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By Dr. Ezekiah Francis

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An easy way to boost your brain. You can improve the capacity of your brain by following the article.

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10 Glorious Days of Anointing

Report on the Short Term Intensive Course- 32 batch



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Dearly beloved in Christ,

Warm greetings in the wonderful name of Jesus Christ. Thank you for your fervent prayers and generous offerings. They mean a lot to me. Your support enables me to stay strong.

The 32nd batch of the Short Term Intensive Training Course was successfully held in Poondifrom the 10th to 20th of August. We had delegates from various states of India and also from nations across the globe. Many received instant healing, were delivered from age long bondages and were freed from curses. All of them testified that they saw the work of the Holy Spirit in their lives, transforming them and equipping them for a mighty ministry.

I believe you are praying for the poondi camp site. The construction work is still in progress. The need is great. It is high time we arise and build together. God, who is no man's debtor shall surely reward you.

I will be ministering in Dubai and Germany this month. I covet your earnest prayers. I am also planning to finish the daily devotion. Pray for God's revelations to well up. I will be in Mumbai from October 15th through 17th. Pray that the city should have an encounter with God. We will be having our Prayer Seminar from 23rd to 27th of November. Get ready to pray and change nations for Christ.

Continue to uphold me, my wife, my aged parents, counsellors, co ordinators, leaders, partners and staff. May God bless you with a Prophet's reward.

Your brother in Christ,

(V. Ezekiah Francis)

As long as you see and tolerate sickness as given by God for a good purpose, you unconsciously invite all kinds of sicknesses and diseases.



It was at Marah that God gave His healing covenant. I infer that sickness was due to the infected water of Marah. Bitter water brought bitter sickness! Marah means bitterness and symbolizes sickness. It was here that God revealed Himself as their Healer.

So he cried out to the LORD, and the LORD showed him a tree. When he cast it into the waters, the waters were made sweet... “If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.” (Ex.15:25-26)

...who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness - by whose stripes you were healed. (1.Pe.2:24)

We saw the first revelation of our God as the Great Healer (Ex.15:26). Let's continue studying the principles of healing.

See sickness as a bitter curse:

It was at Marah that God gave His healing covenant. I infer that sickness was due to the infected water of Marah. Bitter water brought bitter sickness! Marah means bitterness and symbolizes sickness. It was here that God revealed Himself as their Healer!

Sickness is definitely a bitter curse, not a blessing in disguise. As long as you see and tolerate sickness as given by God for a good purpose, you unconsciously invite all kinds of sicknesses and diseases.

Man's body is not made for sickness. As people couldn't drink that bitter water, every cell in your body

resists sickness. Any medical person will confirm it to you! Why should God create such a powerful immune-system in your body that fights away all sickness if sickness was His discipline and blessing?

See sickness as a killer of God's blessings:

Sickness kills the joy and peace of God. It makes you murmur and complain against God and man. Just after their great deliverance, all the Israelites started spontaneously singing praises to God, but when they tasted the bitter water, all their sweet songs turned to bitter complaints. Their angry accusations even made God's servant to cry. Is sickness really a blessing?

See the cross as the only remedy:

When Moses cried to the Lord, all God did was to show him a tree which made the bitter water better. Even today, He shows the tree, His cross, as the healing remedy for the world. In this place, God made the “Old Testament Divine Healing Covenant” with His people. As the waters were made sweet by the tree, all your sicknesses were healed by the cross. Atonement includes your physical healing, too. Truly, He bore your sicknesses on the cross, and you are healed by His stripes (Mt.8:17; 1.Pe.2:24)! Instead of crying, just look at the cross and BE HEALED!

See that your salvation includes healing:

Deliverance from Egypt includes deliverance from Egypt's sickness. Deliverance from sin includes deliverance from sickness (Mt.9:5-6). Total health is the clear teaching of God's Word (3.Jn.2). God treats sin and sickness alike. He wants you to hate sickness as you hate sin.

Forgiveness of your sins and healing of your body

are one package (Ps.103:3; 1.Pe.2:24). The word salvation, “sozo”, means to save, deliver or protect, heal, preserve, do well, be (or make) whole (Mt.1:21). Salvation includes deliverance and protection from sin and sickness. Only then, you are really made whole. The reason for prevalent sickness in the church is that we don’t accept and teach God’s total salvation, but tolerate sickness as normal.

Hear Him to be healed:

In order to know your Jehovah Rapha and enjoy total health, see His health instructions:



a) Diligently heed God’s voice in your spirit and obey Him.

b) Do what is right in His sight. Live a God-pleasing life.

c) Observe His written Word, not only your inner voice.

d) Keep all His health laws. If you walk in total obedience, He will not allow any of the diseases of Egypt on you. If you are sick, claim His promises. If you are still sick, check whether you have missed any of His instructions.

Beloved, in these end-times, sickness shall be rampant everywhere. New diseases shall cause sudden death of many. Your Jehovah Rapha is living in you. You are His healing-power-house! You are out of the dominion of sickness. No evil germ can touch you as a member of His Body. Don’t be passive when the devil tries to make you sick. Keep your spirit healthy and joyful, free from bitterness and sin. A healthy spirit produces a healthy body. Constantly feed on the healing Scriptures. Enjoy perfect health!

Thank You, Lord, You Yourself bore my sins in Your own body on the tree, that I, having died to sins, might live for righteousness. By Your stripes I was healed. I am Your temple. Your Spirit dwells in me. If anyone defiles me with sickness, God will destroy him because I am in Christ. 1.Pe.2:24; 1.Co.3:16-17

- S** 1. Y.S. Rajasekhara Reddy, the chief minister of Andhra Pradesh passed away. The Bell-430 helicopter carrying Andhra Pradesh Chief Minister Y.S. Rajasekhara Reddy, his two aides and two pilots, has been located on Thursday morning.
- W** 2. Michael Jackson has finally been laid to rest, mourned by his family and close friends, during a private funeral service near LA.
3. Chidambaram gives list of 70 Pak terrorists to US officials
- E** 4. National Aeronautics and Space Administration (NASA) astronaut Edward Michael Fincke said on Friday the Chandrayaan Mission of the Indian Space Research Organisation (ISRO) was a success, with 95 per cent of the mission being accomplished
5. Home H1N1 vaccine trial in pregnant women set to begin soon in the U.S.
- N** 6. An Indian-origin couple in Australia is on cloud nine after being blessed with a baby girl who was born at 09:09 a.m. local time on Wednesday (09/09/09).



**BENITA
FRANCIS**

HEALTH
YOUR MOST IMPORTANT ASSET

EASY BRAIN BOOSTERS

Dear family of God, as we have been studying, you have a lot to say in the development of your brain and your IQ! You can boost your brain and improve your intelligence starting now itself and without expensive treatments! No matter what is your physical age, you can still go from strength to strength and from glory to glory even in your memory and intelligence (Ps.84:7; 2.Co.3:18; Dt.34:7)! Let us study what you can do to fight mental decline.

DRINK yourself clever with pure, healthy water! As we have already seen, water is the number one ingredient for a healthy, intelligent brain since your brain consists in 80% water. Only with enough fluid, quick brain response and interaction, neurotransmitter production and waste disposal can be guaranteed. Here again, sugary teas and coffee, readymade fruit drinks or soft drinks don't count since added sugar or other chemical substances will only disturb your brain's chemical balance and impair its function.

BREATHE yourself clever by exercising in fresh air! Your brain weighs roughly 2% of your body weight, but your brain consumes approximately 20% of the oxygen you breathe! If you don't provide it with enough oxygen to function, your brain incurs damage; but praise be to our loving Creator, even those damages can be reversed if you administer enough oxygen to your brain now! Cleanse your air conditioner at least every 2 weeks to keep a good airflow with a healthy filter. Preferably, go to places where you can breathe fresh, unpolluted air. Watch your breathing techniques repeatedly during your day. Make sure you breathe deeply from your belly, not just shallow lung breathing. You will eliminate waste products and make your brain run faster on a fresh oxygen supply!

EXERCISE yourself clever! To be healthy your brain needs input to activate it. All sensory input provides activation to the brain, such as sound, sight, taste, touch, smell, etc.! 80% or more of this brain activation comes from movements! Every time you move your brain "lights up". If you don't move, or move very little, your brain slows down and becomes weaker. Therefore, physical movement like exercise or dance is imperial to keep your brain happy and healthy.

BRAIN-EXERCISE yourself clever! There are many small things you can do to improve your brain capacity. Memorizing names, places, phone numbers or shopping lists etc. is one way to grow your brain. Link things you don't want to forget to little incidents. Invent funny stories about why you put your keys in exactly this place. Imagine, for example, you need to protect them from the ravenous cat that would just love to devour them. Picture the cat's disappointment when it sees your keys out of reach for its hungry stomach. Or imagine your keys jumping and shouting when you call them. Such kinds of funny imaginations will trigger your brain and create a strong memory, and you will easily remember where your keys are waiting for you :! An added benefit is that such stories add creativity and wits to your life, plus bring a smile on your face or even a laughter to your belly - another health improver and life-span prolonger! There are no limits to the ways you can kill the "routine rat-race" in which so many people, sadly even believers, are caught up, just functioning like robots. Use your imagination to spice up your daily routines and improve your brain health and performance!

EAT yourself clever! Remember that your body can use only what YOU put inside through your mouth, nose and skin as building materials for a healthy you! It is therefore only logical that what you eat determines the performance of every part of your system, including your brain. Some foods help the brain work better, some foods drag down brain performance. Be smart and eat smart foods! The less you cook, fry or boil these “brain builders”, the more brain-boosting nutrients you will receive from your food.

BRAIN BUILDERS

1. Avocados
2. Bananas
3. Beef, lean
4. Brewer’s yeast
5. Broccoli
6. Brown rice
7. Brussel sprouts
8. Cantaloupe
9. Cheese
10. Chicken
11. Collard greens
12. Eggs
13. Flaxseed oil
14. Legumes
15. Milk
16. Oatmeal
17. Oranges
18. Peanut butter
19. Peas
20. Potatoes
21. Romaine lettuce
22. Salmon
23. Soybeans
24. Spinach
25. Tuna
26. Turkey
27. Wheat germ
28. Yogurt

BRAIN DRAINERS

- 1 Alcohol
- 2 Artificial food colorings
- 3 Artificial sweeteners
- 4 Colas
- 5 Corn syrup
- 6 Frostings
- 7 High-sugar “drinks”
- 8 Hydrogenated fats
- 9 Junk sugars
- 10 Nicotine
- 11 Overeating
- 12 White bread



Studies show that food affects the brain and modifies the mental effects of aging. Inflammation and oxidative stress also contribute to decline in brain function. Recently, leading brain researchers have agreed on a “top ten list” of brain-enhancing foods that help your brain cells communicate effectively even as you age:

Eggs

Eggs are one of the best sources of choline, an essential nutrient for the health of cell membranes throughout the body, including brain cell membranes. In the brain, choline is used to make acetylcholine, a neurotransmitter that is critical for memory and thought processes. Adequate acetylcholine levels are thought to be protective against some kinds of dementia including Alzheimer’s disease.

The average person needs 425-550 milligrams of choline daily and two egg yolks provide about half that amount (250 mg.) The only food that provides more choline than eggs is beef liver. Other food sources include beef steak, cauliflower and wheat germ. In cauliflower and wheat germ, you don’t have the impairment of high cholesterol

levels but the full benefit of healthy choline. Try to add some wheat germ to your daily food intake and enjoy a natural brain boost!

Blueberries

Researchers nicknamed them “brain berries” because eating blueberries daily slowed or reversed impairments in motor coordination and memory that come with aging. Blueberries are packed with antioxidants that fight free

radical damage which is linked to Alzheimer’s disease. In addition, blueberry consumption may help lessen brain damage from strokes. Experts recommend eating 1/2 to 1 cup of fresh or frozen blueberries per day.

Wild salmon

Fatty fish like salmon are a great source of the omega-3 fatty acids DHA and EPA, both of which are essential for brain development and function. DHA helps protect

against dementia, Alzheimer's disease and Parkinson's disease as well as depression. Fish oil fights heart disease and reduces stroke risk through improving blood circulation and vascular function. Other benefits may include improving Attention Deficit Hyperactivity Disorder and dyslexia.

Walnuts and other nuts

Boasting the highest amount of omega-3 fats of all the nuts, walnuts contain alpha-linolenic acid or ALA, a different omega-3 than is found in fish. Walnuts are rich in the trace mineral manganese, which is essential for peak brain function. Nuts also contain vitamin E, a potent antioxidant. Be careful, though: nuts are very high in calories and can make you overweight, which is another danger for your brain health.

Colorful veggies

Antioxidants in vegetables help prevent the buildup of plaque in the arteries which translates to better blood flow to the brain and lower stroke risk. Just a few servings of veggies might make a big difference. One study showed that older people who eat at least two cups of vegetables a day slowed their mental decline by 40% more than folks who eat less than one serving a day. Enjoy a variety of colorful veggies - raw or cooked. Because manufacturers freeze them at their peak, frozen vegetables are usually as nutritious as fresh.

Herbs and spices

Your spice rack contains brain foods for flavoring everything from apple pie to spaghetti sauce. Cinnamon contains anthocyanins which improve capillary function. Studies show that the taste or smell of cinnamon may even boost memory and brainpower. The herbs oregano and rosemary may improve memory. Turmeric and curry may help prevent dementia and Alzheimer's disease.

B12 and other B vitamins

Studies suggest that getting enough of the B's may protect against age-related mental decline. Vitamin B12 in particular protects nerve cells and guards against brain volume loss. One study showed that older people with low vitamin B12 levels were six times more likely to experience brain shrinkage, which may lead to impaired cognitive function. B12 and other B vitamins may help improve memory and verbal ability. Vitamin B12 is found in foods of animal origin such as meat, poultry, dairy, eggs and fish.

Tea

Both green tea and black tea are full of antioxidants. Research shows that tea may fight inflammation and lower the risk of Alzheimer's and Parkinson's disease.

Green tea contains theanine which triggers the release of brain neurotransmitters that improve mood and have a calming effect on the brain. This may partly explain the feeling of relaxation and well-being associated with a steaming cup of green tea, even if it's caffeinated.

Black tea contains compounds that may improve blood flow, improve the function of blood vessels, and lower cholesterol, all of which adds up to lower heart attack and stroke risk. In one study, blood vessel function improved within two hours of drinking just one cup of black tea.

Coffee

Regular coffee consumption may reduce the risk of mental decline, dementia and Alzheimer's disease. The caffeine in coffee increases alertness and improves short term mental performance. Like tea, coffee is brimming with antioxidants. Best results are reached when you drink coffee from freshly ground beans, not the instant powdered one.

Cocoa

Flavanol antioxidants in cocoa powder can cut stroke risk by preventing clots and lowering blood pressure and ensuring healthy blood flow.

To ensure that the health properties are retained, cocoa powder should be minimally processed. Look for non-alkalized cocoa powder, 100% organic if you can find it. Avoid Dutch cocoa which is heavily processed. Stir a few teaspoons of cocoa into warm milk for a delicious night-cap or enjoy an ounce of dark chocolate several times a week. For the most antioxidant-rich chocolate bars, the label should say "60% cacao" or higher.

Interestingly, not only the balance of proteins, fats and carbohydrates counts, but even the order in which you eat them is important for brain performance. We will study this and the different ways in which food influences your mood later on. For now, remember:

Your God is the great Creator of the universe, and He has given all power and authority to you, His beloved child. Not only what goes into your mouth, but also what comes out of it has tremendous impact on your life in this world and in eternity (Mt. 12:34-37). Just like your Father God, you can create your world and your health with

your creative words. Proverbs 18:20 tells us, "A man's stomach shall be satisfied from the fruit of his mouth, from the produce of his lips he shall be filled"! Never speak defeat! Never speak mental decline! Never speak fear and doubt! Always speak God's Word!

Fill your mouth with good words and with good food and experience God's best in every area of your life! Your youth will be renewed like the eagle's and you will be a shining example of your God's glory (Ps.103:5)!



Ten glorious days of Anointing

What we have witnessed for the Ten days from 10-08-2009 evening to 20-08-2009 evening was the Ten glorious days of Anointing. The 32nd Batch of Short Term Intensive Course started on 10th August 2009 evening.

What so special about this STC is that, this is the first time we conduct the STC in our own Beautiful Poondi Campsite. Now our campsite is looking like an oasis in midst of the wilderness. The calm & serene atmosphere is ideal for us to train the army of God for the glorious future. There were about 500 participants not only from the various parts of India, but also from abroad like, Dubai, Canada, England, Germany etc. About 40% of the people from other states including Punjab, Uttranchal, MP, Chattisgarh, Maharashtra etc. apart from the southern states.

The Prophetic message on Anointing by the Prophet Dr. Ezekiah Francis during this programme took us to various aspects of the Anointing.



The prophetic teaching 12 9:38AM



1. Bridal Anointing
2. Branch Anointing
3. Believers Anointing
4. Body Anointing
5. Battle Anointing

'Christ in me the Hope of Glory, Christ means the anointed one' was the confession we have made often during these ten days. Gifts of the Holy spirit, Fruit of the Holy spirit, Unity among the believers, authority of the believers, Calling (ministry gifts), Spiritual warfare etc. are a few important subjects taught during the above prophetic message. Apart from the various impartations during the sessions, heavy Apostolic and Prophetic anointing was released. While the whole country was talking about swine flue, we have enjoyed the divine flue of contagious Anointing!

Pas. Nehemiah not only taught on deliverance but also lead the people into deliverance.

Sis. Benita Francis, took the position as mother of the campus and taught & administered Breaking of Curse, Breaking of ungodly soul ties and health. Many of the participants are heard

on these subjects for the first time. The Deliverance & Breaking of Curse, ungodly soul ties liberated the participants, so that they could enjoy the presence of God.

The climate was hot & humid, we have suffered heat and sweat. But it lasted just for 2 days. On the third day we all thanked God for a good climate and the Good Lord sent us the rain every day to cool the atmosphere and till we departed on 20th August, we enjoyed a nice climate too. We were even visited by unwanted visitors - serpents and scorpions. But, as Jesus said we have trampled upon them and they couldn't harm any one of us by any means. Hallelujah!



anointing during their teaching sessions and in each session there was a new impartations. The subjects dealt with are:

Pas. John Elangovan, Bangalore-Counselor, BPM:
Family relationships & the Revival

Pas. John Dharu, Anchal, Kerala: *Hearing the Voice of God*

Bro. Johnson, BPM, Chennai: *Word of God, Rhema & logos*

Pastor. Jeyaseelan, BPM - Praise Berachah Church:
Priestly Anointing & Worship

Pas. Jesudoss, BPM - Faith Berachah Prophetic Church:
Angelic Ministry & Faith

Pas. Thomas from Andhra: *Gifts of 'Word of Knowledge'*

Mrs. Beulah Jesudoss, BPM, Chennai: *Evangelism*

Sis. Kirubah Jeyaseelan, BPM - Praise Berachah Church:
Gift of Tongues & Gift of Interpretation of Tongues

Sis. Joyce Jesudoss, BPM - Faith Berachah Prophetic Church:
Gifts of Healing

Bro. Alex, BPM, Chennai: *Prayer & Prayer Anointing*

The Business hour on the Poondi Project of Berachah Prophetic Ministries was handled by Bro. David & Sis. Dulcie and the response to the call was overwhelming.

God brought one of the BPM Counselor the Apostle Dr. David Prakasam for the graduation day on 19th August 2009. The Apostolic challenge was to conquer the mountains yet to be conquered.

It was so glorious to watch about 500 trained leaders getting their certificate in their graduate gowns from the anointed leaders of Berachah Prophetic Ministries. The Last day (on 20th) Dr. Ezekiah Francis, taught & imparted the Battle Anointing and the camp was drawn to a close with the 'Anointing of Oil' on all the participants by the BPM leaders & teachers.

During these 10 days, Pas. Nehemiah, Bro. Jayaraj, Sis. Debo-rah Jayaraj, Pas. John Theophilus, Bro. Dhinakaran Manickam & Bro. Jawahar Joshua lead the Praise & Worship and lead the people to enjoy the presence of God. There were some witnesses on healing & deliverance during the Praise & Worship sessions also. All the arrangements like Food, amenities, transportation were wonderfully done by the BPM team.

This camp is written in the History of Berachah Prophetic Ministries in golden letters. All the participants were sent back to their own places happily with the Anointing of God, which is a crown on their head. No doubt that all the participants will emerge as history makers in the years to come. Amen!

- R. Jawahar Joshua - Camp Co-ordinator



Rev. David Prakasam on the Graduation Day



Come let us Build!



Latest Developments



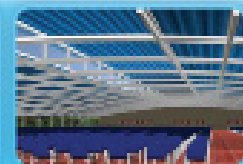
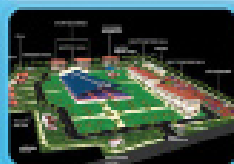
INTERIOR



BACKSTAGE BLOCK



KITCHEN (Partially finished)



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To know further about the Campsite
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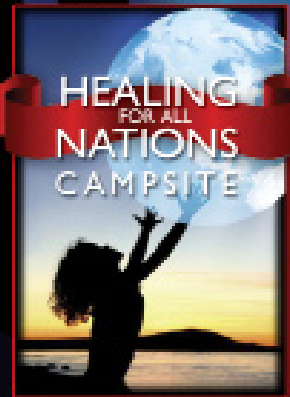
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Through Prayer.**

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23-27 Nov '09

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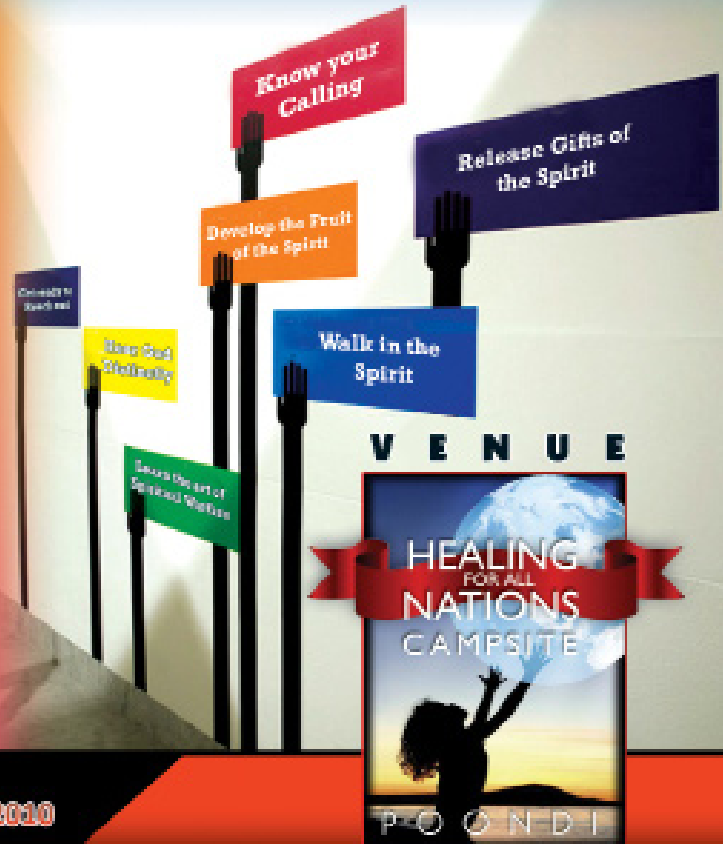


SCHOOL OF THE HOLY SPIRIT

You shall be a
DIFFERENT
DIFFERENT
person
1 Sam 10:6

**Dr. EZEKIAH
FRANCIS**
Founder / Director - BPM

Duration
Mid Jan - Mid Apr 2010



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