



MANAGING ALL MY  
BEING

WITH MY SPIRIT

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TAKE BACK THE CONTROL OF YOUR BEING

F R A N C K   K V A S K O F F

MANAGING ALL MY BEING WITH MY SPIRIT



# **Managing all my Being with my spirit**

Franck Kvaskoff

MANAGING ALL MY BEING WITH MY SPIRIT

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MANAGING ALL MY BEING WITH MY SPIRIT

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**BIOGRAPHY**

Franck became a born-again Christian in 1986 in Brisbane, Australia at the age of 22. It was in 2006 in the south of France that God revealed to him His desire to use him to spread His Gospel. Franck then began to seriously study the Bible, and to write his first Bible studies. It is only 7 years later that he created the ministry The Real Good News in Australia as well as “La Vraie Bonne Nouvelle” in France, after having received a solid training from the Holy Spirit.

Franck does not consider himself a writer, but simply a Christian who recounts what he experiences in his personal life. His books in the form of biblical studies are often enriched with anecdotes from his life wherein he does not hesitate to reveal his mistakes along the way; we also sometimes discover situations with his family. He is a person who places great emphasis on loving his neighbor. This is why Franck likes to pray to heal the sick, but also to teach people to help them enter into autonomy in Jesus. His main goal is to see a Church that uses all that God has given us, but also to see as many people as possible go through the new birth.

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I remember when I was a young Christian in the early 1990's, the spirit seemed a very complicated thing. Nobody had ever taught me about this. I often confused my soul and my spirit; for me they had more or less the same role. I could not really understand why there was a spirit inside every human being; and even less what its purpose was.

Most Christians often have a misconception and think that our soul is the part of our being that will go into eternity. This is because the Bible speaks of souls in Heaven in the book of Revelation. Thus most of us are unable to understand how our being is working spiritually, because of this lack of understanding. This leads us to often get very poor results and be frustrated, discouraged and annoyed.

In this study you will learn to recognize your spirit, to know where it dwells in you and know when it speaks to you. You will learn, as well, not to confuse it with your soul and will learn how to get the most out of it for your everyday life.

Humans are the only carnal beings on Earth to possess a spirit. Animals are not equipped with a spirit. Some may say, "But then, what must we do with this verse in Acts 16: 16?"

**Acts 16: 16 (DARBY)** *And it came to pass as we were going to prayer that a certain female slave, having a spirit of Python, met us, who brought much profit to her masters by prophesying.*

Everyone knows that the python is a snake. My kids could confirm that, because we had two of them very close to the entrance of our home. But because of this verse, there are individuals who believe that a python has a spirit since Luke tells us in this verse that this servant had a spirit of python within herself. We'll look at this in detail in order to better understand and remove any errors of understanding.

The story takes place in the town of Philippi. There, Paul met Lydia, the merchant of purple. This is also where Paul and Silas were imprisoned and miraculously released by an earthquake. Luke tells us that there was a person possessed with a spirit of python. Approximately 300kms south of the town of Philippi was the city of Delphi with the Mount Parnassus. This name may remind some people of a district of Paris that has taken its name from this mountain in Delphi where there is a sanctuary. There was a priestess named 'Pythia' which was inspired by Greek mythology. Regularly she entered into trances to deliver messages to those who came to consult her. A huge serpent named 'delpli' was designed in this sanctuary to protect this temple. This huge snake was also called python.

Does that mean that all python snakes have a spirit of divination?

Not at all.

Many Greeks at this time believed this ridiculous story and gave credit to this snake drawn everywhere in this sanctuary, but the power was actually coming from some demons. It's obvious that this servant in the town of Philippi was a disciple of this Priestess Pythia of Delphi.

This python was merely a representation of a Greek god but certainly not the spirit of a snake with any powers whatsoever. This example was given to remove any doubt that an animal was born with a spirit when it had been created. Of course an animal can be quite possessed with an evil spirit; but it is precisely because it does not have a spirit, but simply a soul, which gives it its instinct that an animal can't really fight against the influence of an evil spirit in

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itself. We see this in the story of Jesus with the Gadarene.

**Matthew 8: 31-32** *So the demons begged Him, saying, "If You cast us out, permit us to go away into the herd of swine." And He said to them, "Go." So when they had come out, they went into the herd of swine. And suddenly the whole herd of swine ran violently down the steep place into the sea, and perished in the water.*

The swine could not fight but merely followed the influence of the demonic spirits that were in them. Do you think that these swine had, even instinctively, the desire to die?

Surely not!

But yet they were unable to fight and threw themselves down from the cliff.

Now if we go back a few moments earlier...

**Mark 5: 2-6** *And when He had come out of the boat, immediately there met Him out of the tombs a man with an unclean spirit, who had his dwelling among the tombs; and no one could bind him, not even with chains, because he had often been bound with shackles and chains. And the chains had been pulled apart by him, and the shackles broken in pieces; neither could anyone tame him. And always, night and day, he was in the mountains and in the tombs, crying out and cutting himself with stones. When he saw Jesus from afar, he ran and worshiped Him.*

Jesus arrives on this beach in the country of the Gadarenes (important details are given for us here). This man had huge physical strength and needed to live in sepulchres (dark caves). He was possessed by a legion of demons. Despite this fact, he found the strength, not to talk because certainly these demons were doing everything they could to prevent this man to call Jesus for help, but to throw himself at the feet of Jesus.

Is the spirit of this man (even un-regenerated) allowing him to go for a moment against the will of dozens of demons dwelling in him?

I can't prove it, but I think so.

Nevertheless, we can see these two examples, the one with the swine and the one with this man, concerning facing a demonic possession. This is beside the

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fact that this Gadarene had a full legion of demonic spirits in him alone, while the number of these demons was afterward divided by the number of swine in the herd when they entered each of the animals.

What would be the interest of leading my whole being with my spirit?

If I am not born again, no interest; it is even an impossible thing. I can't lead my whole being with my spirit unless I have gone through the new birth.

Why?

Simply because of this verse below from the book of Hebrews:

**Hebrews 4: 12** *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

As I have already explained in my study "*Spirit, Soul and Body*", my spirit is enveloped, smothered by my soul (my intelligence). It is only when I repent (that I change my way of thinking) and that I conform myself to the Word of God (by accepting and implementing the teaching of Jesus Christ), that my soul will stop any "anarchy" over my spirit. My spirit is then renewed by God, regenerated and made airtight to sin according to **Ephesians 1: 13** "*In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise...*"

My spirit is sealed at my new birth by the seal of God, exactly like a letter sealed with a wax seal. It is airtight. At this stage my spirit is made perfect, totally regenerated by the life of God through the Holy Spirit. It is the only part of me that will remain in eternity. Your spirit is already, today, in the same state that it will be in eternity with God.

At this point my spirit is now isolated in my body. Sin can no longer reach it. My soul cannot compel it to sin. My body can no longer submerge and press it to fall toward evil.

Now, it is easy to understand which part of my being that takes care of me in the best way. We could think and ask ourselves the following question: "But if

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my spirit is now *airtight*, how will it be of any use for my being if nothing can enter or get out of my spirit? How could it exercise its leading on me?"

For those who have studied or worked with electricity, there is a component called a 'diode '. This component is useful in some cases because its peculiarity is to let current pass in one direction. For example if I set a diode just after a battery, the current will extricate this battery to any device to make it work. Thanks to this diode, the battery will be protected from any returning current released by the appliance that could damage this battery.

My spirit is exactly in the same situation. It is totally isolated from the sin of my flesh that could reach it. Conversely, it can lead and order any thought toward my flesh (my soul and my body).

The Bible says that our soul needs to be regularly renewed.

***Romans 12: 2*** *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

I emphasize a lot on this point in my study on the spirit, soul and body. Even if I renew my mind almost continuously, it will never be perfect. It will never be without sin, it will never be well disposed towards the Word, Jesus Christ. Everything I will do in the spiritual realm with my soul is doomed to total failure. I understand that this may shock some of you but it is what the Bible says.

Why?

My soul is weak, it is not resistant.

Jesus said: ***Matthew 26: 41*** *Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.*

When Jesus said this to Peter, James and John, He knew what He was talking about. At that time, there was no question for Jesus to trust or rely on His soul. Jesus never sinned but He was tempted in all things, just as we are. Jesus knew that He would be arrested a few moments later, that He would be beaten and put to death. Thus it is in this circumstance that He told them, "My brethren, do never rely on your flesh (soul and body) because it is weak, it will never lead

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you far when it comes to spiritual things. Rather rely on your spirit because it is secure.

The Greek word 'weak' in this verse is:

*asthenes* ('as-then-ace')

*-weak, sick, without force, something weak, crippled, helpless.*

This is what our soul is, weak and without force.

Then, why renew my soul regularly?

We will deal with this point later in this study.

With all these details, it is now even easier to get to the evidence.

I now want to be able to lead my whole being with my spirit!

The particularity of a spirit (mine and yours also) is that it is not made of matter. Because it is not made of matter, it is not subject to the material world. God Himself, and all spiritual creation is in this case. The laws of this world do not affect a spirit.

However, my soul is influenced by all the laws and things that make up our world today. These influences will be different according to the place in the world where I am, but whatever it is, our soul is weak and without force. It is therefore absolutely necessary to renew it regularly, even if it is buried in Christ. We will see this point a bit later.

In the spiritual world, satan, who is also a spirit, will fight against me by thoughts he will suggest in my soul. If I do not defend myself with my spirit animated by the Spirit of Jesus Christ, I have no chance. It is just a matter of time for me to be beaten and wiped out, if I struggle with my soul.

Then what advantage has my spirit over my soul?

Let's look at this verse:

***John 4: 24*** *God is Spirit, and those who worship Him must worship in spirit and*

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*truth.*

It is Jesus speaking here, and He teaches us that God is a Spirit. Today it is Spirit to spirit that God communicates. When God speaks to me, He speaks to my spirit, not to my soul.

When Jesus was a man on Earth, He spoke to people orally, but today this scheme no longer exists. This is a great advantage for us because Jesus is Spirit now, as God and as the Holy Spirit.

I particularly like this word "God" in Hebrew because it is plural ('elohiym'). So whenever you read a sentence in the Old Covenant where it is written, "*God says..., God made this..., etc.*", it is referring to God as the Father, Jesus the Son and the Holy Spirit. This word "*God*" means the entire Trinity. It is very often, when I need to speak to God my Father, Jesus my Brother and to the Holy Spirit, that I begin my sentence with, "*Oh God...*" This allows me to address all three at the same time. In my language "God" corresponds to the Trinity, "my Father" or "Dad" or "God the Father" and also to Jesus and the Holy Spirit.

In the same way that I have to worship God only with my spirit, God (the complete Trinity) speaks to me also through my spirit.

Why?

My spirit is the only part of my being that is perfect and unpolluted, and it is the only part of my being that will go into eternity to receive a new body. God does not speak to my mind (my soul), but to my spirit. Any spiritual thing that flows out of my spirit, any stable spiritual thought is generated in my spirit. I'm talking about stable spiritual thought in the sense of thinking that lasts and which will go until it's perfectly accomplished. Unlike a spiritual thought generated in my soul that will not see a perfect and complete accomplishment.

This is why a large majority of born again Christians are still struggling with the same problems; most of the time they generate their spiritual thoughts from their souls. Everything seems perfect and on the right track at first, but it takes a few circumstances in everyday life come to distract from this thought which seemed to be on the right track. These same Christians then wonder why it doesn't work. Yet the thought is good; it is appropriate; it is even in some cases in agreement with several passages of the Bible; but it ends up in oblivion

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or choked by other things.

Then, we don't understand!

Yet, everything seems good; all the conditions are met; but it does not work. Several misunderstandings pop up.

- We do not reach the target
- The prayer has not come to pass
- We do not see the change we hoped
- This long-awaited circumstance is not happening
- We still do not understand why this or that happened to us

You could lengthen this list very easily yourself.

Do it! Go ahead! Look for what didn't match!

This will help you put images to these failures, in order to start again the right way, if you need. Then when you will have learned to lead your entire being with your spirit, this time, as I often say, "you will be condemned to succeed!"

A logical question now arises.

Where is my spirit?

In what part of my body is it?

How to differentiate between my soul and my spirit?

We will try to answer these questions now.

I asked myself these kinds of questions a few years ago. I went searching into the Scriptures to find answers. The first thing I remembered is that when God created man, the Bible says He blew into his nostrils.

***Genesis 2: 7 And the Lord God formed man of the dust of the ground, and **breathed** into his nostrils the breath of life; and man became a living being.***

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The difference between the creation of man and animals is that it is written that God blew to bring something to the man who was going to give life to him. However when God created animals of the sea or land, it is not written that He breathed into them to animate them. We now know that the major difference between humans and animals concerns the spirit. Animals have no spirit. As we said earlier, they may be possessed of an evil spirit, but they certainly have not their own spirit. It is the spirit of man that God has breathed into him when He blew into his nostrils.

But then, what happens to women?

It is not written that God breathed into Eve's nostrils.

Yes that is correct.

Does it mean that women do not have spirit?

No not at all.

If women had no spirit, no human being would have a cleansed spirit today. God breathed into Adam's body to give him a spirit, but no one can say today that God Himself comes to blow into the nostrils of every baby at birth to give him his own spirit. Yet all human beings have a spirit as it is stated in **1 Thessalonians 5: 23**. Because when God creates a life, there is a process that starts without Him having to go back to it, and things just take care of themselves. When a seed is planted in the soil, it dies, and later on produces a plant.

Does God come to grow every plant on Earth?

Of course not.

God established things and started a process which continues self-sufficiently. It is exactly the same thing when a human is born. Even if God knows us when we are still in our mother's womb, it isn't Him coming and dealing with the personal development of each fetus. It is a process He put in place when He created Adam and Eve and told them, *"Be fruitful, multiply, fill the Earth..."*

It is very interesting to stop here for a while and speak about the creation of

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the woman in order not to leave any misunderstanding. In the same way that today a spirit is given to every human who is born by an autonomous process that God created, it is clear that Eve received her own spirit, just as Adam had one. This spirit Eve received at her creation was in no way a kind of half of the spirit of Adam, or any spirit more or less superior or greater than the one of Adam. Every human being today, man or woman, has his/her own spirit without distinction. In the same way, when a cell of our body is divided, it is recreated exactly the same.

One day a man named Nicodemus came to see Jesus. This man was a leader of the party of the Pharisees. He was obviously very intrigued by the teaching of Jesus. In this context, Jesus said to him that if he wanted to belong to the Kingdom of God he needed to be born again. Then He continued giving details because Nicodemus did not understand the process of the new birth. Jesus therefore said to him:

***John 3: 5*** *Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God."*

Jesus did not say to Nicodemus he had to be born again in his soul, but in his spirit.

It is my spirit that is born again. That is why, after my new birth, and for some time, I still often see my personality flaws popping up. My flesh is dead, but it acts like reflexes (for more details on this subject see my study named "*The personality of God*"). My spirit is the starting point of anything. It is a rule that I have to know perfectly and practice in order to have a success in my everyday life.

If we have a closer look, we can see that very often everything involving the spirit in general, is often associated with air, with a breath. Job confirms this by saying that the life that was in him did indeed come from the very breath of God.

***Job 27: 3-4*** *As long as my breath is in me, And the breath of God in my nostrils, My lips will not speak wickedness, Nor my tongue utter deceit.*

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God also created the angels of Heaven, who are spirits, with the breath of His mouth.

***Psalms 33: 6*** *By the word of the Lord the heavens were made, And all the host of them by the breath of His mouth.*

Paul gives us a little more insight about the prince of the power of the air called satan. There again it would seem that spirits move through the air.

***Ephesians 2: 2*** *in which you once walked according to the [a]course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience,*

I'm not saying that spirits are only in the air, but in this context of Ephesians, let us remember that satan and his demons were already cast out of heaven. Now they live thus on Earth; they are like prisoners here. Paul tells us that the air is their evolutionary worksite. This is simply to show that spirits are once again associated with the air.

***John 20: 22*** *And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit.*

The most obvious example can be the one of Pentecost where the disciples heard a noise of strong wind when the Spirit of God descended upon them.

***Acts 2: 2*** *And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting.*

Here too, it is very interesting to note that the wind is not the Holy Spirit, but a consequence of the coming of the Holy Spirit. Often we thought wrongly that this wind which is spoken of in verse 2, is the Holy Spirit, but it is not.

The Greek word for the Holy Spirit is "*Pneuma*," which gave the word '*air*' in English: that is relative to the air or *that is related to the Holy Spirit, manifestations*.

However in this verse 2, the word "wind" is the word «Pnoé», which is associated with the wind and not the Holy Spirit.

It can be concluded that the wind (air) was involved in the coming of the Holy

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Spirit on Pentecost day.

Many years ago now I figured out that my spirit was where air is located in my body. This has helped me to lead my whole being with my spirit. Of course I do not say that I arrive in each situation to handle 100% my being with my spirit, but I'm as every Christian, in a phase where I learn regularly, and where I see things improve on a daily basis.

When I realized that my spirit was approximately at the bottom of my lungs, I begun to understand that the two entities within me, which are my soul and my spirit, needed to be clearly differentiated. To help us we will see a few patterns.



It is easy to understand that the part of my being which is my soul, my mind, the part that rules my body is in my brain.

Here is a first sketch that shows the location of my soul and the location of my spirit.

Jesus also said:

***John 7: 38*** *He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."*

In this verse Jesus uses the phrase 'living water' for designing life in abundance,

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which he speaks about in other places in the Gospels. This is the life after the new birth, when my spirit is quickened and regenerated by God. The word 'belly' here means the place in front of the stomach, but also at the level of the rib cage. This verse was my last confirmation when I realized that my spirit was about at bottom level of my chest.

The first things that we need to realize is that we have two entities. They are distinct within us when our soul and our spirit were separated by Jesus Christ the word.

We will now see how to differentiate our soul from our spirit.

We must realize that it is a whole process that is going to start within us, when we begin to differentiate these two entities.

This process can sometimes be long for some people. If it is, do not be discouraged and don't give up along the way. It is God who desired and created this phenomenon in us, and by creating it, He also gave us the ability to accomplish it in its entirety with success. Always keep this thought in mind:

***Philippians 1: 6*** *being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;*

Paul in addressing the inhabitants of Philippi, could claim them that God had already provided a perfect way to complete what He had started in them. This is a universal thing.

God began this process in us when His word has separated our soul and our spirit. Then it is our job, with the help of the Holy Spirit, to learn to manage my whole being with my spirit, to locate my spirit.

It has now been just under five years that I started trying to locate my spirit in my body. Teaming up with the Holy Spirit has helped me tremendously in this process. I urge you to read my study named "*The Holy Spirit* ", to give you every chance to succeed.

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I remember the first time, I began to pray and I tried to feel where my words came from. My eyes were closed to fully concentrate and not be distracted, and there, when I was talking to God, it was obvious: my thoughts were all coming from my head. My concentration was in my head. I felt that my thoughts were clearly designed in my head and became words a few seconds after. It is as if there was a big activity in my intelligence, I could almost feel the pressure of my thoughts that were jostling around.

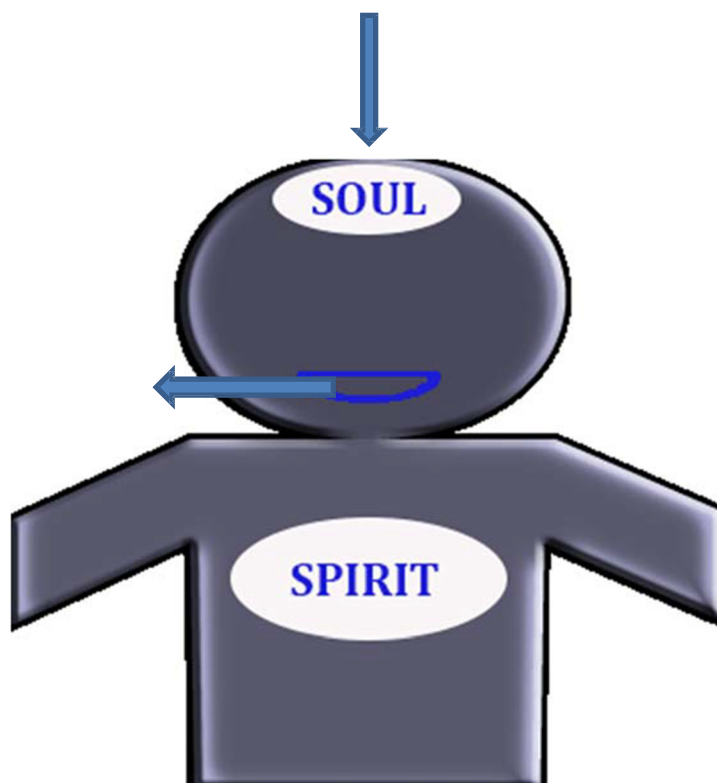
This was all happening in my head.

I therefore stopped, I opened my eyes, and I began to analyze what had happened.

It was obvious, I prayed with my intelligence, just like when I needed to think about any problem to find the solution. I realized that there was no difference when I was pondering a solution in my work, and when I was praying. Thoughts came exactly from the same place in my being.

It is my soul only that was praying and not my spirit.

The sketch below illustrates what I had just experienced.



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If at this moment, when I was praying I had not used my mouth to speak, the problem would have been the same, simply my body would not have been solicited. However I would have still used my soul to speak to God.

As I often say, to solve a problem I should first realize, admit, or acknowledge that I have a problem. Otherwise the efforts will not be effective, and my result will be mediocre.

Take some time to do this test.

As I explained in my study of the Holy Spirit, find the position that will be more comfortable for you. Lying down, sitting, standing, kneeling, whatever makes you feel good and comfortable. This is simply so that you are not distracted by any discomfort after a few minutes.

Once you are in your preferred position, close your eyes and concentrate. Then as usual, start talking to God, or especially to your Father, Jesus or the Holy Spirit. Then while you are expressing yourself, try to locate where your thoughts come from. Try to feel where your words come from. If you're like the majority of Christians, you will notice that all of these thoughts that generate your words leave from your head. Once this has been established, continue to pray but without talking this time. Pray as we say 'in your head'. It is also very revealing, often people say when they pray silently, "I pray in my head". But those who speak like that are often not aware of what they say. Even after this attempt, there is every chance that you come to the same conclusion: my prayers are generated in my head, in my mind, in my soul.

Know that to have realized that you pray with your soul and not with your spirit is not a negative thing at all. On contrary now you know that you have a problem, and you have the solution to solve it. Whereas prior to this experience, you had this same problem but you did not know it. And that's why questions often remained unanswered: *Why do I feel that God does not hear me? Why can't I hear the Holy Spirit speak to me for this or that situation? Why do I often have thoughts from everyday life intruding into my prayers and then I cannot concentrate?* You can easily, I believe, continue this list according to your past own experiences.

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Now that I have identified the problem, I must begin to resolve it. This is where the process begins, but remember, "You are sentenced to succeed".

Let's do the same exercise again, but this time look at the sketch below. Look at the circle where your spirit is located. Look carefully, then draw a circle with your finger on your body that corresponds to the location of your spirit, on your chest, or at the level of your diaphragm. Now draw this circle and say, "This is where my spirit is." Doing this is not spiritual at all, there is absolutely nothing nor any power in this gesture; it is just to help me to remember the fact that I have another entity, which is my spirit, and locate it within my own body.



As we said earlier, this will be different for each of us.

So go back to your favorite position, and close your eyes. This time do not talk. Just focus on your spirit. My eyes are closed, I am in complete silence. I'll like turn off the light in my head and close the door. I will "switch off" my reasoning, my intelligence. Then I begin to realize that there is a second 'me', a second entity which is located here where I drew my circle a few minutes earlier.

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The purpose of this experience is simply to realize that I have another entity, which thinks, which rejoices, which can experience all kinds of feelings, but without sinning in any way. Stay there and try to get used to this fact. "I have my spirit which is in me, and I want to discover it!" The day you do this, you must have some time ahead of you. Do not try to do this if you need to leave in 30 minutes for an appointment for instance. Have some time ahead of you. Here again the length of time will be different depending on the people. If you are used to pray every day 15 or 30 minutes, well take this time to begin to discover your spirit in your body. If you do not pray daily, but for example once or twice a week for 10 minutes, come on.... if this is your case, you can admit it, I had also struggles for years where I tried to pray every day, but I was hardly able to pray twice a week for 10 minutes. Do you know that God loves you as much as one who prays 6 hours per day?

Yes of course, God will not love you more nor less if you pray twice 10 minutes per week, or 6 hours a day. It is a fact. However it is clear that he who prays longer can more easily hear what the Holy Spirit will tell him, but God loves both these people equally.

I compare this to a person who would look for his way in the street and that addresses a passerby to ask, "Do you know where the library is?" Then the passerby would think they should give this person the simplest path. The person, without waiting for the response turns off and continues their way in the city trying to find the library. This person did not even wait for the answer from the passerby and they went away. It is an illustration of a person who speaks to God 5 or 10 minutes each time. God does not love you less if this is your case. However you deprive yourself of beautiful things in your daily life. Praying from time to time is not bad, but there is something simply better.

I must remember that I am the first beneficiary of more or less spiritual involvement in my life, and not God. God is perfectly balanced and has need of nothing, the main thing that is of interest to Him, is that I let Him love me.

Repeat this experience regularly, do not hesitate to repeat and repeat it again. You will see that you will feel more and more comfortable with your spirit.

There is a common reaction among people who I have explained how to locate their spirit. The phrase is almost always the same, "I have the impression that

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I'm all alone; I'm in a dark room; I hear nothing; I cannot see anything”.

This is a normal thing, because so far there has been no other reaction. This may seem a little confusing and one has the impression of retreat. Some told me also: 'Prior to that, I saw pictures in my head, I had sensations, but since I am trying to locate my spirit, nothing anymore!'

All this is normal in the process.

Why?

I do not pretend to explain everything, I am still in 'training' in this area, I'm still learning regularly. But what I can definitely tell you is my personal experience and also share those from others who testified to me these things.

When you think about it, it is easy to understand that beforehand, it is with my soul (my intelligence) that I could create thoughts, images, and it was bubbling up in my head. Now that I switch my soul to 'OFF' and I am not yet used to deliberately using my spirit, it's quite normal that I go through moments where everything seems empty and without any idea or any thought ahead of me. Don't worry, this doesn't last, once again the duration will depend on everyone, but I have seen that in an average of one week to 10 days (by practicing every day) this space starts to be filled.

It is important to understand that during 15 years, 20 years, 40 years, or more depending on your age, you have been used to using only your mind. Whenever you needed to think, at school as a child, in your work or in your studies, then in your job, you have still used the same entity to reflect, to think: your soul. At your new birth, at whatever the age you were when you were born again, for most Christians, you have continued to use your soul for any communication with God. It is therefore easy to understand that it is not in a few minutes or a few days that I'll change 10, 20, or 30 years of a certain habit. It will take me a bit of rigor and a little time, like most spiritual things.

Don't feel too much demoralized if you experience such things, as described earlier. 99% of those to whom I have spoken have felt the same kind of feeling.

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And these are the things that disappear little by little. Time after time I'll feel more comfortable with that, and I'm going to see that these things (apparently negative) that I experimented in the beginning will gradually disappear. This is just like when you get to know a new person, and that person becomes your friend. It takes time for you to get used to him (or her). It takes time for you to say, "It's him/her, I recognize his/her voice". And the more you get to know this person, the faster the bonding will develop.

If until now you were a Christian who spent a few minutes talking with God sometimes during the week, it will be good for you to try changing that. Not to push you or put any pressure on you.

Not at all.

But to get to locate and know my spirit, I have to repeat this experience every day. If you had troubles to pray daily, well challenge yourself, spend at least 15 minutes daily for at least a month, to locate your spirit and get used you to this presence within you that you probably had never noticed before. I guarantee you that you will never return ever to your 10 minutes twice per week.

I remember when I enter into this dimension of my spirit, it is only after 4 months that I have started to feel a little more comfortable. I mean by that, to feel my spirit and be able to speak in a comfortable way with my spirit. But do not necessarily take into account my experience, do not limit yourself to my experience, I give it only for information.

For some people a month was enough, for others it was a little longer. We are all different. I am by nature someone quite rational, and often I am not satisfied if I don't have a very convincing result. I think this trait of my personality has rendered my experience perhaps a little longer than others. Each one of us has its speed of progression. The key is to get there, no matter how long it will take. Anyway tell yourself that you've stayed already several years without actually discovering your spirit, then a few months more are not so important.

This is not because I get into this new dimension of my spirit that I will totally occult my soul. It would be a mistake that would lead me to a quick

discouragement.

Then how to do it?

As we said above, I have to devote each day some time to remain in silence and locate my spirit, this moment will be different according to people. Ask the Holy Spirit to help you, He is (among other things) there for that, and He loves to teach us, so do not deprive yourself to ask Him for it. Simply ask Him the same way you would ask a person to help you with anything in your everyday life. But this doesn't mean I should abandon the times when I was talking to God.

This is not a problem to spend some time to locate my spirit for 5, 10, 20 or 30 minutes every day, and afterwards spend my regular time with God. Although this is not ideal, I am in a training process. I learn how to use my spirit. Do not abandon these kinds of moments because they are still essential to my relationship with God. Thus stay in your regular relationship with Him; the location of my spirit comes in addition to these moments of prayer.

You will realize after a while that this person who is your spirit is indeed there. You will surprise yourself to think about it more and more, throughout the day, as a new acquaintance. And the next phase will begin: Generating thoughts with my spirit!

We often hear that we should take care of ourselves, and that is very true. Even though some manufacturers use these kind of slogans to sell us products that are more or less effective, the vast majority of people who can afford it take care of their bodies.

Why?

Well, because their body is pretty much the only part of their being that they can regularly see deteriorating in the aging process. And it is a good thing to take care of our body; but unfortunately, there are far fewer people who are taking care of their soul. This is another part of my being that I can feel, but do not see with my eyes. The use of my five senses is totally unnecessary in this case. There are then so few people who take care of their body, their soul, and of their personality. Until very recently, very little

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consideration was given to the traumas of life when an accident occurred, for example. Whether in everyday life or in the army, most of the time when one person was injured and traumatized by what had just happened to them, we were content to treat the apparent injuries, those of the body. But the injuries of the soul were still there; nobody was taking care of them. It is only recently that these wounds of the soul have been taken into account. But there are still many parts of the world today that do not take these injuries into account.

What can we think about it?

Just that the human being in its vast majority, is carnal by nature. For us Christians it is not a discovery, because the Bible does not hide this fact. Man, not born again, focuses on what its five senses show him.

But what about born again Christians? Are they too in the great majority only focused on the body?

No

But are they in the right approach?

No.

But, then why?

Well, we could say that in the area we are talking about, those who are born again have gone one extra step further than those who are not. This is an undeniable fact. There is a lot of teaching out there about taking care of our soul, preserving it, renewing it, etc... almost too much, compared to the body for that matter. I happened to meet Christians who were so focused on their soul to the detriment of their body, considering it almost a waste of time to take care of it. This is another extreme, just as harmful as the first one.

It is a fact, often Christians do not have the right approach. They forget that part of their being, this part from which absolutely everything must begin: their spirit.

Of course most of them know now that they are born again, that they are made of three distinct parts, but the spirit is generally not taken into account in

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the preservation of their being.

I have noticed that this fact is very prevalent in France for example. Not many Christians make the difference between their soul and their spirit; it is more or less the same thing. They do not really know the role of one and the other. Some believe that it is their soul that is eternal; others think that their spirit can sin and therefore be contaminated. We can wonder why things are the way they are?

Simply, most pastors or preachers do not address this subject in their teachings. There may be several reasons. I tried to turn the problem in every sense, and the most compelling seems to me, that these same teachers do not themselves master this topic or that they do not consider it as important... which, in any case, is proof that they don't have it all figured out.

There is a difference among the English spoken people. In Australia for instance, the teachings are more frequent on this subject. But unfortunately the result is the same. Yet most Christians know they have a spirit, and even many talk about it putting their hands on the bottom of their chests. Then, the first time that I saw this, I said to myself: 'it's great to see here they know where their spirit is in their body'. There are a lot of preachers who, when they speak about their spirit, raise their hand on their stomach or the bottom of their chest. So I think that ultimately, it is something that has become a habit among these Christians. But after having talked with many, I realized that the gap is exactly the same as in France. They do not take care of their spirit. Certainly, they have one more step in the process, but the result is exactly the same. The vast majority does not manage their being with their spirit. They have a little more knowledge, but the implementation is not there.

This clearly shows us that if these things were taught more often and more deeply, the body of Christ would be much more powerful as a whole, and much more fruits would be present in our daily lives.

When the Apostle Paul wrote to the Romans, particularly in Chapter 12,

***Romans 12: 1*** *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your*

*reasonable service.*

Paul here exhorts his brothers and sisters to use their bodies as a living sacrifice, that is, to perform voluntary actions with their whole being. The word 'body' (Hebrew: basar; Greek: soma) describes the body, but also as a whole being: spirit, soul, and body.

And Paul goes on to say:

***Romans 12: 2*** *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

In other words he says: 'Take care of your souls, your personalities. Do not let the way of thinking, priorities, ideas and actions of your society influence your way of thinking. And to prevent this, you must regularly renew your souls, and you will be transformed by it'.

It is therefore important to preserve our soul; it is even primordial. We will see why in a moment.

Then Paul continues by listing the qualities that we need to put forward when we are together as:

- Humility
- Tolerance
- Do not interfere on the service of my brother or my sister
- Have a true love without

hypocrisy And when he listed those

things he says:

***Romans 12: 11*** *not lagging in diligence, fervent in spirit, serving the Lord;*

***"Be fervent in spirit!"...***

That is to say: 'In all these things of which I have just spoken to you, when you serve, you must use your spirit and only your spirit as the source of all things'.

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As we said earlier, it's from our spirit that all things must be generated. It is the absolute starting point.

If we look a little more closely at the word 'fervent' in this verse, we can see that it is the Greek word 'Zeo'. This word means: in His image, some boiling water, or be boiling for some good or bad cause. This is like saying that Paul is not only directing us to use our spirit to accomplish all those things he describes in Chapter 12 of Romans, but to use all the capacity of our spirit. When water boils, it is in its terminal phase before it evaporate completely. In this case, water has attained its full potential, it is at its maximum at the moment of boiling. It is exactly the same for our spirit. When Paul says, "*be fervent in spirit*", not only does he say that of course this is by using our spirit that we will succeed, but we must use the full potential of our spirit. And to do this we must know and recognize our spirit in our body.

Let's take an example I've experienced recently.

In the Church where we go, last Sunday a guest Pastor came to talk to us about Christians who are persecuted in the world because of their faith. As time went by, he spoke about various poignant testimonies. All these things were very well taught, the main idea was that even if a Christian is persecuted on the other side of the world he or she is still my brother or my sister. And if my biological brother or sister was persecuted somewhere in the world I will surely have a different attitude from mine today. Emphasis was also placed on the fact that we are the body of Christ, and that when one member of the body suffers, the whole body is concerned and suffers with it. And all this is very true.

Eventually, some Christians in the audience reacted with: "*Yes it's true!*" or, "*Amen!*", or "*Yes we must change!*"

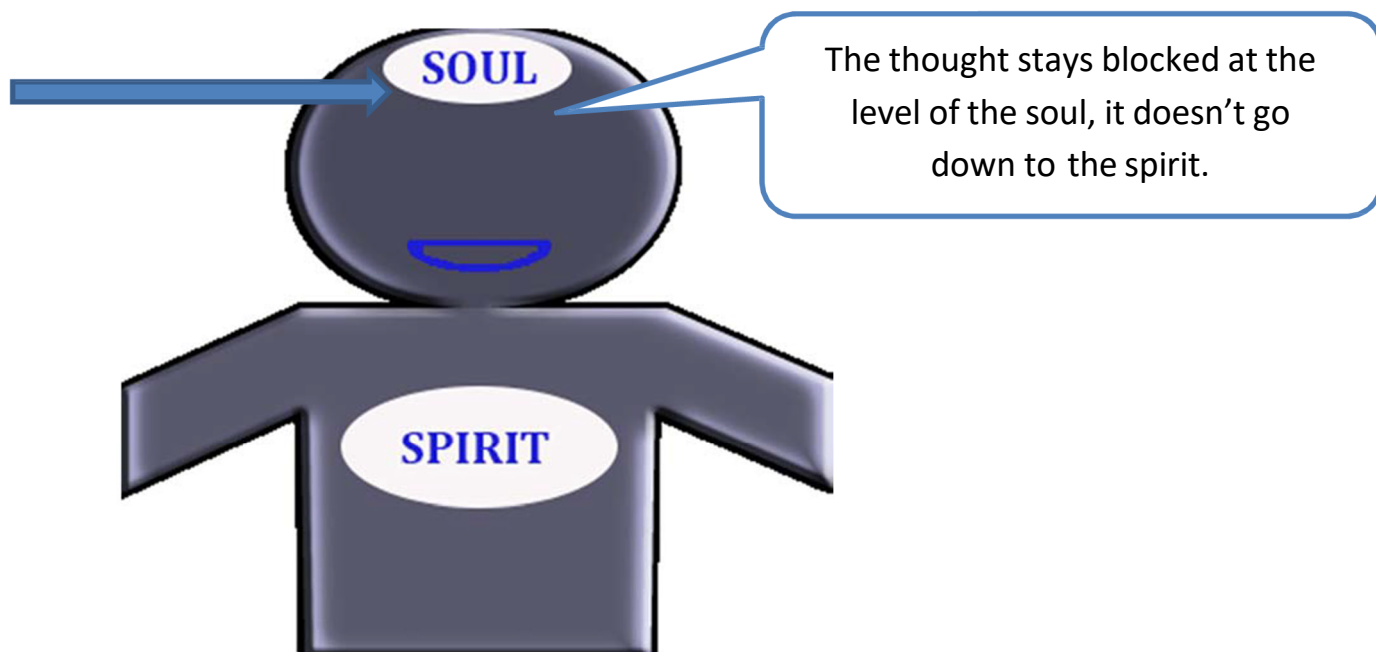
But in a month time what will it be like?

What will remain of the decisions taken that day, like, "*Yes, it's true!*", or "*Well Amen!*", or then "*Yes we must change!*" Unfortunately we are forced to note that this is what happens very often with many Christians: 80% will be gone into oblivion.

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What happens in this case?

I hear but it remains at the level of my soul. And as my soul is weak, this thought doesn't stay for long. Of course the duration will vary according to each person, but it is only a matter of time for this kind of thoughts to disappear.



Remember, the beginning of everything should be generated in our spirit. And it is for this reason that these thoughts are only of short duration, because they remain at the level of the soul, I did not listen with my spirit.

You have understood it well now, it is necessary that the thought is in my spirit, and not just as blocked at the level of my soul.

It is by directing my thoughts with my spirit, and only in this case then that I will succeed.

Now it's with a little more information that I'm going to move forward in the direction of my spirit.

How goes your learning to locate your spirit?

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Do not hesitate to write me if you encounter any difficulties. Our Email address is at the bottom of each of our studies. Very often we tend to complicate what is very simple.

When you start to be a little more comfortable with the presence of your spirit at the bottom of your chest, you will now have to get used to the fact that an entity who thinks, who speaks, who feels things, is where your spirit is. It is no longer inside my head that there is an "I", but there is an "I" in my chest as well. This may seem a little confusing at the beginning, but that's the way it is.

In fact when I started working on this, I felt like I had two personalities. And the Holy Spirit quickly taught me that my true "me", who I really am, is in my spirit and not in my soul. The "me" that God knows and speaks to is my "I" that is in my spirit. This step is like the first one: acquiring this notion can take time depending on the person. For most of us, we have lived several decades without paying attention to our spirit. It is therefore easy to understand that there is a certain adaptation that has to take place.

So if things aren't going as fast as you had hoped, don't be discouraged. You have taken time to learn how to walk, to learn how to speak or how to write. Here it is the same thing, you have to give yourself time.

One thing that helped me personally, was that I felt I had a face on my chest that was talking when I was praying with my spirit. This image lasted maybe a month or so. But again, do not necessarily focus on my experience, it is just there as a guide to help you. In those moments where I was practicing using my spirit, I started off by praising God. This was easier than interceding or proclaiming with authority. Sometimes my soul would get the upper hand in these prayers by the spirit, and it will happen to you as well. In that case concentrate on your chest where your spirit is, breathe.

Remember that we said that the spirit is associated with the air. And that's where this parameter is going to be very useful for us.

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So I assumed that my spirit is in the air. So at times when I wanted to use my spirit, I started using my breath to focus.

Breathing helps me locate my spirit. Focusing on the air going in and out of my lungs will like refocusing the place of my spirit occupies in my body. And this will simply make things more natural when I need to refocus on my spirit because my soul has taken over on my spirit with a thought of some kind.

I would like to make it very clear that this has absolutely nothing to do with any technique of relaxation or focusing to find whatever it is that I am looking for in my breathing. I understand that this may seem somewhat surprising to practice, because in Christian circles we are not accustomed to use our breathing to focus on our spirit. Often we can have the impression of associating ourselves with so-called "Asians techniques". But there is absolutely no connection between the two.

I say this because, when I started to concentrate on my breathing, I had this thought, *"Franck you're not doing anything, what you're doing is not from God."* Then the Holy Spirit taught me by giving me the following thought, *"God didn't have to create us with a breath. He could quite have made humans who did not need to have air going in and out of their bodies all the time. But He chose to do so."* The fact is that we are forced to breathe in order to live. And God doesn't do anything for nothing. If He wanted us to breathe there is a good reason. So concentrating on breathing is not a problem, especially if it helps me to locate my spirit in my body. The problem is when breathing is used to reach some states of relaxation to worship any deities.

Everything in me may very well be used to advance in the teaching of the Bible, or to pray and praise God. But these same parts of a human being can also be used in other people to serve satan and his demons. This is the case of every part of my being, whether it is my body, my soul, or even my non-regenerated spirit (at that moment still totally encompassed by my soul). All this shows us that it is not good to condemn or overestimate any part of my being. All parts of a human being can be used for the Kingdom of God, but also used to serve evil in other persons. It is not because the concentration on breathing is used in ritual techniques that concentrating on my breathing to locate and develop my spirit is a bad thing.

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This point is now lighted up, let's come back on the expression of our spirit.

To help me at the beginning, I advise to always remain in silence during this experience where my spirit will express itself. By this I mean that it will be much easier for my spirit to speak through expressed thoughts, like when I prayed in my head (with my soul), rather than talking with my spirit out loud.

Why?

Because if my spirit expresses itself in thoughts, my soul is not solicited. On the other hand, if I express myself with my spirit by using my mouth to speak aloud, then my soul will now be solicited. If my soul is solicited, it means that my thoughts (prayers) will have to pass through my soul, and if at that moment my soul is not renewed, there is a great chance that my thoughts will be altered by my soul when I speak. We will explain this phenomenon a little later. Let's look at the two diagrams below.



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We see this process of my spirit passing through my soul a little later.

It is therefore preferable that I begin to learn to express myself with my spirit in the form of thoughts. This will give me every chance of rapid success.

If this image I described above of a face in the place of your mind helps you, use it. But if it is rather an obstacle for you, then do not hesitate to avoid using this method. This is really a personal matter. The goal is to be able to be comfortable with my spirit in my body, no matter which way I go, the main thing is to reach the goal mentioned above.

Do not despise the small beginnings. I remember this image of Elijah in:

**1 Kings 18: 41-45** *Then Elijah said to Ahab, "Go up, eat and drink; for there is the sound of abundance of rain." So Ahab went up to eat and drink. And Elijah went up to the top of Carmel; then he bowed down on the ground, and put his face between his knees, and said to his servant, "Go up now, look toward the sea." So he went up and looked, and said, "There is nothing." And seven times he said, "Go again." Then it came to pass the seventh time, that he said, "There is a cloud, as small as a man's hand, rising out of the sea!" So he said, "Go up,*

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*say to Ahab, 'Prepare your chariot, and go down before the rain stops you.' "*  
*Now it happened in the meantime that the sky became black with clouds and*  
*wind, and there was a heavy rain. So Ahab rode away and went to Jezreel.*

At the beginning of this passage it is clear that Elijah is confident. He doesn't lack faith. He's sure that the rain will come. Elijah stands like this six times without seeing anything. Not only does nothing happen in human sight, but it is six times that his servant comes back and says to him: "No master, I see nothing". For it is one thing to wait without anything happening in human sight, but it is another thing when not only am I waiting, I don't see anything, but someone comes and says to me: "No, there is nothing, nothing is happening". But Elijah was full of faith at that moment, nothing could have made him believe that the rain would not come.

And in the same way, I remember when I began to want to express myself with my mind, the first times there was not much that was humanly conclusive. I was alone, I hadn't told anyone about anything because I wanted to get there before I could tell my wife and children. And I remember those demonic thoughts which tried to penetrate my soul saying, "But look at you, you are doing a foolish thing! Have you ever seen a Christian do that? It's ridiculous, go back to your old way of praying, why change, it wasn't good before? ». But I haven't given up anything. Even though I didn't see anything conclusive in the early days, I went on, sure of myself, because I knew that the Holy Spirit had taught me in this sense.

It was after a few weeks that I began to express thoughts of praise to God with my spirit. Then after 5 or 6 months I began to feel really comfortable in my spirit.

If you have any difficulties, you can express yourself in tongues.

Paul says in:

**1 Corinthians 14: 2** *For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries.*

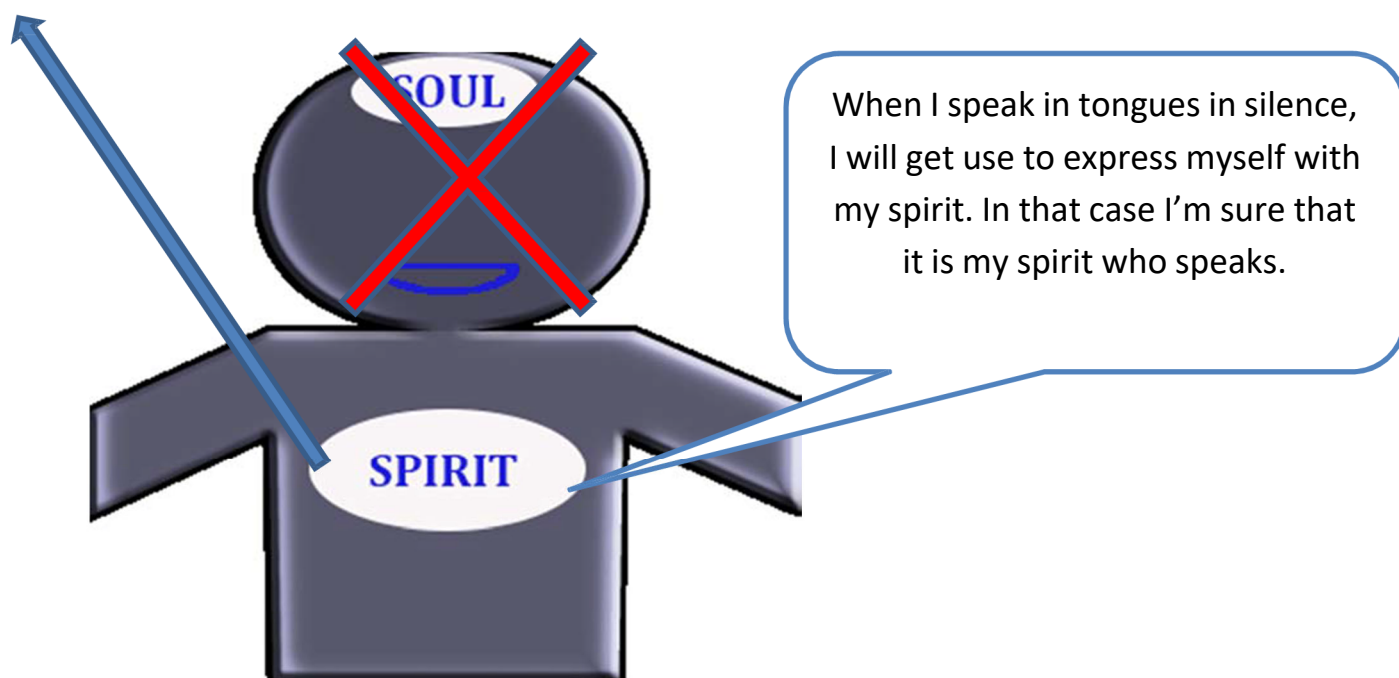
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Speaking in tongues is a perfect way to practice with my spirit. As Paul says very well to the Corinthians, it is with my spirit that I speak when I speak in tongues. If you don't speak in tongues, you must be able to access this baptism. If you know someone around you who speaks in tongues, go to him and ask him to pray with you so that you may receive this baptism in the Holy Spirit and be able (among other things) to speak in tongues. This is imperative. If you don't know anyone, it is not a problem. When I was 22 years old, I spoke in tongues, alone in my room, without anyone to pray for me.

So Paul says that it is with my spirit that I speak in tongues. And he also says in the same letter that he addresses to the Corinthians:

**1 Corinthians 14: 14** *For if I pray in a tongue, my spirit prays, but my understanding is unfruitful.*

When I pray in tongues, my spirit is active but my soul is inactive, it does not come into play. So the great advantage of speaking in tongues is that I will use only my spirit and nothing else. It is quite possible to speak in tongues silently, that is to say in our spirit, without uttering any words with our mouth. It is this experience that will considerably help you to express yourself with your spirit and to be able to generate (understandable) thoughts by your intelligence. This is what happens in the diagrams below:



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There are other steps to take in order to be able to direct my whole being with my spirit. It is voluntarily that I have divided this process into several stages, so that each person can achieve it according to his own path, at his own speed.

Be sure to feel comfortable in one step before moving on to the next. Knowing that if you feel that you have gone through one stage a little too quickly, I mean without having assimilated the experience, you can go back to the previous stage. This does not constitute a failure of any kind, quite the contrary.

I remember when I was getting comfortable with my spirit, it was a Saturday morning. We had decided to enlarge a small terrace of our house. On that day all we had to do was lay stone slabs over the concrete of the terrace. My friend and brother in Christ, Carmelo, had come to help me lay these slabs. He is an expert in this field much more than I am. He was very busy at the time, and it was very kind of him to accept to come this Saturday to help me. It had been a challenge to find a free day for him to come. So he arrived in the morning, we were ready to start; we plugged in the cement mixer, but nothing happened, it didn't start. After a closer look, he noticed that the electric motor was completely blocked by rust. And he said: "This cement mixer has been outside for months, it doesn't work anymore, everything is rusted". I remember thinking, "Oh no, if this cement mixer doesn't work we won't be able to do this job today. And Carmelo won't be able to come back for months," because he was going on vacation. So I said, "I'll go check in the garage for a tool." When I walked into the garage alone, I thought, "This is the perfect time to express myself with my spirit out loud". I went into my garage alone to find a tool, and I focused on my spirit in my chest, I felt the words that came out of my mouth flowed directly from my spirit in the lower part of my chest. And there I just said, "I command you, concrete mixer that you work now!" Then I went back to the terrace and asked Carmelo: "Does it work? ». And he replied: "No, still not". And I don't know why I heard in my spirit a thought saying to me: "Get the propeller of the engine rotating". But we'd already tried that five or six times before I left for the garage, and it didn't work. But it was in my spirit, so I thought, "I'll do it." The moment I touched that propeller, we heard a noise that slammed into the engine, and I said to Carmelo: "Try it! ». And everything started to work perfectly. We were able to finish our work in time.

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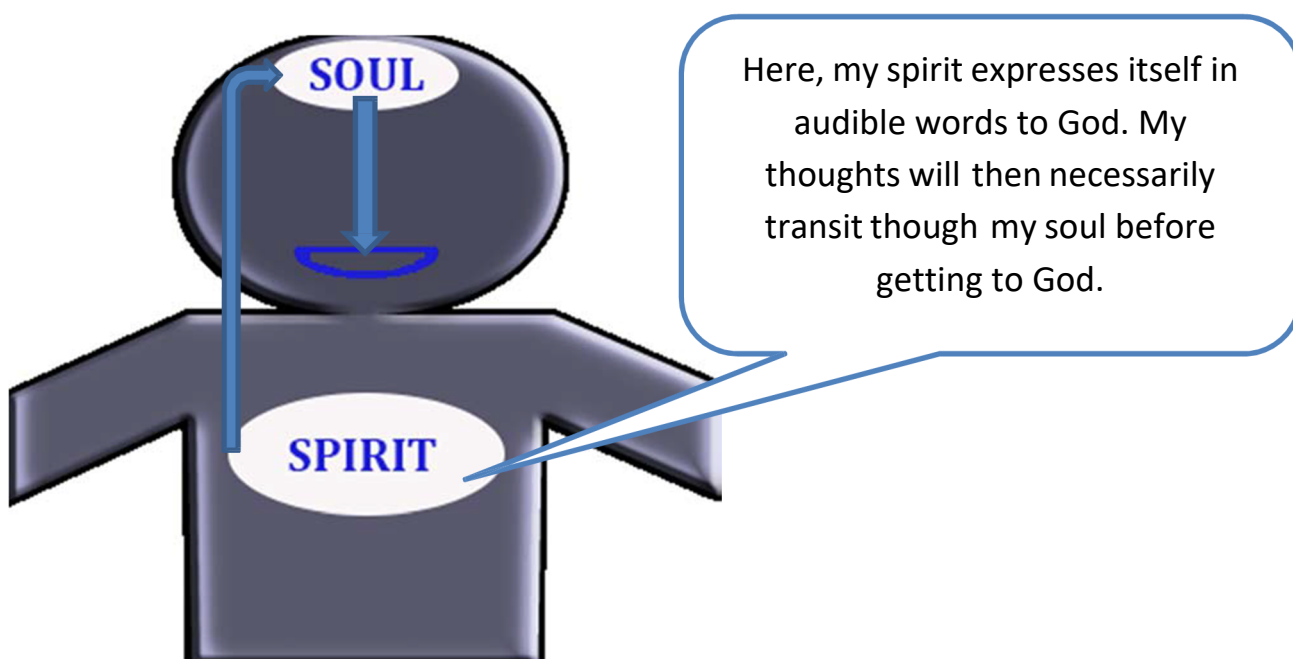
This simple example may seem insignificant to some people, but without the oral expression of the spirit, we would not even have been able to start our work.

This is the last step in directing my whole being with my spirit.

As we see in this example, it is important to be able to speak out loud with your spirit. Not that I could not have commanded this to work silently in my spirit, but using our spirit aloud is essential: when I pray for someone for example, when I give a word of knowledge, and in many other cases.

So I'm in the phase where now I'm comfortable with the presence of my spirit in my body. I know how to locate it. I know how to express myself silently with it. And always in this sense, I will start to express myself out loud with my spirit.

What happens then inside me?



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And this is where some problems can start. So now we will see the importance of renewing our intelligence (my soul), according to Romans 12: 2.

The diagram above shows that when I express myself with my mouth, my soul is involved. It is my soul (my intelligence) that commands my mouth.

Then you will say to me: Why can't I do the same as when I speak in tongues? That is to say, my spirit could command my mouth.

It is not possible in this case.

Why not?

Simply because I speak words that my intelligence can understand. When I express myself in tongues, my soul remains sterile because it does not understand what I say. And that is why God makes sure that I cannot understand most of the time when I speak in tongues. For if my speaking in tongues was totally comprehensible to my intelligence, my soul would interfere with it by adding thoughts to it.

This is the major problem of a non-renewed intelligence.

Now that I speak with my mind, if my intelligence is not "in tune" and renewed by the word Jesus Christ, by the Holy Spirit, it will add thoughts, therefore words, to what my mind says.

I am sure that you have already spoken with a Christian in whom you really felt all the love of God when he expressed himself. Many times people do not realize it, but in these cases they speak with their spirit. Then the discussion goes on and suddenly a word, a little sentence comes in. Something that shows you, that there is now a touch of smugness, pride, an obvious lack of compassion.

What has happened?

It's the result of a non-renewed soul. It added its weakness to the words of that person's spirit.

Understand well that when I express myself with my spirit, even if it is true that my thoughts start from the starting point that is my spirit, it is necessary that these thoughts be as if they were transformed into words. This transformation is

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made by my soul. The problem is that if my soul is not renewed, it will add words that come from it, words that do not come from thoughts that have been conceived in my spirit.

Surely you've heard a preacher speak to give his teaching. That day everything was really in the spirit. That is to say, thoughts generated by his spirit. And suddenly, there again, it may be an attitude, a word, or a gesture that does not correspond at all with everything that has just been said. An attitude that perhaps still shows sufficiency, or pride. There again, it is his soul that has modified or added to the thought of his spirit.

Do you understand why the renewal of our soul is essential?

If my soul is not renewed it is all the upstream work at the level of my spirit that will be made almost useless. It is exactly as if the front door of my house opened onto the living room, and I have to walk through this living room to reach my bedroom. That would be like saying that whenever I am in my room and I want to go outside, well, I'm going to have to go through the living room. I wouldn't have a choice. If I want to go outside my house, I would have to walk through the living room.

In the same way, when I express myself out loud with my spirit, it is my soul that will transform thoughts into words. I don't have a choice, that's the way God has set it up. Of course, we were not created that way in the beginning, because the spirit directed everything. But, it was in order to have access to eternal life that God made things this way.

Our flesh is corrupted, that's a fact, and we can't go back to it. On the other hand, we can renew it regularly. The more I renew it, the less there will be "parasites, reflexes" in the words coming from my spirit. This is why there are choices to be made in our daily lives.

When we arrived in Australia, my wife and I decided not to buy a television. I'm not saying that all Christians should ban the television from their homes. But it seemed to us that there were more harmful things for our family than beneficial things. Our children asked us why there was no television in our home, and we told them exactly what we had decided. And I have to say that everybody got

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used to it. Now we talk more, we have more time together, we go to bed earlier. If one day we feel like watching a movie, we choose it. We're no longer manipulated by all kinds of commercials, truncated news, etc... I think that even if someone came to offer us a television, we wouldn't be interested in it anymore.

Am I against television?

Not at all.

But I'm simply giving this example to show that, if I want to preserve my soul, I have to make choices in my everyday life.

Does that mean that if we are invited somewhere and the television is on we will change rooms or forbid ourselves to watch it?

It does not.

The Holy Spirit is the one who is going to help us make this "sorting". He will be different for everyone. But as we said at the beginning of this study, we must not only take care of our body, but just as much of our soul.

This study on how to "manage my whole being with my spirit" would not be complete if we did not approach the team we form with the Holy Spirit. Without him it would be impossible to succeed. Before ascending into heaven Jesus said to the disciples:

**Acts 1: 4-5** *And being assembled together with them, He commanded them not to depart from Jerusalem, but to wait for the Promise of the Father, "which," He said, "you have heard from Me; for John truly baptized with water, but you shall be baptized with the Holy Spirit not many days from now."*

One of the evidences that I am baptized in the Holy Spirit is the fact that I speak in a new language. It is a fact, speaking in tongues is for ALL born-again Christians.

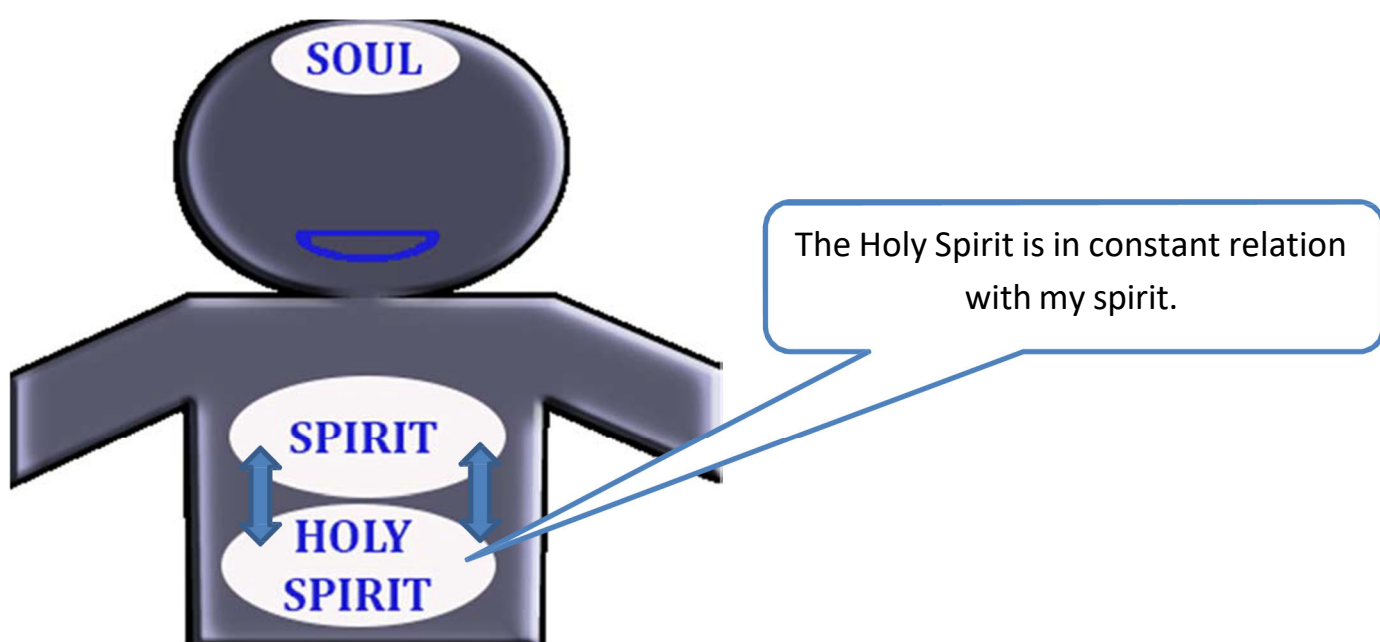
Today when I pray (with my spirit), I know that the Holy Spirit is right beside my spirit within my body.

**1 Corinthians 6: 19** *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?*

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It is because the Holy Spirit is there, right next to my spirit, that my body is the temple of the Holy Spirit. The Holy Ghost speaks to my spirit. This is the final step as we said before. This is the team that I'm forming with the Holy Ghost. All the fruit that the Holy Ghost produces is in my spirit. Love, joy, peace, patience, kindness, goodness, kindness, faithfulness, gentleness, temperance. It is a whole, and all this is right in my spirit. That is why many Christians do not understand why they do not succeed in manifesting these things: they try to manifest them with their soul and not with their spirit! Yet they are all in their spirit. But when the soul is not renewed and these things want to manifest themselves, their soul transforms them into words which have nothing to do with it.

**2 Timothy 1: 14** *That good thing which was committed to you, keep by the Holy Spirit who dwells in us.*



That's why even when I feel that I don't sense God's presence, He is there by His

Holy Spirit.

**John 14: 17** *the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.*

Not only the Holy Spirit is in me, but He is also next to me. He can, without any problem, be in several places at the same time.

The Holy Spirit always speaks to my spirit and not to my soul. It is very important to realise it.

When I have assimilated this, then I also understand the extreme importance of developing my spirit, of acting with my spirit, of directing my whole being with my spirit. My soul is only a transitory place, it is not where my spiritual thoughts are formed. This is what I explain in my study called "Spirit, Soul, and Body ". Far too many Christians focus on their soul, thinking that this is where God speaks to them, and it is then with their intelligence that they praise God and pray to God.

This is a mistake.

Often these thoughts are only demonic lies that try to take root in my soul. My spirit is the starting point of all spiritual things.

A few years ago, I had just begun to work on the presence of my spirit in my body. Our oldest son had gone away for a long weekend of winter sports. On Sunday late in the afternoon the phone rang. I picked it up, it was the doctor at the ski resort. He said to me: "You are Alexandre's father, aren't you? ». I confirmed that it was indeed me. And this doctor told me: "Your son has had a very serious fall, he lost consciousness, now he's regained consciousness, but the problem is that he's lost his memory, he doesn't remember anything. We're going to arrange for him to be flown by helicopter to the hospital for neurological tests. We would need you to be there when we arrive".

It is at times like this that we value directing our whole being with our mind. I

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was still in training on this level, and when I hung up the phone, I felt very clearly my soul pushing me to panic, but I also felt very clearly my spirit pushing me to remain calm and to go and pray. I didn't say anything to anyone, all the rest of the family was at home. I went up to my room. I did not know how to do it, I did not want to pray with my soul, because I knew that it would not work. But as I did not yet have a good command of my spirit, I spoke in tongues. There at least I knew that my soul would in no way be activated to try to make me say or do anything.

Then after a while, with my spirit I commanded that our son's exam results should be without any problems. Later, the doctor called me back and told me that there were no helicopters available that night, so they had to transport him by ambulance. He also told me that it was not ideal because there had to be no shaking in his condition because there was a possibility that his brain might be damaged. But they had no choice. This news could still have fed thoughts from my soul if it had not been regularly renewed before. But I remained calm in confidence, using my spirit to direct myself.

So I passed on the news to my wife and left immediately for the hospital.

When I arrived, the ambulance wasn't there yet because they had about two hours of mountain roads to drive. Then around 9 o'clock in the evening I saw an ambulance arriving in the emergency department where I was. I watched them pull our son out of the ambulance on a stretcher.

As soon as they took him out, the stretcher broke and Alexander fell, as he was lying on it, from a height of about one meter.

I said to myself: "No, that's not possible! How could they do that?! Are they that stupid to make a person with a head injury fall to the ground?!" There again my soul told me: "Don't let them get by with it, get angry at them, after all they may have damaged your son's brain even more, now maybe it's even worse ! ».

But my spirit said to me: "Stay in peace, don't get angry". Once again I directed my being with my spirit. In concrete terms, this translated into a great concentration on the lower part of my chest, and I breathed slowly, showing me that my spirit was there to direct everything.

Our son immediately went to an examination room with a doctor. I wasn't there

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because I had to do the paperwork with the ambulance driver. When I got to him, the doctor had finished his diagnosis and explained the situation to me. He confirmed that our son had lost his memory. He could only remember very distant events. He didn't know if it was winter or summer, how old he was, what he did for a living, he didn't even know what happened to him. When I spoke to him, he immediately forgot what I had just told him. I remember him repeating to me every 10 minutes: "Did you tell Mummy?"

We were in a hospital hallway waiting for a CT scan. There was a lot of people going back and forth all around us. I was always trying to stay focused on my spirit, I didn't really know what to do. And the Holy Spirit said to my spirit, "Now you will command his brain to function as it did before, and you will see it fulfilled". So I asked my son, "Do you remember that we are Christians and that we believe in God? He replied, "Yes, Dad, I remember that". I answered, "So now I am going to pray and command your brain to work perfectly again, and you are going to pray with me".

It was in this "busy" corridor that I prayed, simply and quickly.

After that I felt that my soul was no longer trying to pull me down. My spirit had taken over. About 40 minutes later, Alexander said to me: "Dad, I'm starting to remember". And he started to give me details about his weekend. He had recovered about 30% of his memory. At that moment, I knew that the test results would be clear. When the doctor came back from the CT scan with our son, he stayed with other people for a long time. Then he came up to me and said, "I don't understand, I can't see anything! But according to my diagnosis there were lesions in the brain". The doctors preferred to keep him for a few days for observation.

Two days later, Alexander had recovered 90% of his memory. However, he had some instantaneous memory loss. So Christine and I prayed in his hospital room, commanding that this problem would be fixed immediately by the power of Jesus Christ. Since then our son has regained all his brain capacity. Exactly as he was before.

Some may say: "But I can hear the Holy Spirit speaking to me, and I can pray with results without really being aware of my spirit in my body". Yes it is true, but the huge difference is that in this case you are subject to the good will of your soul. That is to say that if everything goes well, if everything happens in power and in

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peace, perfect then, but you will be forced to recognize that this is not always the case... and not even often the case for a great majority of Christians. And that is the whole point of acting deliberately with my spirit, of knowing myself by my spirit and not by my soul.

Why is that?

Well, because when things don't go as planned, I'm going to be able to set things in motion. I will be able to be an active player in the situation and not a passive player. The big difference will be that in such and such a situation, and in the longer term in my everyday life, directing things with my spirit will ensure me continuous success, rather than letting myself be directed by my soul.

I will understand that renewal is paramount because I will be able to focus on my spirit whenever I want. In a word, it is me, with the help of the Holy Spirit, who will provoke the direction of my whole being by my spirit.

You cannot imagine how perfect your spirit is. How complete it is.

***Romans 8: 11*** *But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.*

This is something that is commonly heard in the churches: We have within us the same Spirit who raised Jesus Christ from the dead. But unfortunately very few Christians really realize what Paul is saying here. Most of the time, if we were to do a test and ask, "Are you sure that this power is in you?" many would answer that this verse is true, but that they do not see this power in their everyday lives. This is the case for the vast majority. What if now we ask these same people another question, "Do you know where this power that God has put in you is? ». Most would answer that this power symbolizes the Holy Spirit within them. But most of them would be unable to say where this power is, let alone how to activate it in their daily lives.

The result of all this is that these same people don't know why their prayers work, they don't know why this time it worked. And the problem is exactly the same in

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the other direction, they also don't know why their prayers don't work when they do.

That's the problem: if I don't know how my being works, if I don't know where my spirit is, or how to put it into action to direct my being, it will be impossible for me to solve any spiritual problem in my everyday life because I won't trigger anything voluntarily.

Directing my being with my spirit allows me to resolve the misunderstandings of my life, the questions that were previously unanswered. Above all, it is I and I alone who will choose to use my spirit, when I need to.

Once I have comprehended that it is inside my mind that God has deposited everything I need and not in my intelligence (my soul), then I understand that it is necessary to draw from my spirit, and only from my spirit.

That is why there are so many Christians who are in incomprehension, in disappointment without really admitting it, in discouragement, or even in anger at times. All this because they have not understood that everything resides in their spirit and not in their soul. And these same people have been struggling, some of them for years, to obtain regular results with their souls.

Why do they do this?

Simply because they don't know the difference between their soul and their spirit. They didn't grasp the meaning of Hebrews 4: 12 where the Word separates the soul from the spirit. And from time to time, they have the "chance" to express their faith by their spirit but they don't realize it. In this case prayer works, the circumstance turns successful, but they don't know what has happened. And the most far-fetched theories emerge from these situations such as:

- God has answered me this time
- This week I prayed more than usual and so it worked.
- I fasted and God had mercy on me...

The list could go on and on, but we will stop the nonsense there.

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So because there is success from time to time, many Christians are content with it. But this is not what Jesus intended for us when He gave His teaching. It's not the kind of results that all the attributes God has put in our minds by His Holy Spirit should generate.

Jesus gives us a very interesting information about the measure of faith that God has given to everyone in:

***Romans 12: 3 (ESV) ... according to **the** measure of faith that God has assigned.***

Do you know that God has put exactly to the gram (if we could weigh it) the same amount of faith in each born-again Christian.

In my spirit I have exactly the same faith that Paul had, the same faith that Peter, John and James had... but also the same faith that Jesus Himself had when He was on earth. The only difference is that not everyone uses it in the same way. But the volume, the potential, remains exactly the same in all those born again from the time of the cross.

We are all doomed to succeed!

Now that I'm managing my whole being with my spirit, my life is going to change radically. A lot of blockages are going to break down in my life. I won't ask myself any more questions like:

- What is God's will for me?
- Why didn't this prayer work?

***Matthew 5: 3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.***

What a wonderful statement from Jesus.

In other words, Jesus would say:

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"Blessed are you who have your spirit engulfed by your soul, for the good news that I (Jesus Christ) have come to bring is for you, if you have not yet been born again. You have from now on the possibility of receiving a regenerated, liberated spirit, with all that it will need to practice royal authority and dignity as sons or daughters of the King of the universe, now and in all eternity".

Amen.

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