First a price I had to pay
Pain, agony, hardship
Suffering, death
Struggle every single day*

*Soaking in your presence
Let it flow Let it flow
Healed inside and out
I had no doubt*

*Fresh oil
The glory of God flowing*

Bringing forth freshness and glowing

*Splendour beauty
Raised like an eagle
Boldness roaring like a lion
On the horizon*

*Supernatural breakthrough
As king and Royal Priesthood
Blessed to be a blessing
For others each day
God will bring come what may*

*Wisdom of Jesus in me
Overflowing in my life I will see
In all areas a long life with spice*

*Enlarging His vision
Great things and provision
Signs and wonders
A sudden shift and swift*

*God Use me
Wherever Your treasure
No measure*

*I receive your anointing
Feeling Your touch
I hear You God
As You stir my heart
From the start*

*Walking with You
Not letting go*

God help me to glow

*Won't miss out
As I shout
Clinging onto You
Like glue*

*Once again on my knee
God, please use me*

Author: Charlotte Viljoen

Don't ever limit God

I went back to the Christian Retreat and attended the course “Love is a choice” again. God was not finished with me yet. He needed to work on a deep-rooted secret I kept my whole life. God took my past and painted it red and now there is grace instead. God said to me it’s all about the heart. What you want must come from your heart or it won’t work. What capacity do you have in your heart for hurting souls? If your heart barely makes it around the people around you, you don’t have enough heart space to have a ministry. God said I will give you what matched the capacity of your heart. The way your heart beats that is the beat you will receive.

God said I’m going to heal you so that you can be free and go on. Not fake it till you make it but be free and free indeed. If you can release the pain the guilt and the shame you will be reconditioned. Your spirit needs to be free. If you could ever stop grieving over your past, I will show you how I’m going to use your past that will determine your future. But it has to start from your heart.

Then God said: “If you can live with the rolling of the eyes and the gossip, then I will open the floodgates of Heaven and pour out a blessing so big that you will not

have enough room to receive it". **Malachi 3:10 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.**

Live with the whispering.... Yes, I have been to hell and back, I have made mistakes, I had issues and setbacks, the enemy did put his foot on me and said that I'm not good enough BUT the Lord has delivered me. Praise God....

Again, God showed me that He sees my heart. While in the session the Holy Spirit is so gentle. He asked me what is deep down in your heart. What is that one thing that you have been caring for many-many years? What is your nick name? I will give you the desires of your heart, but I want to see what you going to do with what I give you. No matter what, God said I love you unconditionally and nothing can separate you from the love I have for you. Not to say that our desires are always according to the word of God but if you desire it so bad, I just might give it to you.

What I desired manifested in the natural right in front of me...

49 *A twist of my imagination*

*Is this a twist?
Of my imagination
A sensation*

*A world I created
Out of pain
So complicated*

*A sudden stab in my chest
Cut right through my flesh down to the bone
I feel you in my back in my side
In my heart from the start
Is it time to apart?*

*I kept you close by my side
A safe place to hide*

*You're such a part of me
My love, my fantasy*

*I've never met her before
I've never even opened that door
Then suddenly you stood in front of me
I nearly fell to the floor
Breath-taking I adore*

*No more my imagination
Can it be you free?*

*Standing right in front of me
Such a beauty
Intelligent
Powerful
Sexy
My fantasy became Reality*

O God help me

*I heard God say
Here she is
Be at ease*

*No matter what you decide
My love for you the same my dove
No one can take away
For on the cross that day*

*A choice I made to start over
To see who I really am
A journey without my biggest fan*

*It's time to let go
But how can it be
The trigger inside of me
Pain so intense
Too much to comprehend
The cycle I need to amend*

*All I want to be
Is the real me and free
Who God created me to be
No fuss no fantasy*

*Locked up for so long
Coming out is not a song
Where do I belong?*

*A journey
To discover
Only God and me
Under cover*

Author: Charlotte Viljoen

God knew that He had to work with my desire, and it manifested in the natural for Him to help me overcome. Because of my pain, the abuse, my insecurities, the misuse by men, I felt I'm not safe enough and maybe it would be better for me to be with a woman than a man. I fed the inner villain the desire to be with a woman. A part of me "Jeans" who thought she was gay. No matter what relationship she was in, she always got hurt by men and could never believe that a man can make her happy. I was so co-dependant and so broken that I created a co-dependant character that made me feel safe. Out of my brokenness I couldn't face ME that was already inside of me.

Recovery to me was not just about stop drinking, drugging, or co-dependencies it was about *CHANGE*, becoming the opposite person to who I was before. **Romans 12:2 says that we become transformed by the renewal of our minds**, in other words, renewing the way that I think. Changing the way that I think resulted in changing the way that I behave. I had to change into something else that *I ALREADY WAS*. That God created me to be from the beginning. I didn't know it was me.... I would have resisted the enemy better, but I didn't know it was me. A new adventure of finding the ME. Who God created me to be.

My addiction manifestation because of an identity crisis, a result of a defective belief system lies verses God's truth and a lack of true identity. But by changing that belief system I had acknowledge that I cannot do it

without the guidance of the Holy Spirit because He who knows me best began with removal of the substance and withdrawal. In my case the brain chemistry had to be balanced, a pattern of sane thinking the ability for new beliefs was extremely limited for about two years after detox began, if not impossible but there I completely relied on Father God to work in my life. I had to face "Jeans" and realised that she was created out of my pain:

50 *Jeans*

*What's up?
Candy rush
The way we spoke
We had such a joke*

*Remember what I said
Waiting for the right time
For you to come out
Together we fantasised
How it's going to be
And eventually you will be free*

*You interfered with a lot of my thoughts
Throughout the years
I was so blind
With you on my mind
Not bad in a way
Just gay*

Your beautiful blond hair

*Powerful
Sexy
Intelligent that's not fair to compare*

*All jokes a side my biggest fan
It's time no more hide*

*Jeans I created
Out of my pain
Twisted complicated
Too much to explain
What I want to do
Is speak the truth
From abuse to my youth
You know exactly what I mean
That day you came on the scene*

*From that day you started to say
I think a different way
The voices in my head
Made me so scared*

*Do you realise
The suffering
The disguise
The relationships I lost
The cost*

*From inside, you pushed and pushed till I cried
Carrying you inside
I had to hide*

*No more
I'm closing that door*

*I'm pulling the plug
Before you go
I need a hug*

*Remember you not forgotten
So, listen carefully
Just no longer part of me
My heart is wrapped in cotton
Only for God to see*

Author: Charlotte Viljoen

The Caterpillar and Dove

Throughout my healing the caterpillar played a significant role as well as the dove. A caterpillar goes through a metamorphosis that takes a certain amount of time and energy to become a butterfly. It can be argued that it's not a butterfly until the metamorphosis has completed but think closer. All the knowledge and ability that is needed to transform is contained within the little worm already. The transformation is triggered by seasonal change, and it automatically enters into the metamorphosis on its own accord and later a beautiful butterfly emerges. One fact that is extremely interesting in this example from nature is that if the butterfly is assisted in any way from the outside by breaking the cocoon, the wings of this splendid creation will not form properly. The energy which is used to break open the cocoon must be used by the butterfly itself or it will "fail to launch". It will not complete its metamorphosis; its wings will not form properly, and it will not be able to fly.

That is why at the Christian Retreat they leave you to hear from the Holy Spirit and do not intervene and to me this type of help is the best help I could find. The knowledge of who I really was, was already inside of me, in every fibre of my being down to cellular level. My DNA has memory. It knows, it remembers, and it listens or records and stores knowledge, memories, and decisions.

In **Genesis 2** we learn that God put His very essence into us, and we became a living being or soul, in other words His identity or perspective or view and opinion was put in me.

51 *Know that I am God*

Trust God First

*Anxious scared what if
Sweating heart pounding
Clinging to other to feed need and love
Manipulate the situation
Self-sufficient
Human council takes priority*

*Sleepless nights
Toss and turn
Our beds burn
Lying awake at night*

Take charge without prayer

*Doubt Biblical principles and promises
We call on others to help*

*We hurry ahead
And do not wait*

*Rest on His promise
Trust in the Lord with all your heart
The Lord is my strength and shield
Be still and know
That I am God
In Him my heart trusts*

*Do not be anxious about your life
Put your trust in Him
To those who know His name*

*Jesus Christ in the same
Yesterday Today and forever*

*May the Lord fill you with Joy
Peace in believing*

*For those who love the Lord
All things work out for good*

*When you trust in the Lord
Your heart will be firm
And will not be afraid of bad news*

*Be strong and courageous
Do not be frightened
Do not be dismayed
For the Lord your God is with you*

Wherever you go

*Do not fear
Only believe*

*With your mind on God
You stay in perfect peace
Because you trust in Him*

*Delight yourself in the Lord
He will give you
The desires of your heart*

*Commit your way
Unto the Lord
Trust in Him
And He will act*

Righteousness and justice He brings forth

*Without faith
It's impossible to please God
Believe He exists and He will reward
Fear not
For I am with you
Do not be dismayed
For I am your God*

*I will strengthen you
I will help you
I will uphold you
With my righteous right hand*

Do not be anxious about anything

*But by prayer and supplication
With thanksgiving
Let your requests be made known to God
And the peace of God
Which surpasses
All understanding
Will guard your hearts
And your minds in Christ Jesus*

*I came that they may have life
And have it abundantly*

*Let not your hearts be troubled
Believe in God
Believe also in Me*

*Author: Charlotte Viljoen
Inspired by the Bible*

Learning the heart of God

Learning the heart of God knowing that I was not made omnipotent, omnipresent, or omniscient, I was not made all powerful, everywhere at the same time and knowing all things. I was made LIKE Him – but NOT HIM. I was made like Him with His perspectives, logic, view, and opinion with the ability to have the same quality of life which He had, but not knowing everything, with the ability to create with my imaginations, dreams and choices coming from Him.

I missed the mark, lost the plot, and forget who *I ALREADY AM.*

To get myself in order, I had to first set my heart right. God is pre-heating the oven He's getting me ready to become comfortable to what He called me to do. Building with my one hand and fighting with the other. **Luke 12 verse 48: But the one who did not know, and did what deserved a beating, will receive a light beating. Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more.**

I had to go way back into my history, into my childhood, past hurts, past pain because when I went way back it will spring me way forward till my roots

and the foundation. It's when I started to fight my giants when I started to win. Everything that held me up will be set free. My blessing was always in my battle. Until I had been degraded but serve with excellence like David, I found myself. *Once I discovered who I was, soon got to know who I was not. The truth set me free. John 8:32 and you will know the truth, and the truth will set you free."*

Revelation 3:10. King James Version ... Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all ...

I was fortunate to grow up in a house where my Mother was anointed to be successful in the ministry of marriage. After my father passed away, she decided to put her thoughts into a script for my sister and I about how she saw marriage and how she became a King maker in marriage.

I'll wait for my beloved



Then God told me that He is now my husband. My brother and his wife I got a ring for me that was crafted on....

I will wait for my beloved

I learned so much on my healing journey.

Reference: Bishop TD Jakes women thou art loosed.
When God picks a wife for one of His Royal sons, He will pick her from among the women who are faithful and holy, those who keep the commandments of the Lord (**Deuteronomy 10v13**).

Begin to sanctify yourself. Bring your body before God. Bring your nature before God. Bring your passion to Him. Allow God to strengthen you until you can tell the devil, my body, and my whole body belongs to God. From the top of my head to the soles of my feet, all that I am belongs to Him. I will seek Him clearly in the morning. I will lie on my bed at night and call on His name. Ill touch Him and embrace Him. He is the God of my salvation and the lover of my sole.

Maybe you haven't been living as you should. Maybe your house hasn't been the house of Prayer it could have been. Maybe your body has been mauled and offer it as a living sacrifice to God (see **Romans 12 v 1**). If you cannot keep your vow to Him, you would never be able to keep your vow to a man. Give your body to the Lord and sanctify yourself.

The single woman seeks to please God in every way. Understand that while you are waiting for a flesh and blood husband, God is your spiritual husband. Be careful how you treat Him. He thinks He's your man.

That is why He does those special favours for you.

My car broke down and for eight months I could not drive anywhere. Every time I walked out of my back

door and looked at my car, I said Lord thank you that you are my husband and that You take care of me. In the name of Jesus, I ask you to send out the warring and ministering angels now to prepare the road for me to fix my car. After eight months my phone rang and a person I have never met before offered to fix my car. He not only fixed my car but fixed the small things that were broken on my car as well. He filled my gas tank with petrol no strings attached. I asked him why? He said, "just because God told me to, thank God not me".

God has been taken care of me even when I don't notice His protection. He is the source of every good thing even when you don't recognise His protection. It is He who opens doors for you. He is your friend and your companion. Paul wrote. Let each one remain (able) in the same calling in which he was called (**1 Corinthians 7 v 20**). I(able) in the same calling in which he was called (**1 Corinthians 7 v 20**). In other words, the single person should be abiding in, not wrestling with singleness, enjoy it, rather than spend all your effort trying to change your marital state. You need to learn to develop in the position where He has placed you. The greatest visitation of the Holy Ghost in history happened to an unmarried woman named Mary. Before Joseph had the right, the Holy Ghost came upon her. That same life-giving anointing wants to come upon you now. Stop complaining. His presence is in the room. Worship Him. He is waiting for you.

No man no matter how wonderful can wipe all tears from your eyes. Your life will bring many tears. They are unavoidable. They are a part of existence, Pleasure

and pain, sunshine and are all intermingled with day-to-day bruises and brokenness that neither your husband nor your natural father can heal. I want you to go when life is too much. It is honourable to be married if that is your choice. Just remember that what God sends into your life will be limited to human. He will give a measure of comfort, but really wholeness comes from God alone. There are some areas in your life that God has reserved for Himself alone. He will heal them and fill them. No one else can.

No matter how foreign this place in your life may seem, you must know He prepared you for it.

In Revelation 3v7 "What he opens no one can shut, and what he shuts no one can open." God alludes to the power of the shut door. It is significant to understand that the shut door is just as much a move of God as the open one. It is the same mighty hand, and it is the same loving heart. This is amplified when we see also that no one can open it. There is no purpose in trying to pray open or pray open what God has shut.

You know you up against a shut door when it will not open. Here's a simple way to tell the difference. If the door is just closed by the enemy and he is trying to get you to give up on your dream, prayer and praise will unlock it. But if the door is closed by a sovereign decision of an all-wise God, and prayer and praise do not open it, and then you must accept His decision.

They say You are the God of second chances the God of new beginnings. You're the only One I can count on.

From now on I'm Your woman. I belong to You alone.
Be my Hero. Be my shelter. Be my man.

I rejoice that in my singleness You are my only love.
You are the one I share my secrets with, the one who
knows me better than I know myself. All my tender
touches come from You and that is an amazing blessing.
My whole heart is Yours and You have sanctified me for
this season. Lord You are the greatest Lover of all. I
belong to You.

52 *My Beloved*

*You crossed my path one day
For me just to say
Who is this man
Looking at me that way*

*He looks at me
Through Jesus's eyes*

*With a question in my soul
He looks at me and makes me believe I am whole*

*He gives me love
Expecting nothing in return
I felt my heart burn*

*Unconditionally
Unprepared
A deep intense feeling
That does not make me scared*

*Feeling safe when he's near
I have no fear*

*The way he shines
The way he guides
The way he dines*

*Can it be
This love inside of me
Has always been
He shows me true love
Love from above*

*He handed me all he had
And said
My angel
Your husband is my name he proclaimed*

*Then he took my ring
I'll wait for my beloved
And replaced it with a covenant ring*

*With God by our side
Together forever
Hand in Hand
We will serve our King
With the symbol of our rings*

Author: Charlotte Viljoen

**You have to know that something or someone is waiting
for you the other side of your test. Your husband is**

waiting to be the lover of your life. The Lord would not have brought you through if He didn't have more for you. He has given me someone to love. Someone to share what I have to give. Don't keep him waiting too long.

God will reward those who keep on seeking Him. He may not come when you want him to, but He will be right on time. If you wait on the Lord, He will strengthen your heart. He will lift you up and break your chains. He will give you garment of praise for the spirit of heaviness. **Isaiah 61 v 3**. He will keep His promises. But you have to play the part. And that part is faith. When we believe Gods promises we are counted as righteousness. Whatever God gives you He wants it to be multiplied in the womb of your spirit. When you bring it forth it shall be greater than what you had.

The enemy wants to multiply fear in your life. God wants to set you free from fear and fill you with faith. You must learn to trust God enough to allow Him to come in and plough up your life. He may need to root out closet skeletons and replace them with new attitudes.

Don't be afraid, you are God's child. No matter the desire or the blessing that you seek. *God has promised to give you the desires of your heart Psalm 37 v 4 and He always keeps His promises.*

Pain can become too familiar. Ungodly relationships can become familiar. Change doesn't come easily.

Habits are hard to break. It is often more comfortable to hold onto old habits than to let them go because I was afraid of change.

When you see yourself as Jesus sees you, you will master the courage to break away. He is your defence. He will defend you before your critics. Now is the time for you to focus on receiving the miraculous and getting the water you could not had reached before. He is losing you to be refreshed. You haven't had any water for eighteen years but now you are free to get a drink.

You may have been the beast of burden. You may have been somebody's pack horse. People have dumped on you. You've had to grit your teeth. But now someone sees your true value and He's liberating you to find the Living water. Pastor Fourie saw my value God showed him who I was in Jesus, and I started to drink from the living water. I started to believe that I was truly the daughter of the most High God and by Jesus stripes I am healed.

Marriage is not about selfish fulfilment. Marriage is giving not taking. When you marry someone, you marry everything he is and everything he has been. You inherit his strengths his fears and his weakness, It is important to pick the parts you want and leave the parts you don't. Marriage is a package deal.

God grants you the grace of ministering to your spouse to the child in him. Be Patient, You may not see immediate change. It takes time for even a small cut to heal. Healing is a process. God will give you the oil of

compassion and the sweet wine of sincere love to pour into your husband's wound bit by bit day by day.

God builds the house of marriage, but you must do your own decorating, in effect God says. "I release the married woman from the level of consecration I expect from the single woman so that she will be able to spend time decorating her relationship." You are called to be committed to God and a companion to your spouse.

God has ascribed honour to marriage. Your bed is undefiled (**Hebrews 13 v 4**) Decorate your relationship with Holiness, but do not neglect each other in the name of being spiritual (**1 Corinthians 7 v 3-5**) For the godly woman who truly cares, God will anoint you to be successful in the ministry of marriage. Pursue God together.

Father God use me
Let us give God all the praise...

If you wait upon the Lord, He will give you the desires of your heart.

.....
Conclusion of my overall recovery
Theophostic Ministry

1 Control

I had to learn to take control over my insecurities, addictions, self-sabotaging happiness, identity, fear, co-dependency, and perseverance. I know it is there, but I have it under the blood of the lamb. It's there but it is under control. I have much going for me to let this stop me. **Proverbs 25 verse 28: "Whoever has no rule over his own spirit is like a city broken down, without walls."**

That means I can feel some things but need to resist them. I'm going to maximise this opportunity while I deal with where I was. Because I don't want to lose where I am, only to go back to where I was. I don't want to lose my today by going back to my yesterday. So even if I cannot kill it. Ill roll a stone in front of it and get back right where I'm going in front of me fighting the good fight of Hope and faith because I have something to go after. It's hard to break a man or women if they have something to go after. Something to fight for.

2 Conquests

I needed something to fight for, something that will get me out of the bed in the morning. I maybe in pain but I have something to reach for. I may have un-dealt issues, but I have something to reach for but conquest without confronting your issues is a false sense of

victory. I started from the beginning of my recovery journey to record, note everything down. Then I started to put the notes together and started this book. Writing this book made me get up in the morning helped me through COVID 19 and motivated me to keep on trying. Writing this book taught me perseverance pushing through finishing something I started. Yes, the enemy did tell me I won't finish it, or I will be mocked but I don't care because it's something I finished, and I put my everything into this book with the guidance and help of the Holy Spirit.

3 Confronting

So, if I'm winning in front but never went back rolled away the stone and confronted what is behind the stone am I really winning at all? Trying to hide what I wouldn't confront. I would paint over it in the past because I did not want to confront the past. Yes, I needed a conquest but sooner or later I had to go back to the source. The root of it all. Lies verses God's truth. It just meant that I refused to live in denial about an issue I needed to confront. Anything I could not confront I could not conquer.

4 Conquer

To resist it to not let it have control over me, to resist it, to not let it destroy my destiny, to not allow it to kill my future. Then to be able to feel the feel of winning. Once I got the taste of conquering, I wanted it again and again and again. To conquer to overcome every area of my

life that the Holy Spirit showed me out and helped me made me more excited to work through the next area of my life and Yes sometimes Lord, I have not killed it yet, but I have my foot on it. I'm getting there. I haven't done everything I should have done but I sure have come a long way from where I started from. I'm a conqueror I had to fight to get where I am; I had to fight, fight, and fight. Romans 8 verse 37: "Yet in all these things we are more than conquerors through Him who loved us".

5 Celebrations

I celebrated after each brake through. Celebrate by myself by writing poems or take myself out or bake myself a cake. Because if I had to wait for someone else to do it for me then maybe I need to look at my co-dependency again. So, I'm celebrating with the Lord alone. If no one tells you, you are good, you fought a good fight; you did a good job, then tell it to yourself. The opinion of me about myself is now the most important. Because today I love myself. Today I fight for myself. I never understood or knew that I can protect myself, I can say no... I cannot wait on other people to know that I am a conqueror. People don't know what I had to survive to get to where I am. Only I know what it cost me. Satan tried to put his foot on me but now I have my foot on him.

6 Champion

A champion is when you win so often that it becomes your brand. It becomes a lifestyle. I'm more than a conqueror I'm a champion. I'm going to restore all that the enemy has taken from me. I'm going to get it all back. This is mine this is my future I accept it. *A conqueror is defined by the fight we fought but a champion is defined by the winner he is.* He has accepted winning as a new normal. Don't be intimidated by people who do not see what you see. Don't allow criticism to influence you there will always be people who criticise on the level they see. People who would like to keep you in your past out of their own insecurities out of there pain.

A sermon of Bishop TD Jakes

God's Truth:

Philippians 4 v 6-9

6. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. 7. and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus 8. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, If there is any virtue and if there is anything praiseworthy meditate on these things, 9. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Galatians 6 v 9

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart

53 *Heart Circumcision*

*I'm not good enough
Abandoned, not worthy to be loved
Self-sabotaging, martyr, scapegoat*

*Renewing of the mind I'll find
Revelation I'm God's creation
Not my imagination reject or sensation*

*As I stood in front
Of the warrior from far away
As we pray*

*I felt a knife cutting into my life
From my side to my heart
Suffocating my chest
An urge a peep of where devastation lies*

*An abortion of my soul
Ripped out of the big whole
The addiction cycle began*

*No more guilt and shame
God's love died for His dove
On Calvary that day
An intimate relationship with God I found*



As I lay open before His throne

*Empty open raw inside
A pain I cannot describe*

*As he prayed for my imagination
Going to God
Letting her be
It fell all over me*

*I felt God's love
His blood flowing through my veins
A dove descending on me*

*What happened?
I can't comprehend
All I know is God came to amend*

*Womanly Feminine free indeed
Independent Compassionate Mature
Warm and gracious is her blessings
Strong in Jesus you will find
Turning her mess into a message combined*

*Body, mind, and soul
He began to make me whole*

Author: Charlotte Viljoen

Ephesians 3 verse 14-21

14 For this reason I bow my knees to the Father of our Lord Jesus Christ, 15 from whom the whole family in heaven and earth is named, 16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, 17 that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the width and length and depth and height – 19 to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. 20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, 21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

Ending

Climbing Out of A Black Hole

By Guest Author - Kevin Repass | Sat, Apr 6, 2019, at 7:00 am

The parable of the alcoholic stuck in a hole has always resonated deeply with me. Before I mustered up the courage to go into detox and treatment, I found myself stuck in a black hole for the second time in my life. I did not think I would make it out alive this time. The story of the alcoholic stuck in a hole goes like this:

A drunk fell in a hole and couldn't get out. A businessman went by. The drunk called out for help. The businessman threw him some money and told him get yourself a ladder. But the drunk could not find a ladder in this hole he was in.

A doctor walked by. The drunk said, "Help, I can't get out." The doctor gave him drugs and said, "Take this, it will relieve the pain." The drunk said, "Thanks" but when the pills ran out, he was still in the hole.

A renowned psychiatrist rode by and heard the drunk's cries for help. He stopped and said, "How did you get there? Were you born there? Were you put there by your parents? Tell me about yourself; it will alleviate your sense of loneliness." So, the drunk talked with him for an hour, then the psychiatrist had to leave, but he said he'd be back next week. The drunk thanked him, but he was still in his hole.

A priest came by and the drunk called for help. The priest gave him a Bible and said, "I'll say a prayer for you." He got down on his knees and prayed for the

drunk, then left. The drunk was very grateful, he read the Bible, but he was still stuck in that hole.

A recovering alcoholic happened to be passing by. The drunk cried out, "Hey, help me, I'm stuck in this hole." Right away, the recovering alcoholic jumped in the hole with him. The drunk said, "What are you doing? Now we're both stuck here." But the recovering alcoholic said, "It's okay, I've been here before, I know how to get out."

54 *Climbing out The Big Black Hole*

*Filling the void within myself
Internal black hole
A role in my soul
Fill this begging bowl
So that I can feel whole*

*Peeling back the layers of his game
Face to show no fame
The rotten core
Of what exists below*

*Asking for more
A dark emptiness that demands to be filled
Whatever I could find
To numb my mind*

*Dancing around the edge of the black hole
"You cannot leave a place you have never been" whole*

I was touching the edge of it from time to time

*And pulling back
When it felt too scary
Ready to bury*

*I continued to feed whatever it asked for
When it all got too much
Seeing himself as a failure untouched*

*Weak and broken
In disguise / As no one knows
Unspoken
Retreat to the shadows?
Hiding my face
In disgrace*

*I pray to keep
Hell away
Hanging my head
Feeling scared*

*Drown my fear
Till you all just
Disappear*

*I am afraid, abandoned, and alone
This black hole pulls whatever it can to the bone*

*In hope of filling this void inside
And feeling safe secure denied*

*Around the edge of the void
Was a fearful angst intensify
As a way of reeling me back to justify
But, in the end, the drug will turn on you*

*Consuming all that you are
All that you could ever be
Free*

*It had nothing but a cold, damp existence
It could have used a dose of warm wind assistance
For this I'm packed with shame, full of self-hatred astray
A mainline will make it all go away*

*The mood within the Black Hole is dreary
Avoid feeling these emotions
Whatever I could find
That numbed my mind*

*Pretty much anything else to hand
As a means of distancing and distracting my brand
Any sense of completeness will soon drain away
The problem is at the bottom of this begging bowl
Is a hole
Leaving us feeling empty, and hollow*

*Then the begging starts again
Never satisfied*

*Stop reaching outside of yourself
For something to complete you
Be able to face your fear
When it draws near*

*It would lose its hold over you
It only wanted to see
The very thing you were attempting to escape from
Fear to be free
The big black hole*

*Is a longing to come home
Finding Wholeness
Facing the big black hole
You found your soul*

*One at a time
The door of your heart
Is now open to receive
What God started He will achieve*

*I climbed out of the big black hole
I got back on my feet
With God
You will defeat*

*Now my goal
To jump back into the hole
To show others the way
I have found strength and purpose
And not going astray*

*Thanks to my big black hole experiences
Humility is an essential utility*

*In your pursuit of spiritual transformation
Conformation*

*With God is the only way out of the Big Black whole
No doubt*

Author: Charlotte Viljoen

“Theophostic Ministry is not about growing in knowledge but rather receiving a specific truth for the displacement of a specific lie. Theophostic healing releases us so that we might

be able to appropriate the truths of scripture we logically know."

Ed M Smith

Source

The Holy Spirit

The Bible the word of God NKJV

Jacques Truther: Beulah Christian Retreat Wellington
"Lies verses God's truth" Cape South Africa

Anthony Hall: #REALORANGRFRI DAY RAE L
(recovered addicts empowering lives) Recovery Centre
Worcester Cape South Africa

Source: Adapted from the Palo Alto Medical Foundation

Hanneke Truther: Beulah Christian Retreat Wellington

Schalk Meintjes "Cyrus Awakens" Entering His Rest

Credit: Michael Clark Jacksonville Addiction Recovery
ADDICTION RECOVERY Feel Like You're on an
Emotional Roller Coaster? Here's Why! by SMART
Recovery | Apr 9, 2013, | Managing Thoughts | 3
comments ~Green-In-MI, SMART Recovery Volunteer
David Sack, M.D., is board certified in addiction
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www.freedomtrust.org.uk/AR Mike Parsons

By - Erik Bohlin, M.A. - New Hope Counselling

William Berry - Certified Addiction Professional, Tanya
Desloover, MA, CADCI I, a marriage and family
therapist intern, ADDICTION RECOVERY

Inspired / quotes by Bishop TD Jakes motivational
clips, women thou art loosed bible and sermons

Green-In-MI is a SMART Recovery Online Member and
Volunteer.

(Serenity recovery centres) web page

Recovery 12 Steps program: AA recognition

Love is a choice workbook – Letting go of unhealthy relationships – Dr. Rober Hemfelt, Dr. Frank Minirth, Dr Paul Meier, Dr Deborah Newman, Dr Brain Newman
Pastor Steven Fertick,
Pastor Joseph Prince,
Dr Allan Bagg,
Pastor Danny Carmichael-Green,
Dr Pretorius Lentegour Hospital, Worcester Hospital,
Cape Town Michelsplane
Biblical truths, shared by Sandy Day from Caleb Ministries
Climbing Out of A Black Hole
By Guest Author - Kevin Repass | Sat, Apr 6, 2019, at 7:00 am |
STORMIE OMARTIAN is the bestselling author of The Power of a Praying® books
The book Verbal & Emotional Abuse author June Hunt
Ed M Smith, Beyond Tolerable Recovery
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Symptoms of Codependency
By Darlene Lancer, JD, MFT
Google references
Beyond Tolerable Recovery Ed M. Smith
Big Daddy wave: I want to tell the world

Lies verses God's Truth: how to replace the lies of the enemy with how God sees you...

Poem's you can relate with... poems that will give you hope...

How to find the root of your problems...

How to break the cycle of making the same mistakes over and over again...



Author: Charlotte Viljoen

I would cry out, Lord take this away from me, and He would just leave it right there, because it was my weakness that led me to my strength. *The greatest gift God gave me was gradual change.*

12 years of back and forward trials and tribulations, from psychiatric hospitals to retreat's, and much more Charlotte Viljoen eventually hit rock bottom no more strength and will to fight what God had for her. She booked herself into a retreat and there God started a transformation in her life by His Grace. Every healing transformation period in her life she overcame she began to write poems. God gave her a vision on

the 3rd of January 2019 Poems of hope, and she began to give hope through her poems to hurting souls.

It's not how many times she fell but how many times she stood up. **Proverbs 24:16 "The godly may trip seven times, but they will get up again."**

Author: Charlotte Viljoen