



# Heart Talk

E . D . I . T . O . R . I . A . L

Dearly beloved partners,

Warm greetings in Jesus' precious name. Thank you for all your prayers. They really mean much to us. Your sacrificial offerings help us to advance in the God given mandate.

We could feel the mighty presence of the Holy Spirit leading us in every step of our lives. That's the secret of victorious living. Always remember to maintain a good relationship with the Holy Spirit. Make it a point to spend time with Him. You will be exalted to great heights!

The construction in our Poondi project is progressing. Thank you for all your support. Please intensify your prayers since we are planning to build faster so that we can complete it before the Short Term Course. You can see the pictures of the project developments in our magazine.

You are welcome to stay in our camp site either individually or as a family, to pray for the proceedings. If you decide to do so, please contact us.

We have our Short Term Course in Poondi from the 10<sup>th</sup> to the 20<sup>th</sup> of August. Start preparing from now on. Recommend genuine candidates who have a burning zeal to serve the Lord with signs and wonders. You can also download the application form from our website.

We will be ministering in Andhra Pradesh from the 8th to the 12th of June 2010. I am planning to complete a couple of books this month. Please pray for more revelations and favorable conditions.

I covet your prayers for me, my wife, parents, counselors, coordinators, leaders, partners and staff. May God bless you with a Prophet's reward.

Your brother in Christ,

WITH LOVE  
*From my heart*

Ezekiah Francis

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Dr. Ezekiah Francis

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## Health YOUR MOST IMPORTANT ASSET Super Charge Your Brain - Part 2

Rev. Benita Francis

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& Rev. Benita

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# WORK OF THE HOLY SPIRIT IN THE BEGINNING

**P R O P H E T  
E Z E K I A H  
F R A N C I S**

We have seen that the Holy Spirit is very active. Moving over the earth that was formless and void, He created every thing. His creative function can be broadly classified into three.

## 1. SHINES

The Spirit of God was moving upon the waters. Then God said, "Let there be light." And there was light. The Holy Spirit brought that light that day. Yes, the first thing that God did was to bring the light. This is how the Triune God deals with man and the world.

Just imagine how it would have been, had not God created the light, first? The earth would be engulfed in gross darkness. How will the birds, then, fly? How can you enjoy the beautiful flowers? How will you distinguish between the land and the sea? That was the reason why God created the light first.

When we enter a house, the first thing we do is to light the lamp. Only then, can we do any thing in the house. In the same way, God first shines His light upon us. This is the first act of the Holy Spirit in any man.

Today, Satan has blindfolded the eyes of the

unbelievers. This way he has prevented the light of the Gospel from entering their mind. (2Co. 4: 4-6) Therefore, they are groping in the dark. They are unable to see the light on the face of Christ.

The Holy Spirit opens the eyes of an unbeliever first, before turning him towards Christ. He enlightens him with the Bible verse. He dispels his darkness. Then the unbeliever submits his life to Christ. I do not believe in merely preaching the word, without the assistance of the Holy Spirit. The need of the hour today is such men who could open the eyes of the unbelievers. That explains why we need men filled with the Holy Spirit.

## 2. MADE READY

Our eyes have not seen what the Holy Spirit has prepared for us. Nor have our ears heard of it. Nor did they appear in our hearts. The Spirit of God alone can show what the Lord had prepared for us. This is what is known as 'revelatory knowledge.' In other words, revelation means enlightening the Bible verses in our spirit.

Paul wrote about the richness of Christ. However, we cannot, understand all that with our human intelligence. Therefore, he prayed that the Lord should enlighten the minds of the believers. (Eph. 1: 17-23) Only when the eyes of our inner man are enlightened, can we realize the faith that we have and the richness of the blessings we have received in Christ. This is the reason why the Holy Spirit gives us the light first.

The man without the revelatory knowledge, today, is like the earth that was formless and void. That explains why the Holy Spirit shines upon us first.

Today we are confused in several areas because of this. There is no blessing that the Father has not made ready for us. Christ has also paid the full price for it. We should be living today, filled with all the blessings. However, these have not been fully revealed to us yet. We have read the Bible several times with our physical eyes wide open; but to no avail. There is no use whatsoever.

The early saints did not have the entire Bible as we have it today. The early Church had only the epistles of Paul. Yet, we have not attained the excellent

living they enjoyed. What is the reason for this? The few doctrines of truth they had, by the help of the Holy Spirit, became revelatory messages for them. These revelatory messages had made them an elite group.

We have the entire Bible in our hands. Yet, we are groping in the dark without such revelation. We try to study and understand every thing without the assistance of the author of the Bible. Therefore, the verses do not shine within us. It is a pity, isn't it?

Pray straight away to the Holy Spirit of Wisdom to enlighten your mind. The Father will transform your darkness into light. Establish today, a lasting relationship with the author and His Bible. There is no comparison to the light one can get when the author Himself explains His Book. May the Good Lord, Himself show you the light of His verse. May the Spirit of God rule over your thought life.

### 3. ESTABLISHES ORDER

The Spirit of God was moving over the earth that was formless and void. He brought the light first. Then He restored order. Then He made good the lack. He segregated the land from the sea. He separated the day from the night. He regulated the days. He assigned to the birds the air, to the shrubs the field, to the animals the forests and to the fish and the sea monsters their respective places.

Just imagine how it would appear had He not done it. There will be only chaos and confusion. There was no space between the sky and the earth; nor was there any demarcation between the sea and the land. Everything was deformed. If Adam had been created under those conditions, he would have become insane.

Paul calls the Holy Spirit 'the Spirit of Sound Mind.' (2Tm.1: 6,7) This refers to the Spirit of Discipline and the Spirit of Self-control, in the original. When the Holy Spirit deals with us, He brings discipline in our life. That produces the fruit called 'self control.'

A spirit-filled man cannot live as he pleases. The Holy Spirit leads him at every step. In a Spirit-filled family, there will be an order in every thing. The

husband will have his place and the wife hers. There will be no confusion and no one encroaches into the role of the other. Even their children will grow with discipline and proper control.

The mind set on Spirit is peace and life. (Rom. 8: 6)

In our daily life, too, only the Holy Spirit can bring discipline and order. Many are unable to shine today, though they are endowed with the gifts and the grace. It is only because of this. I have found out this in my ministry experience of several years. We are not consistent with our prayer and meditation. Some days we are very earnest. Then it totally wanes out. We are very inconsistent about it. We are never punctual. Being late has become our routine. We do not carry out our daily routines in time. This leads to deterioration in the level of anointing. The effectiveness of our ministry also diminishes.

The believers in the early Church did every thing in an orderly way. 'And they were continually devoting themselves to the Apostles' teaching and to fellowship, to the breaking of bread and prayer.' (Acts2: 42) However, we do not continually devote ourselves to anything. In certain families, children are brought up right from the very early age in a much-disciplined atmosphere. However, it is not so in many other families. Those that are very consistent in their prayer life shine much more brightly than the others do. The Spirit of discipline and self-control wants to correct that in us. Speak to Him already now. Pray that He may bring your life under His control. Surrender your life to Him. He will lead you wonderfully well, dwelling within you. Obey instantly to any prompting He gives you from within you. In course of time, your unorganized life will come under the control of the Holy Spirit.

Do not despair for having lived an undisciplined life so far. In the beginning, God was not silent, seeing the earth that was formless and void. He brings order where there is a lack of it. He has not abandoned you even today. He is moving over you still.

Wherever you find disorder, submit that area of your life to Him. He will set right your timing and your

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family. You have lived a wild life too long. Come back into an orderly pattern of life now, with the help of the Holy Spirit. Even if it takes some time to restore order, it does not matter. Be steadfast in your determination and change yourself.

My dear reader, the Spirit of God is moving on this earth only to bring divine order in your life, your home, your church and in your nation. However, do you earnestly desire that? Will you submit yourself to Him with a docile heart? Sing from the depths of your heart, "O living Spirit of God, Come over me. Break me, shape me and form me, and fill me."

#### 4. FILLS US UP

The Holy Spirit fills us up with all the abundances. He moved over the earth when it was formless and void for this reason only. When He, the all-pervasive-one, comes all our shortfalls will disappear. The Spirit of God is active in us 'exceeding abundantly beyond all that we ask or think,' in order to fill us with all the abundances of God. That is a miracle, taking place because of the almighty power of God. (Eph. 3: 19)

The same Holy Spirit, who moved over the earth that was void along with the Father and the Son, is

hovering over us to fill us up. The barren earth was filled with all kinds of plants, shrubs and many kinds of animals. The sea was filled with sea monsters and all kinds of fish. Trillions of stars added luster to the sky. There was abundance, profusion and plenty everywhere. Everything multiplied and increased. This is the kind of miracle one experiences in the presence of the Holy Spirit.

The Spirit of God fills the ordinary man with His special gifts and fruit. They, in turn, fill him with all kinds of riches and honor. Now, what is lacking in your life? Is it a dearth of money? Is it lack of peace? Is it lack of holiness? Is it an unexplainable vacuum deep down in your heart? Fear not. The Spirit of God is very much on this earth, now. He is very keen to make you full with all His riches.

Ask Him now. "Fill me O Lord, right now, with Your sweet presence. Let all my lack be dispelled." Ask the Father. Ask Christ Who constantly intercedes for you. Holy Spirit brings all the riches of the Father and the Son to you and to the nations. How blessed are we!

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## News

**MUMBAI:** At a time when the Central Board of Secondary Education has replaced marks with grades and a Cumulative Grade Point Average (CGPA), here's a glaring paradox. An analysis of the new system shows that it's possible for a student with a higher percentage in the CBSE Class X examination to get a lower CGPA than a student with a lower percentage

**NEW DELHI:** A plane of Air India's low-budget carrier, on a flight from Dubai to Pune with 118 people on board, plunged a few thousand feet after it hit an air pocket giving tense moments, just four days after the Mangalore air crash. (31<sup>st</sup> May 2010 TOI)

**NEW DELHI:** Sixteen-year-old Arjun Bajpayee from Noida became the youngest Indian to climb the world's highest peak, Mount Everest just with a week creating a record. (28th May 2010 TOI)

**SARDIHA (PASCIM MEDINIPUR DISTRICT):** A goods train rammed 13 derailed coaches of the 2012 UP Howrah-Kurla Gyaneshwari Express between the Khemashuli and Sardiha stations in West Bengal in the small hours of Friday the 28<sup>th</sup> May, killing 79 persons and injuring nearly 150 people. (29<sup>th</sup> May 2010 The Hindu)

**CHENNAI:** In a stellar performance in the All India Secondary School Examination, students of the Chennai region, which comprises southern and western States, recorded a qualifying percentage of 96.18. This was the highest among all regions and they were toppers for the second consecutive year. The Chennai region was followed by Ajmer (93.51 per cent) and Panchkula (89.14 per cent). 29<sup>th</sup> may the Hindu



# **Health** *Your most important asset*

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## **Rev. Benita Francis**

### **This month** **SUPER-CHARGE YOUR BRAIN-Part 2**

Well! Now that we have laid the foundation, we can go into the strategies and techniques. You can decide which ones to apply for different tasks. I would suggest that you try all of them and see which suits you best.

As we have seen, our brain has infinite storage capacity - the only problem is how to file the information so you can easily access it at any time. Memory systems improve your memory by creating a filing cabinet in your mind. What memory systems do is help your brain go from chaos to order! Wow! Imagine how much easier your life will be!

#### ***No multi-tasking!***

Your brain is not really able to multi-task. It is a sequential processor. Large fractions of a second are consumed every time the brain switches tasks. Driving while talking on a cell phone is actually like driving drunk! Reaction time is half a second longer, and therefore cell-phone-talkers cause many accidents. Studies have shown that error rate goes up 50% and it takes up to FOUR times longer to finish a task when people are interrupted by phone calls, e-mails or instant messages. If you really want to study, switch off your phone (at least the sound) for a specific time frame of uninterrupted work. Then take a break, check your calls, mails, messages, respond to the urgent ones, and switch off all interruptions for the next work round.

#### ***Repeat and recite!***

Memories are extremely volatile. The human brain can only hold about seven pieces of information at a time, and that for less than 30 seconds. If you don't repeat the input, it just disappears from your brain. Studies show that most forgetting occurs within the first few minutes after the impulse reached your brain. If you don't re-expose yourself to the information, your brain considers it unimportant and discards it. Instead of being encoded as a memory, it just evaporates into hot air.

If you recite the information to yourself or to others, instead of forgetting it you will save it in long-term memory. You achieve the best results if you recite the information out aloud from your memory and then double-check with your written notes.

#### ***Ask-answer-discuss!***

A sure way to encode memory is the process of "ask-answer-discuss." Form your own questions and answer them out loud for yourself. If you have to study a book, read first the headings. Make each heading into a question, and note down the answers you find as you read the book. You can create your own study manual about that book and use it for many years.

If you do a good job now, you will never again need to read that book! Your study manual will give you all the information you need by just one time flipping through it. By involving and challenging your own intellect instead of just trying to store information, you multiply your memory performance, increase your intelligence and make your hippocampus grow lots of new neurons!

#### ***Observe the right timings!***

Timings also play a very important role for memory building. After about ten minutes of listening to a teaching, attention drops dramatically. You must do something emotionally relevant (like cracking a joke) every ten minutes to regain the attention of an audience - and the attention of your own brain! You will get the best results if you repeat the information you studied 90 to 120 minutes after the initial learning.

#### ***Make your own flash cards!***

Write the question or the concept on the front. On the back, write the answer or the explanation. Test yourself repeatedly during the day. You can take these cards with you and make your bus- or train-travels perfect study experiences!

### ***Use visualization and association!***

This is the best memory trick used by professional memory performers. They learn entire phone books or the order of 52 cards in a deck (or even various decks) by heart. If you have trouble remembering your school work, or facts related to your job, or current events, or people's names, or any other type of information, the solution is to use visualization and association as a personal habit every day.

You don't need to be a genius to surprise everybody with your memory skills if you use this simple technique. It is based on the brain's ability to encode pictures and emotional events much stronger than just the letters you read. It also uses concentration (you actively work with the material and are forced to focus on it) and repetition (you repeat a few times the images you created in your mind). How do you do it?

Look at the words you need to remember. Find words that sound similar and that have a meaning for you. These are called substitute words. Now make up a story that connects the things/persons/places you imagined. The more you dramatize or exaggerate, the stronger your brain will encode it.

#### ***Example***

Imagine you need to commit to memory that Berlin is the capital of Germany. Ok, Berlin sounds like BEAR and INN. So you imagine a bear in an inn.

Now, how can you associate that Berlin is the capital? Well, let's say, that bear wears a CAP and is very TALL (sounds like capital) as Germans use to be. Can you see it in your mind's eye? Then your brain will easily remember!

And what do people do in an inn? They eat! Germany sounds like "WHERE MEN EAT", so you have your story. The great thing is that with just this ONE mental picture you can create associations and remember many things! See that bear drinking beer, and you will always remember that Germany is world famous for its beer production and export. See him eating bread and sausages, potatoes and pork, and you will automatically remember a typical German diet. See him dancing and hear the typical German music in your mind. See the inn and its surroundings, and your brain will store a picture of Germany's interior and exterior architecture, its landscape, its climate, its culture and whatever else you want to include in your story. The more funny, weird or silly your story, the more easily you will remember.

Rehearse your story two or three times, and it will be profoundly recorded in your brain. Now when you just hear or read the word "capital", the cap will appear in your mind, together with the tall bear, the inn where men eat, and everything else. So easy, and so effective!

### ***Use the keyword method!***

This technique works wonders also for learning vocabularies, foreign languages, medical and technical terminology and names. Find an image that sounds like the word you need to remember. Break long words down into pieces with meaning. Then make it into an image or a story. If possible, draw a sketch of it. This adds another pathway your brain can use to remember the information. You will get better and better at drawing and become an artist. At least, you have something to laugh about whenever you need some encouragement...!

Don't forget, you need to periodically review your image (in your mind's eye or on paper) to set it firmly in your mind. It only takes a second to review an image. Review images after one minute, five minutes, then 30 minutes, then two hours.

For information you want to remember long-term, add an additional review at one day, three days, and one week. This will really put the image and the associated term into your long-term memory. Best results are achieved by combining this "keyword method" with flash cards. Medical students and doctors can find much help on [MedicalMnemonics.com](http://MedicalMnemonics.com).

Try it and let me know your associations. You will have lots of fun AND at the same time easily learn and REMEMBER many things that would be very difficult and boring to remember without a fun story.

### ***Use the link method!***

The technique is the same, but now you link various images together. This is extremely useful for lists of names or unassociated items. First of all, find a substitute word and create an image (as always, funny, silly, exciting, exaggerated) for the heading of the list. Then you link it with the first item in the list. Your brain will store this as the "file name" and create an association so you can easily retrieve the content of the "file".

Then create an image that links the first word or name of the list with the second; then the second with the third, and so on. You will create a funny story and find out that you can easily repeat the list not only in the correct order, but even backwards!

Visualization and association, the keyword

method and the link method may sound complicated in the beginning, but they will actually SAVE you lots of time. With a little practice, the process of forming the images starts to come easily, naturally, and quickly. And they will make your life more fun!

**Use the loci or journey method!**

This method helps you remember any number of new information in correct order. The key is to associate the items to a route you know very well, like the route to your work, or from your bed to your kitchen, or any other well-known route. Associate every landmark (every turn, door, light switch, traffic light, cross section etc.) with an item from your list. Again, make it silly and exaggerated to remember. Just like you could never forget the way from your bed to your kitchen, you will never forget your list and its items!

**Use the peg method!**

The Peg memory systems are ideal for remembering information that must be recalled in a particular order. They work by associating information you already know well (the numbers 1 through 20, and the letters A through Z) with the new facts you want to remember.

A “peg” is just a mental hook on which you hang the information. This hook acts as a reminder to help you mentally retrieve information. The advantages of the peg systems is that you can’t forget one of the items since you

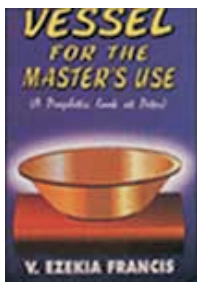
go through a list you already know well (1-20 or A-Z). Plus you can retrieve any piece of information without having to mentally go through the entire link (your images and story).

If you combine the peg system with the link system, you can effectively memorize hundreds of pieces of information (for example 260, if you by attach a 10-sequence memory link to the key image of each letter of the alphabet).

First you find rhyming substitute words for the numbers and memorize them.

- |                 |               |
|-----------------|---------------|
| 1. One-Bun      | 2. Two-Shoe   |
| 3. Three-Tree   | 4. Four-Door  |
| 5. Five-Hive    | 6. Six-Sticks |
| 7. Seven-Heaven | 8. Eight-Gate |
| 9. Nine-Wine    | 10. Ten-Hen   |

Now you associate your items with these substitute words in funny mental pictures, as we have learned already. The great thing is that you can easily recite the whole list, but also each item separately! You just need to ask yourself, “What was number 4? What happened with that door?” or “What was number two? What did I do with that shoe?” and you will immediately remember your funny story and the information you memorized.



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