

## Chapter Eight

### Judging Gad

Gad, a troop shall overcome him: but he shall overcome at the last.

Genesis 49:19

Gad, goading robber-band will goad him, yet he will goad at their heel.

(The Five Books of Moses)

Gad is a son by *Leah's* bondmaid, revealing that it is a spirit associated with the bondage of *The Mind*, and *The Body*. The word *Gad* means *to crowd upon, i.e. attack:-invade, overcome, to gash (as if by pressing into), gather (selves together, set in troops), cut selves*, describing a spirit that enlists the action of the body through the *goad*ing of the mind. *Goad*— *that which prods or urges, a stimulus or irritating incentive, an impetus. Impetus*—*an impelling force or impulse*, which describes perfectly this destructive energy that influences the mind, urging the body to perform the destructive action, robbing us of our freedom by keeping us bound to the addiction. Gad is a very oppressive spirit— a tyrannical energy that causes mental and physical anguish. It is the nasty spirit responsible for the cruel and destructive addiction called 'cutting,' which is found in the definition of the word *Gad*. Having suffered with the disorder called 'anorexia' in former years I am very familiar with this destructive spirit. In the end I could barely bring myself to eat, my 5'7" body going from 125 to 95 lbs. The good news is we have the power to overcome this unhealthy spirit.

To reiterate, *Gad* is a son by *the bondmaid of Leah*, revealing that this *evil spirit* or negative energy is associated with *the bondage of the mind*, with the fearful and untruthful thoughts that limit us or keep us in bondage. The connection that is taking place between our mind and heart through this process is allowing us to feel the restriction caused by this energy that goads us into performing these destructive behaviors through the impulsive thoughts of our mind. It is a spirit that urges us to isolate ourselves, it is the spirit that makes us feel all alone in this world, or to feel confined or closed in—claustrophobic.

*Gad, a troop shall overcome him...* (King James Bible).

*Gad, goading robber-band will goad him...* (The Five Books of Moses).

The *troop* or *band* that robs the mind and body of its freedom represents those thoughts fueled by the fear of the mind, which working against the heart conceals what the heart is trying to expose. The battle in the mind continues as the destructive energy of the mind continues to live off the well-hidden destructive energy of the heart, which is why the mind and heart must be reconciled—they must communicate.

When there is silence in heaven (quiet in the mind) the ego: the personality component that most immediately controls behavior, recedes. The *seventh seal* (or seventh chakra) opens as a result of this silence, activating the higher power/holy spirit of the heart. This positive energy brings the light of truth to our mind, exposing what has been hidden in our heart. It is this spiritual light that helps to transform the negative energy bound up in the heart, charging the mind and body with positive energy, helping us overcome this goading spirit of *Gad*. Through a body discipline of exercises that open the six energy centers (or chakras) of the body, we aid in the release of our hidden emotions. Through this process, the self will/control of the mind gives way to the divine will/control of the heart called *temperance*, a fruit of the Spirit that gives us the freedom to enjoy the pleasures of life without the burden of addiction or the fear of relapsing into addiction.

The primary emotion of the heart is *anger*, the spirit, energy or power of the false image or belief. The spirit that works in conjunction with

this anger is *self-will* — “*Simeon and Levi are brethren; instruments of cruelty...*” Together they give power to our cruel and destructive habitual behaviors. We can however use this anger and self-will for the good. We use the anger for the good by directing it toward the belief that is in error, using the self will or self control for the good by controlling the destructive action perpetuated by this goading spirit, one generated by the false belief of the heart. We are to keep this up until our holy spirit completes its work, bringing us into the light of the false belief, and than delivering us of the belief, bringing temperance, balance. Self-will is control, be it excessive control or lack of control. In using excessive control to overcome lack of control, or vice versa, we keep the addiction in remission until the false belief can be transformed through the higher power of our heart— a totally spontaneous process.

*but he shall overcome at the last.* (King James Bible).

*yet he will goad at their heel.* (The Five Books of Moses).

For some this goading spirit has intensified to such a degree that they are unable to function with ease in everyday life. Our phobias, the list of which is ever growing, are holding us in a virtual prison. We are afraid to enter into an elevator, fly in an airplane, drive over a bridge, leave our house, and the list goes on. At the root of these phobias is our spiritual addiction to fear, which if allowed to rule the mind for a prolonged time, effects the actions of our body. Our *desire* to set ourselves free of this prison is *love*, the positive *emotion* that is one with our *holy spirit*, which charges the body with positive energy, giving us the power to oppose the mind, by-passing its debilitating fear. What we will discover by using the action of our body to fight against the destructive and limiting thoughts of our mind is that these thoughts were lies (forming the *flesh* of the mind) and it is this degree of truth that will give us the power or strength to do the things we onced feared.

*For the flesh desires the contrary of the spirit, and the spirit the contrary to the flesh; for these are opposed to each other; so that you do not perform the things that you wish. Galatians 5:17*

It is not our physical flesh body that is contrary to our divine *spirit*, but our spiritual *flesh*, formed by our word of error, by the false beliefs of our heart, which speak through the lies of our mind via an unholy spirit. These oppose the word or essence of our holy spirit, which is truth. By teaming the action of our body with the loving and compassionate spirit/energy of our heart (which we do through our desire to change our life for the better) we are able to take the mind out from under the fear that feeds this destructive control, and anger. If we take a good look at our life we will discover many ways in which we limit ourselves on a physical level, which is really a mental limitation brought on by fear. We may be afraid to commit to a marriage or have children. There is no denying that these are a matter of choice, but we need to look beneath that choice and see if we can identify any false image or belief that may be lurking there. These erroneous images or beliefs are speaking through the erroneous perceptions of our mind, whose *fear* opposes the spirit or energy of the true image or belief, which is *love*. We accepted these lies into our heart through the painful emotions that were attached to our painful experiences. For example, a young girl watches as her mother gives birth. The infant is still-born, the traumatic experience forming the perception in the young girl's mind that giving birth will have devastating results. The mental energy that gave power or life to this perception is fear. The emotional energy tied to the painful experience causes the false perception within the young girl's mind to become a belief within her heart, the seat of the emotions. The truth is, the majority of births do not end in sorrow, but in joy, classifying this belief as false. The young girl, as a woman, may be able to intellectualize this truth, accepting it at the mind level. But until she accepts this truth at the heart level (requiring the painful emotions born out of the traumatic experience be transformed through the heart's conception of truth) she will continue to empower the false belief through her fear and misconception of childbirth. The painful events that took place in our life established these fears and misconceptions, many of which keep us from manifesting our true desires. But we can fight against our fear-based lies by using the action of our body to discredit them. The next step will be to deal with the root, which is the anger and false belief.

*“ Now faith is the substance of things hoped for...things not yet seen.”*

If we want to see the things we hope for come into being we will have to do the work, as *“faith without works is dead,”* having no power to manifest what we desire. Ultimately, we need to go on into perfection by doing the heart work of overcoming the belief that is preventing the things we hope for from being realized. But until such time we can continue to do the mind and body work by taking an action that opposes the pressing thoughts that limit us, which emanating from the false belief of our heart, drives our destructive behavior. We will have to fight the fear of our mind to carry out these actions, but each time we do we are empowering the spirit that opposes fear, which is love. Using the action of the body to overcome the fear of the mind is one thing, but using the power of our mind alone to try to overcome our addiction, is quite another. The self-willed control of abstinence (while serving to keep the body alive) is still a law, one many will remain under for the rest of their lives because they fear the relapse, or they fear the process that will take them on a journey through their heart, where they will discover the root cause of their addiction. Fear, becoming the internal law that serves to keep the body in restraint, also serves to sustain the root of *excess* that still remains in the heart.

*... for you make clean the outside of the cup and of the platter, but within are full of extortion and excess. Matthew 23:25*

Abstinence (denial of the appetites) may stop the external addiction, but it does nothing to stop the internal addiction, which is driving the external addiction, keeping us bound to a perpetual law of restraint, not free to enjoy the pleasures of this life through a perfect balance.

*... cleanse first that which is within the cup and platter, that the outside of them may be clean also. Matthew 23:26*

Purify the thoughts of the mind and the emotions of the heart, and the actions of the body will be pure, finding a perfect, healthy balance. The body follows the mind, and the mind follows the heart. We must go on into purifying the heart... *“For as he thinketh in his heart, so is he.”*

While it is true that the ability to control one's addictive behavior comes through a higher power, it is important to understand how we call upon that higher power, which is not done through the mouth or mind, but through the heart. We tap into this higher power by quieting our mind, the higher power of our holy spirit bringing to light the source of the destructive energy driving our addiction. Self-control, which many are mistaking for their higher power, is just what it says it is— a control imposed by one's self through their mind. This lower power, while giving us the ability to refrain from the habit or addiction, is also responsible for the relapse, a mind-power rendered powerless when it comes to affairs of the heart or in times of emotional crisis. If we want to enjoy the pleasures of this life without the burden of addiction we must overcome our addiction through the higher power of our heart, not through the lower power of our mind, which keeps us under a law of restraint. "*The law was our schoolmaster to bring us unto Christ.*" The *law* of self-will or control (the restraint of abstinence) being implemented by recovery programs acts as the *schoolmaster*, teaching us a method of survival until we come to *christ*— until we are ruled by our higher power through the transformation of our heart. Through what I refer to as "*The Source*," we overcome the source of the physical addiction as the power of self will (the control of abstinence) gives way to the power of divine will— a natural, spontaneous control called *temperance*, through which we will demonstrate a perfect and healthy balance in, or a complete lack of desire for, what was once an addiction. If we choose the law of restraint over doing the deeper heart work, we will never receive the gift of temperance, without which we never learn to trust ourselves, never experiencing complete freedom. A lesson we can take from the children of Israel, who feared transforming their heart, which they illustrated by failing to ascend the mount, remaining in bondage to the law of limitation until the day they died.

We judge Gad by becoming aware of the unholy spirit that controls our body through the fearful and untruthful thoughts of our mind, and by using the action of our body to overcome this goading spirit. (The color associated with Gad is blue).