

# THE R.A.V.E.N TECHNIQUE

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## INTRODUCTION

During the Mid Atlantic Slave Trade and the era of modern slavery, the slaves would associate the Raven with the hope of impending freedom. The Raven was a sign of their emancipation. In the midst of my journey, I encountered suffering, that has given birth to what I call the R.A.V.E.N technique. This technique utilizes the acronym R.A.V.E.N to describe itself. R stands for Rhythmic; A stands for Awareness, V stands for Victory, the Victory of Jesus Christ to be specific, E stands for Emerging, and N stands for Neurospiritual. The RAVEN technique, is a neurospiritual technique that has multiple uses and consequences.

R – Rhythmic

A – Awareness

V – Victory

E – Emerging

N – Neurospiritual

If you are reading this exposition of the R.A.V.E.N technique to feed your greed, gluttony, and self indulgence expect emptiness, suffering, and confusion from

reading this book. But if you are agonized by your helplessness in the face of your own and other people's suffering, confusion, pain, and misery then this book will make you a super hero. If you hunger and thirst for this planet to evolve and its inhabitants to evolve then this book will give you a hammer like Thor's hammer and you will use this hammer to tear down the deceptions of fear and self loathing that mar our experience on this planet.

## THE MECHANICS OF THE R.A.V.E.N TECHNIQUE

The R.A.V.E.N Technique utilizes phrases repeated over and over again with faith.

It has 2 modes, manual and automatic. First, this exposition will explain the manual mode, then after exploring the philosophy and scriptural support for the R.A.V.E.N technique, this book will explain the automatic mode which is infinite in its capacity and implications for change.

The structure of the R.A.V.E.N technique phrases is always the same. This is to protect free will and prevent the technique from becoming witchcraft. An example of a R.A.V.E.N Technique phrase is “We Forgive Every Person Everywhere For Pride.” The Rhythmic aspect of the R.A.V.E.N Technique is to repeat this phrase over and over again in your consciousness, knowing that with every repetition one is reinforcing the reality of Christ’s Victory over Pride and over the deception that Pride still exists. As one repeats the phrase one is liberating the awareness of all people everywhere from the deception of Pride and one is reinforcing our awareness of Christ’s victory over sin. As our awareness increases our tendencies to operate in the deception of Pride decrease and our overall dealings with Pride in general diminish until finally Pride does not exist anywhere. The Forgiveness of the deception of Pride is one utilizing one of the most powerful forces in

existences “forgiveness” to heal us of deception. Forgiveness literally heals directly not just indirectly. Also, the word “forgive” in the phrase ensures that one is freeing everyone from something that God wants us all free from. The pronoun “We” in the phrase stands for You and Jesus Christ. Consequently, if one is using the word “WE” and that word stands for one and Jesus Christ then whatever phrase one says will only be effective if it is in Jesus Christ’s will. Now this is another phrase which illuminates another dimension of the R.A.V.E.N technique. “We forgive every person everywhere for refusing to tell the truth.” In this phrase, one is forgiving every person everywhere for refusing to do something. The aspect of the phrase, “for refusing to..” preserves free will. It is always our true will to do what is right, when we do what is wrong we are either operating in deception or rebellion against our true selves both of which are not real states. So forgiving us “for refusing to” highlights that we are refusing out of deception or madness to do what our “free will” truly wants to do. If we really are not refusing to do our true or free will then the phrase will have no effect.

In reference to “who can be forgiven” with The R.A.V.E.N TECHNIQUE, the answer is anyone, anything, any single person, or any group of people. One can forgive every Star in the Universe for “refusing to emit frequencies that create life on their planets.” One can forgive one’s uncle for alcoholism. If one were truly

ambitious one could forgive every inhabitant of the earth of every diagnosis in the D.S.M (Diagnostic and Statistical Manual of Mental Disorders). One can forgive one's family members for mercilessness, judging, and ingratitude. One can forgive one's political leaders for greed, graft, deception, and manipulation; and so on and so forth.

## THEOLOGY AND SPIRITUAL SUPPORT FOR THE R.A.V.E.N TECHNIQUE

“It was now about noon and darkness came over the whole land until three in the afternoon, while the sun’s light failed; and the curtain of the temple was torn in two.” Luke 23:44-46 NRSV.

“After this, when Jesus knew that all was finished, he said (in order to fulfill the scripture, “I am thirsty. A Jar of sour wine was standing there. A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, “It is finished.” John 19:28-30 NRSV

In the stories of Jesus’ final atonement there are several profound elements. Two of these elements are the elements of matter plasticity and the complete destruction of sin and death. According to modern science if the Sun was to stop shining it would be a cataclysmic event of life ending proportion. But because our solar system operates on much more complicated rules of operation than Newtonian Physics, the Sun as a living being, gave homage to its Lord and stopped shining to honor Christ’s victory through death. Similarly, right before giving up the spirit Jesus knew that he had vanquished the devil, sin, and death thus

ensuring that he had mastered his body completely and he would rise from the dead after giving up his spirit.

These elements of truth suggest that the actual story of the multiverse's redemption ends on the cross with victory. But our material world is a world of mystery and probability. The particle building blocks of matter operate mysteriously and it is actually probability and perception that dictates our solid world. So after the devil was condemned on the cross, because God is merciful even and especially toward the devil he did not stop deceiving. Consequently, much of our experience with "sin" is more about deceptions of our mind and wicked imaginations called demons than with actual death causing sin. Our diseases stem from false beliefs, emotional wounds, and existential discouragement as well as eating genetically similar cousins who are tortured mercilessly in their lives before they become our food. These forces affect our plastique and extremely malleable matter.

In fact we are so steeped in the deceptions of the enemy, that we often require rituals such as confession of Jesus Christ as Lord and Savior out loud and publicly, Water Baptism, The Eucharist, the Preached Word of Truth, and Praise and Worship of Jesus Christ to remind us that he really did get the victory on the Cross



and all really is well. The sensations of being born again and filled with the Holy Spirit are more a recognition of the God that has been in us from the beginning and the Holy Spirit who also has been in us from the beginning with hearts, minds, and souls that are less encumbered by deception. This is one of the reasons why Jesus said, "The truth shall set you free" and that "Eternal Life is to know God and Jesus Christ whom he has sent." John 17:3 NRSV; John 8:32 NRSV All of us knew God before we were born into a world of mystery and illusion. Knowing God is less about obtaining new knowledge but rather about forgetting the deceptive impediments to what we already know.

The R.A.V.E.N Technique is a neurospiritual technique in the sense that not only does it reroute our neural pathways and free us from false mindsets, but it reminds us and the creation around us that we are free and no longer bound by the deceiver. The agony of our lives is that a part of us knows that we are free and that we love God and Jesus Christ, but the deceiver who exists as a function of God's endless mercy convinces us that we are evil, that we desire to do evil things, and so the illusion of sin continues. The rhythmic emerging of The R.A.V.E.N Technique reminds us and our reality of what already is, namely that Jesus is Lord and all is well and we are all experiencing our highest good. Because physical matter has consciousness, The R.A.V.E.N technique works on physical illness and

physical matter as well. Though much fewer tests have been run on its effectiveness on physical ailments and physical objects than on emotions, mindsets, and mental, emotional, physical, and spiritual gifts, talents, and abilities.

## THE R.A.V.E.N TECHNIQUE AUTOMATIC VERSION

If the manual version of The R.A.V.E.N Technique gives one a sense of precision and focus then the automatic version of The R.A.V.E.N Technique gives one a sense of infinite possibility and impact. The automatic version of the R.A.V.E.N Technique programs multiple phrases into “host” words or phrases. One can program an infinite number of forgiveness phrases into a “host” word or phrase and one can embed host words or phrases into each other. For instance, one can say out loud, “In the name of Jesus Christ, the word ‘mercy’ for R.A.V.E.N technique purposes means ‘We forgive every creature in the creation for mercilessness, we forgive every creature in the creation for judging, we forgive every creature in the creation for refusing to forgive, we forgive every creature in the creation for refusing to accept, we forgive every creature in the creation for shame, we forgive every creature in the creation for guilt, we forgive every creature in the creation for ingratitude. Until further notice, in the name of Jesus Christ it is so.” Then one might define another word exactly the same as ‘mercy’ but with a few additions by saying, “In the name of Jesus Christ the word ‘compassion’ means everything that the word ‘mercy’ means and it also means, ‘We forgive every disabled person on the planet earth for refusing to be healed, we forgive every tyrant on the planet earth for refusing to be humble, we forgive

every rebellious person on the planet earth for refusing to repent. Until further notice in the name of Jesus Christ it is so!!” The automatic version functions a little like data management or computer programming in that one is defining words that can be attached in meaning to one another, one is embedding words within words, and all relationships stay in tact until one verbally changes them by invoking the name of Jesus Christ. It is important to note that one can define “hosts” as short as letters or as long as phrases. For instance one might say out loud, “In the name of Jesus Christ, the letter A means we forgive my son Peter for refusing to succeed, we forgive my son Peter for refusing to prosper, we forgive my son Peter for refusing to excel. Until further notice in the name of Jesus Christ it is so.” Similarly, one might program the phrase, “I love the Holy Spirit” in this way; “In the name of Jesus the Christ the phrase ‘I love the Holy Spirit’ means ‘We forgive me for refusing to embrace the Holy Spirit, we forgive me for refusing to be filled with the Holy Spirit, we forgive me for refusing to personify the Holy Spirit, we forgive me for refusing to be in love with the Holy Spirit. Until further notice in the name of Jesus the Christ it is so.’” Once any letter, phrase, word, or groupings of words are defined, then one just says that letter, phrase, word, or groupings of words in one’s thoughts repeatedly, similar to the manual version.

