

SOME INSTRUCTIONS:

- 1) **Compulsory fasting during the first 90 days from 00h to 3pm or 6pm.**
- 2) **Drink and eat from 3pm or 6pm.**
- 3) **Punctuality and attendance.**
- 4) **Praying standing or kneeling except in special cases.**
- 5) **Sexual abstinence during the first 90 days.**
- 6) **No beer, no alcohol, no night out, no cigarettes.**

KEY 1: THE PRAYER

Compulsory hours of prayer:

6am, 12pm, 6pm, 00am

Read each prayer systematically in **psalms 35, 51, 109, 121, 127** then THE "OUR FATHER" and enchain with the personal intentions while respecting the following sequences:

- a) **Invoke the Holy Spirit** to come and sanctify the place where you pray, to set up a wall of fire around you to remove any negative influence that may interfere with your prayer and that it arranges your prayer better so that it is pleasant In the ears of the LORD, and secure your prayer that it may come to Yahweh.
- b) **Glorify the Lord Jesus Christ for the graces, the blessings, the love he gives you,** everything he does or did for you, even for tears and sadness, etc
- c) Thank the Lord Jesus Christ for the graces, the blessings, the love he gives you, everything he does or did for you, even for tears and sadness, etc
- d) Asking for forgiveness for sins committed in thought, word, action, omission, ignorance, neglect, etc. Repent, ask for forgiveness for the ancestors because of the law of the curse, ask for forgiveness for the enemies, the unknown
- e) Appeal to the Holy Spirit asking him to show you how to walk with the LORD, or show you his face. Ask the Holy Spirit to take more of you and give you more of him: wisdom, tolerance, love, spiritual wealth, vivacity, courage, promptitude, peace, clairvoyance, direction, discernment , Etc
- f) **Firstly pray** for others (enemies, friends, family, prisoners, refugees, widowers, widows, destitute, afflicted, sick, oppressed, hungry, homeless , The orphans, the men of GOD, his country, his leaders, etc. ...)
- g) **Then pray for yourself by posing all your problems, all;** If you want to write them on a piece of paper so as not to forget, and use your piece of paper during prayer. Know that you discuss with your Father, therefore speak frankly with him and free yourself, take the time to speak freely to him, and let you take pleasure in doing it. Ask divine health among the problems you pose, ... Ask the Lord Jesus Christ to break all ties of curse on your life and any negative prophecy, all entanglement and possession over you and your family, all captivity.
- h) **Ask him to judge your enemies according to his righteousness**
- i) **Thank the LORD** for listening to you and to have heard you

because it is an act of faith (If you want something, think that you already have it and you will have it).

KEY 2: HONEY AND OLIVE OIL

To detoxify yourself and open your ways, on a spiritual and spiritual level, you will:

- ❖ Consume a mixture of three tablespoons of honey, and three tablespoons of olive oil, every day during 90 days, at the hours of 6am, 12pm, and midnight; this must be done before each prayer.
- ❖ For your bath, you will totally join honey, so that this honey stays on your body for at least 15 minutes, then you wash and you take your bath normally. At the end of the bath, you will bath with water in which you will have poured three tablespoons of salt. After your bath, you're going to get olive oil. And know that you must not put any other product on your skin during 90 days that is to say that the olive oil becomes your toilet milk during 90 days, whether you are a woman or a man.
- ❖ To keep yourself from traditional attacks during your sleep, during 90 days pour a small amount of salt around the place you sleep.
- ❖ If you have access to the septic tanks, pour half bag of salt into it, if you don't have access to it, pour the half-bag into the toilet pots. (Salt in the intangible world is fire, it is a barrier to the armies of the enemy).

KEY 3: INTIMATE TOILET

Get 1.5 liters of warm water every day during 90 days. In this water, you put three small teaspoons of salt, and the juice of three lemons (do not leave pips in your lemon juice). It is therefore this warm salt lemon water that will be your intimate toilet water during 90 days, while respecting scrupulously your program of prayer and all that was said in keys 1 and 2.

NB: A pregnant woman can neither consume honey, nor do the intimate toilet that we give here. She is obliged in this case to bet on the prayer (Key 1), olive oil as the milk of the toilet, and bath as specified in key 2

KEY 4: KING OF HERBS

You will make yourself one and a half liter of mineral water in which you will put the juice of the plant called the king of herbs (local language: Catoro in Bassa, Obon élok in Ewondo, Ewuda nyonanyo in douala.....). Of course you must wash this plant well before macerating it, when you have obtained the juice with this mineral water, add three tablespoons of olive oil and juice of three juicy lemons. It is to drink twice a week.

NB: The juice of the king's herbs or the plant itself must be consumed only fresh, if not it loses its active ingredients. On the other hand, you can keep lemon in the refrigerator without losing its properties.

KEY 5: PROTECT YOUR HEAD

During 90 days, you must rub your head, neck and neck, shoulders with olive oil in which you put a pinch of salt before bathing morning and evening. You leave this mixture on

your head for 15 minutes before following the rest of the procedure of key 2. When you go for sleep, put the salt olive oil on your forehead before going to bed

KEY 6:

For all the parts of the skin that is sick for a long time, you will apply honey and allow to penetrate for 30 minutes, every day during 90 days. If it is the lower part of the body, you will take every day warm water in good quantity, at least 5 liters and you pour salt (Three tablespoons) and lemon (3 juice of lemons). You put your feet in this mixture and you leave them there

For at least 30 minutes. When you're done, you smear the affected part of olive oil.