Greetings!

As we have seen in the last two issues of *The Elijah Prophecy*, there is an intimate connection between the mind and the body, and when one is affected the other sympathizes, whether by negative emotions or stress. I pointed out that nine tenths of diseases that afflict us have their origin in the mind. Stress is also a major cause of disease, and to prove my point, last week I shared some stories on how stress caused my first-time asthma attack and the skin problems on my arms. This week I want to share another story with you and more evidence on the mind/body connection, and the role forgiveness plays in your healing.

In December, 2004, I watched my mother die. After finishing my day’s duties at BellaVita I would drive to...
with Danny and Charmaine Vierra in Fresno, CA, and coming to Lodi, CA.

BELLA VITA
LIFESTYLE CENTER
JAN. 22 - 31
SESSION OPEN

MY LIFE TODAY
Ellen G. White.

Imagine, as I watched my mother, whom I loved with all my heart, suffocating right before my eyes as her lungs failed. There was nothing I could do to ease her suffering other than administer the morphine drops provided by Hospice. At 15-years-old she was plagued with lung tuberculosis that forever compromised her health. Each night I would hold her hand tightly and one night she whispered in my ear with her failing voice: "Danny, go back to BellaVita and help the people there. They need you more than I do." What love! My mother Rose always thought of others more than herself.

It was a miracle how God sustained me during the ten days with very little sleep, but my sweet mother needed me. Three months after her death, my 100-year-old grandmother (my mom's mother) was hospitalized. She actually told me that she was going to die on March 5, her daughter's and my mother's birthday. Oh, the power of the will! I found my grandmother dead on the morning of March 6. Five months later, I watched my father die of a broken heart, because he missed his wife of 56 years so much. My father would sit at the cemetery in his wheel chair by my mother's grave and cry: "Poor Rosie. I want to be with Rosie. I miss her so much." He couldn't shake the grief, and it finally killed him. Once again, I saw the power of the mind and its affect on the body, even to the point of death for two people very close to me.

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so." Counsels on Health, p. 344.

My parents and my grandmother were gone in only eight months. Another enormous trial followed the death of my mother and father that pierced my heart even more. I will spare you the details, because it will only hurt you as it hurt me and the children. Soon after this my wife of 22 years left me, the faith, and the Lord unexpectedly. I felt like a prize-fighter who was bleeding on the mat and at the count of nine my opponent kicked me in the face one more time, but this
last blow seemed like a death blow. I knew God would not allow a trial to hit me more than I could bear (see 1 Corinthians 10:13), but I questioned if one had got by Him.

It was in the refiners fire that I found the peace that passeth understanding. Friends, when the waves of trials crashed upon me, I immediately ran to Jesus and jumped on His back and wrapped my arms around His neck. I cried to Jesus and said, "I will not let you go no matter where this ride takes me." I once read: "Adopt this as the rule of life, 'Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:8, 6, 7.'" Ibid, p. 630.

Praise the Lord that with the hardest trials of life also come the deepest spiritual insights. I realized God was the One holding me up, and all things would be worked out for His good: "And we know that all things work together for good to them that love God, to them who are the called according to His purpose." Romans 8:28. As I hung on to Jesus and claimed His promises, I reached the point of praying, "Lord, please do not take this away yet, I like what I am becoming." I found wonderful blessings from the intense trials that I endured in Christ's strength. The devil may have caused the problems, but Christ, who knows the end from the beginning, allowed the trials to hit me because He knew they would accomplish good things in me and others. I knew this to be a fact because I had read the following statement in a book I love very much called Mount of Blessings: "The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. ... Nothing can touch him except by our Lord's permission, and 'all things' that are permitted 'work together for good to them that love God.' Romans 8:28. Mount of Blessing, p. 71.

God then led me to John Regier and Biblical Concepts in Colorado Springs, Colorado. He was booked for five years, but took my early morning phone calls. He taught me the blessings that come with forgiveness. I ordered his workbook and read it over and over. What was so powerful in the book is that it helps you clean yourself up. Forget looking at the other person--just look in the mirror first. In fact, Chapter 1 is "Identifying and Resolving Personal and Marital Problems." John believes there are ten key areas
Satan uses to defeat believers. They are the following: bitterness, rebellion, pride, immorality, temporal values, generational sins, sinful habits, occult activities, hypocrisy, and negative thought patterns. I watched the DVD on bitterness 16 times. I would fall asleep, peacefully, listening to the soothing voice and wisdom of John Regier. I learned from the book and the DVDs of John's presentations that I had bitterness in my heart against my father, because of his neglect; to my former wife, for many unspoken reasons; and to others, for the pain they had caused me in the past.

In part one of this series on the mind/body connection, I told you that I prayed a prayer for 45 days that set me free from my bitterness, and that the key to my victory was forgiveness. God touched me and blessed me with what I call "divine forgiveness" and I released the people who had hurt me and the bitterness has never come back. I had been holding on to anger and bitterness against at least ten other people, some dating back to my childhood. It felt so good to let it go once and for all, and be delivered by God's love and grace.

The workbook gives three obstacles in defeating Satan: 1. Generational sins and hereditary weaknesses; 2. Strongholds--the evils we cannot overcome; 3. Blind Spots--the sins we can't see. As I read over the list of emotional pain words, I found many words that hurt when I read them. Emotional pain words like the following: abandoned, all my fault, always wrong, ashamed, betrayed, cheap, cut off, disappointed, disrespected, empty, failure, fear, hate myself, lied to, lonely, molested, rejected and so on. It is interesting how you can read a word and feel the pain. The victory over bitterness and anger is truly forgiveness.

On the next page of the workbook, was "Jesus Heals the Pain." John told me: "Danny, when the pain gets too bad, ask Jesus to speak peace to your heart where there is pain." How many times I prayed that prayer! It hurt so bad at times. I learned the steps to resolving bitterness against my former wife, my father, and others who had hurt me for the first time! I wrote down the ways my former wife and others had hurt me in the past, and the emotional pain I felt because of the hurt. Then I would pray the prayer:

"Lord I choose to forgive _________ for ________ causing me to feel _________. I am willing to pay for the emotional pain and consequences that she has caused me. I ask You, Lord Jesus, to take back the ground I gave to the enemy through my bitterness and I yield that to Your control."

For forty five days, morning and night, I prayed the
prayer and my anger finally left! John advises that you pray the prayer for 30 days and it will be gone. Mine must have been rooted deep, for it took an extra 15 days before it vanished.

I want to share some spiritual information and Bible promises that have helped me maintain the victory. First, let me ask you if you have bitterness in your heart against someone or, perhaps, towards yourself? I believe by God's power and grace we can obey His commandments and love people the way Jesus does, even our enemies. Romans 13:20 says: "Love works no ill to His neighbor: therefore love is the fulfilling of the law." John 15:11, 12 says: "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This is my commandment, That you love one another, as I have loved you." Friend, did you get that? We must love others the way Christ loves us? How can you do that if you are angry at your brother? Besides this, we must forgive others as Christ has forgiven us.

Second, a lawyer asked Jesus: "Master, which is the greatest commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets." Matthew 22:36-40. Paul also said: "For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbor as thyself." Galatians 5:14. When I looked in the mirror I did not like the person I saw. In writing the Mind/Body Connection I learned that we must love ourselves or we cannot love our neighbors. Self-love is an important Biblical principle, for Jesus taught it. If we condemn, hate, or belittle ourselves, does this mean that we should treat our neighbors, spouses, and families just as negatively? Of course not! If you are putting yourself down in any way there is self-bitterness and you may develop an autoimmune disease because that is what your telling your body. "For as he thinketh in his heart, so is he." Proverbs 23:7.

Also we must realize that some of the most precious lessons of life are learned through the crucible of suffering. "Beloved think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you." 1 Peter 4:12, 13. Fiery trials come from Satan, but God makes them the means of developing character in His children. Disease is one of the strongest motivations to begin exploring the deeper meanings of life. It often wakes one up to the redemptive plan of God.
The Lord is the Master Physician. The Bible says He is the One who "forgiveth all thine iniquities; who healeth all thy diseases." Ps.103:3

The term for salvation, soteria and the verb form *sozo*, are used over 150 times to mean to save, cure, heal, preserve, rescue from danger, deliver, to save from peril, injury or suffering to make whole from physical death by healing, and from spiritual death by forgiving sin and its effects. Mark 6:56, Acts 4:9, James 5:15, 16.

Recognize and accept the concept of God's sustaining and transforming power--His grace. Bring bodily habits into conformity to his will by accepting by faith the evidence of His intervention. Open the windows of the soul heavenward by: 1) supplicating the throne of grace as Christ did; 2) centering the mind upon the spiritual course and bringing the actions and motives of the life into harmony. 3) studying God's Word, for through it the mind opens its channels to His mysterious power, and can change us from unholiness to holiness. God is Love.

If you would like to obtain a copy of John Regier's workbook you can write me or call Modern Manna at 800.655.3228.

We still have room for a couple more guests for the January 22-31, BellaVita 10-Day Program. I would love to see you there!

Happy New Year,
Danny Vierra
Modern Manna
BellaVita Lifestyle Center

View the new trailer of BellaVita the Movie.

Learn more about the 10-Day BellaVita Program

HEALTH TIP OF THE WEEK

Charlotte Gerson once said to me: "It is much easier to prevent cancer than to cure cancer." I totally agree. To prevent cancer, avoid animal foods and their byproducts. Avoid oils except flaxseed oil and use virgin cold-pressed olive oil sparingly. Refined oils are carcinogenic and should be avoided. Eat lots of fresh organic fruits, vegetables, beans, sprouts, and other antioxidant-rich foods daily, and drink pure water without chlorine or fluoride. Be careful of what chemicals you put on the outside of your body, for they are absorbed. Charlotte pointed to the red finger...
nail polish on a cancer patient and said: "Get that off, your nails breathe!" Exercise daily, cleanse the body regularly, & have a great attitude. Blessings!

*These statements have not been evaluated by the Food and Drug Administration. These statements and the products of this company are not intended to diagnose, treat, cure, or prevent any disease. For informational purposes only.

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**Coming Events & Speaking Engagements**

**Call 800-655-3228 for more information**

**SUNDAY 5:30 PM (PST)**
AMAZING FACTS TV
Adventures in Health
Every Sunday in 2011

January 11, 18, 25, Feb. 1
Lodi Memorial Hospital
PCRM Cancer Project
Food for Life Program
209.482.1631

Fresno Central Valley SDA Church
3901 East Clinton Avenue
Fresno, CA 93703
(559) 226-3901

February 6, 9, 13, 16, 2012
Learn How To Be Well Series & Raw Food Classes, BellaVita Movie
Church of God - Seventh Day
2100 Tienda Dr.
Lodi, CA
209.334.3868

February 11, 2012
Oakdale SDA Church
Bi-Lingual Service
Oakdale, CA

March 9-11, 2012
136 Fire Island Ave
March 18-27
BellaVita Lifestyle Center 10-Day Detox
Lodi, CA
209.334.3868

April 13-15, 2012
Bible Explorations
Terra Bella, CA

May 4-6
Grass Valley SDA Church
Grass Valley, CA

Coming Engagements and Programs:
London, England
BellaVegan School of Raw Cuisine, Lodi, CA
Food For Life Nutrition Classes - PCRM
LIFEOAT - Life-Enhancing Support for Women
Medical Missionary Training Weekend
Health and Healing Crusade 2012
R I S E N - Medical Missionary School
Lodi Grape Festival Grounds (Planning stages, TBA)

BELLAVITA LIFESTYLE CENTER
January 22 - 31
Call 1-800-655-3228

Join Danny Vierra for the next therapeutic cleansing program at beautiful BellaVita. The unique 10-day session includes instruction in the 8 Laws of Health and Health Disciple Training Program.

Take a tour of BellaVita by clicking on the link below.
BellaVita Lifestyle Center

One Final Note

I would greatly appreciate your prayers. Time is short and Jesus is coming soon. The signs are all around us.

Please help Modern Manna reach the world with the
health message and the gospel. Donations can be made online at www.modernmanna or just drop me a note at danny@modernmanna.org or call 1-800-655-3228. Perhaps we can encourage one another.

God bless you,
Danny Vierra
Modern Manna

Past Issues
THE ELIJAH PROPHECY