

CHURCH SERVICE WITH MAITREYA CHRISTOS
May 26th, 2019

Subject: Releasing from our heart the spirits of darkness

Good day all. Throughout our journey on earth we are on a spiritual journey to release the spirits of darkness that have collected in our heart over eons of time. These spirits of darkness of anger and hate and fear and jealousy and guilt and lust collect in our heart like grain in a barrel ~ and must be let go of to empty our heart of all that is not pure and loving and of God. Our relationships, and the events that unfold in our life, serve as necessary catalysts to stir from the bottom of our barrel old hardened spirits to rise to the surface for release from the past. And as these spirits of darkness rise to the surface we often feel like we are losing control ~ for these spirits of darkness have taken *grip* of our mind, and we are not sure how to prevent their rising or how to let them go. A simple technique can help us on our way as we wade through the dross of the rising river dam ~ for this dam must be unblocked that collects in our heart, or else we will stay stuck and forever damned. Simply tap gently with your fingers at the top of your chest, situated midway at the center point, while repeating silently or aloud for five minutes a day, and over and over for the prayer to have its sway, "This spirit of *hate* in my heart I release unto God". Prior to this calling gently sit for a while and meditate on the spirit that has gripped your mind ~ for this will bring into full focus the spirit, that for eons has gripped your heart. Amen. And may you all be blessed in our
Father's love and grace.